

## **Breakfast**

### **Turkey Bacon and Eggs**

#### **Ingredients:**

Whole eggs

(first week: 3 eggs = 30g), 2 eggs = 20g.

4 strips            turkey bacon = 13g protein  
Olive oil cooking spray  
Garnishing, fresh chopped parsley, cilantro and chives

#### **Method:**

- Spray coat lightly, non-stick frypan with Olive oil cooking spray
- Cook bacon one side
- Turn over, then add eggs (cook as desired)
- Garnish with fresh chopped parsley, cilantro and chives