



Avocado Protein Toast with Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 slice High Protein Bread
- 1/2 Avocado
- 3 large Eggs, hard boiled
- A dash of Salt
- A dash of Black Pepper

DIRECTIONS

1. Cook the eggs to your liking.
2. Add the bread to a toaster and toast to your liking.
3. Evenly spread the avocado on the toast, sprinkle a dash of salt and pepper, then top off the toast with egg.

NOTES

1. Use Jason's Protein Sourdough Bread, or a similar high-protein bread, for this recipe.
2. Cook the eggs however you like them - dry scramble, poached, fried, etc.

AVERAGE NUTRITION INFO

Energy : 1699 kJ / 406 Cal

Fat : 27 g

Carbs : 17 g

Protein : 24 g

Fibre : 6 g

Sugar : 3 g

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