

HIGH PROTEIN EGG BREAKFASTS

Daily Nutritional Reference Chart

RECIPE NAME	EGG COUNT	KEY ADD-IN	PROTEIN (G)
Classic Scramble	3 Large	1/4 cup Spinach	21g
Greek Omelet	2 Large	2oz Feta + 1oz Turkey	26g
Cottage Cheese Eggs	2 Large	1/2 cup Cottage Cheese	25g
The Power Bowl	2 Large	1/2 cup Black Beans	22g
White & Smoked Salmon	4 Whites	2oz Smoked Salmon	28g
Egg & Quinoa Skillet	2 Large	1/2 cup Quinoa	19g

*Estimated values based on standard large eggs.