

EGG, BACON AND POTATO BREAKFAST BOWLS

552 Calories | 51g Protein | 39g Carbs | 20g Fat



INGREDIENTS

- 3 lbs 96/4 beef
- 20 Slices Beef Bacon (45 calorie kind)
- 4 lbs Frozen Southern Style Potatoes
- 20 Eggs
- 2 tsp Paprika
- 2 tsp Garlic Powder
- 2 tsp Onion Powder
- 1.5 tsp Black Pepper
- 1 tsp Salt
- 1 tsp All Purpose Seasoning

DIRECTIONS

1. Cook ground beef with the following seasonings: Paprika, Garlic and Onion Powder, Black Pepper and Salt
2. Chop bacon slices into small pieces and cook thoroughly
3. Put eggs in a large pan and scramble with all purpose seasoning
4. Place potatoes on a sheet pan and spray with cooking spray and bake at 400 degrees for 20 minutes then broil for 10 minutes.
5. Put all ingredients together (eggs, potatoes, bacon and beef). Mix and distribute into 10 meal prep containers