



The "Hold the Chips" *Tex-Mex "Nachos"*

Eggs • Seasoned Beef • Melted Cheese • Zero Corn Chips



Who needs a corn chip when real flavor looks like this? Zero deprivation, total satiety, all the Tex-Mex heat you love.

I don't know about you, but I LOVE Tex-Mex. I might argue it's a top-3 food type for me.

I also work hard at living low-carb. But low-carb doesn't mean boring, lifeless, or deprivation. In fact? Many times, it's just the opposite.

From the time I was a little kid, I loved Tex-Mex. My mom would work hard in the kitchen to create a Tex-Mex delight over a massive pile of corn chips. My dad, brother, and I felt like we were in heaven. That feeling has stayed with me my entire life.

What changed over time was my body. Part of it is genetics, part is aging, and to be sure, part of it is modern food quality. Through a process of elimination, I discovered that too many carbohydrates create unwanted body weight for me. The science behind it involves glucose and insulin — and I am always happy to help you dive into that if you ever want to understand how it works.

But I can assure you of one thing: taking something you absolutely love out of your diet is tricky. Whenever you can find a clean (think: no chemicals!) and healthy workaround, it's a massive win.

This dish does just that. Now, I'll grant you that part of the joy of corn chips is "the crunch." Eggs obviously don't have that, but you can absolutely max out the flavor. And if your thing is the crunch? Don't worry, there's a real-food workaround for that, too: crisp Romaine lettuce!

This dish allows me to enjoy those wonderful, nostalgic Tex-Mex flavors without the glucose and insulin spikes that lead to weight gain or insulin resistance.

Give it a shot — I hope you enjoy it!



Ingredients

Serves 2 • 15–20 minutes active time

- 4 eggs, well beaten
 - 2 Tbsp extra virgin olive oil or avocado oil
 - 1 lb high-quality ground beef
 - 18g clean taco seasoning mix (see sourcing note)
 - 15g finely minced garlic
 - Zest of 1 whole lime + 1–2 Tbsp fresh lime juice (from the zested lime)
 - 1 can fire-roasted diced green chilies (optional)
 - ½ medium sweet yellow onion, medium dice
 - 1 cup water
 - 40g Colby Jack or cheddar cheese, finely shredded
 - 2 green onions (scallions), chopped
 - ¼–⅓ cup roughly chopped cilantro
 - Salt and pepper, to taste
-

Sourcing & Variation Notes

Pick one seasoning path: This dish works with a clean commercial taco seasoning (as listed) OR a house-made pepper sauce for a bigger flavor payoff — not both. Taco seasoning keeps this a true 15–20 minute meal; the house sauce route takes more time but takes the flavor up a level.

Taco seasoning: Read labels — many national brands carry fillers, anti-caking agents, or added sugars; a short, recognizable ingredient list is the goal, not a specific brand.

Lime zest: Don't let the outside of that citrus go to waste — lime, lemon, tangerine, orange. Many of the brightest aromatic compounds and nutrients live in the zest. Use it.

Green chilies: Optional, but they add a gentle smoky heat that plays well against the richness of the eggs and cheese.

For the crunch: Crisp romaine lettuce, torn and served alongside, is the real-food stand-in for the corn chip crunch.



Method

- 1 Brown your ground beef. Don't fear beef fat — but if it makes you more comfortable, drain the excess so the pan matches what you want to work with.
- 2 Add the garlic and lime zest to the leftover fat to get the garlic cooking.
- 3 Add the taco seasoning. If you have the time, “bloom” the spices — a warm pan gently waking them up. You'll thank yourself for it.
- 4 Add the water and lime juice, mix well, and simmer 7–10 minutes. Watch the liquid — don't let it cook off completely.
- 5 Add the green chilies, if using.
- 6 Add the onion near the end so it keeps a little crunch rather than going soft.
- 7 Heat off. Time to make the eggs.
- 8 With the beaten eggs ready, warm a pan on medium-high and add a tablespoon of olive oil.
- 9 Add the eggs and cook like an omelette — in stainless or cast iron, watch closely so they don't stick.
- 10 Optional: flip to cook the other side, or leave them “snotty.”
- 11 Move the eggs to an oven-proof plate.
- 12 Stack the Tex-Mex beef on the eggs, then the cheese.
- 13 Under the broiler for 90–150 seconds — watch closely so it doesn't burn.
- 14 Finish with cilantro and green onion. Voilà!

Nutrition, Equipment & Cost

Macronutrients — PER SERVING

(this recipe yields 2 servings total; all figures below are for one serving)

MACRO	GRAMS	% OF CALORIES
Calories	940 kcal	
Protein	57 g	24%
Fat	70 g	69%
Net Carbohydrates	15 g	7%
Dietary Fiber	~1 g	—

Macro % of calories sums to 100%. Calculated using 80/20 ground beef; adjust protein/fat split for leaner or fattier blends.

Key Nutrients Beyond Macros

Choline (from whole eggs) — an underappreciated nutrient critical to liver and brain health, and one most people fall short on.

Cholesterol from eggs and beef — dietary cholesterol has been removed as a nutrient of concern in current guidance; this dish leans into whole-food sources rather than avoiding them.

Zinc and B12 (beef) — supports immune function and red blood cell formation.

Vitamin C (lime, green chilies) and potassium (avocado/onion, if serving with guacamole).

Equipment

- Skillet or sauté pan (for the beef)
- Nonstick or cast iron pan (for the eggs)
- Oven-proof plate (for broiling)
- Broiler
- Microplane or zester
- Chef's knife and cutting board

Approximate Cost

~\$6–7 per serving

Aggregate estimate for beef, eggs, cheese, taco seasoning, produce, and oil. Varies with ground beef quality/sourcing and regional pricing.

