



Shane's Power Breakfast Burritos

Macros: 385 Calories; 30g Protein; 29g Carbs; 16g Fat

Ingredients

Base

400g potato cubes
1 pound ground turkey
10 slices center cut bacon (cooked and chopped)
8 eggs
400g egg whites
100g reduced fat shredded cheddar cheese

Extra ingredients

Taco seasoning packet
50g reduced fat shredded cheddar cheese
10 whole wheat tortillas

Directions

1. Cook ground turkey with taco seasoning packet
2. Place all of "base" items in slow cooker
3. Cook on low for 7 hours or high for 4 hours
4. With one hour of cooking time left add the 50g of reduced fat shredded cheddar cheese to the top and place cover back on until cooking is finished.
5. When finished stir well.

Prep

1. On a whole wheat tortilla, place 10g of shredded cheddar (optional) and one serving of the mixture. Repeat for the other tortillas. Roll up the tortillas.
2. Use cooking spray in a pan. Place the burritos in the pan on medium heat until brown on each side.
3. These can be wrapped in tin foil or plastic wrapped and frozen.