

SAUSAGE EGG & CHEESE BREAKFAST BOWLS

360 Calories | 52g Protein | 13g Carbs | 9g Fat



INGREDIENTS

- One whole egg
- Half a cup of egg whites
- Half a cup of cottage cheese
- Half a cup of fajita onions (frozen works)
- Chopped up sausage link (I used chicken sausage at 80 cal and 12g protein)
- Fat free cheese (mozzarella or cheddar)

DIRECTIONS

1. Place all of ingredients into a 2 cup, oven safe container and stir
2. Cook in oven at 400° for 35 minutes
3. Once taken out, let it sit for 10 minutes

Recommendations

- Aldi grocery stores have egg whites in large containers for decent prices.
- Make 6-8 containers and freeze. Can re-heat in microwave for 3-4 minutes.