



Egg, Sausage and Bagel Sandwiches

Macros: 310 Calories; 34g Protein; 14g Carbs; 9g Fat

Ingredients

- 1 lb lean turkey sausage
- 6 whole eggs
- 6 slices of American cheese
- 6 Sola plain bagels

Directions

1. Make 6 even patties out of turkey sausage and cook for 3-4 minutes on each side
2. Cook eggs (I suggest ot pick up some egg molds to make it easier
3. When eggs are almost cooked, place a slice of cheese on each egg
4. Put one egg and one sausage patty on a bagel
5. For leftovers, wrap in tin foil and place in refrigerator

Recommendations

- You can re-heat the sandwiches in microwave in 1 min if in refrigerator. Add time if frozen