



Protein Breakfast Bowls

Macros: 531 Calories; 61g Protein; 14g Carbs; 27g Fat

Ingredients

- 4 oz lean ground turkey
- 1 cup egg whites
- ½ avocado

Directions

1. Dice up the avocado
2. Cook ground turkey until it is no longer pink and drain any liquid.
 - a. I will cook 2 lbs. at a time and keep in containers to use as needed
3. Cook egg whites and scramble them
4. As the egg whites are cooking add the ground turkey and avocado
5. Continue to cook until the eggs are finished
6. Put in a bowl and add a siracha drizzle if you like