


Breakfast Egg Stir Fry

 Ready in 20 minutes



Meal Type:

BREAKFAST (PROTEIN, FRUIT*, FAT)

Preparation Difficulty:

EASY

Program Phase:

ALL PHASES

Preparation Time:

PREP: 10 minutes

COOK: 10 minutes



INGREDIENTS (1 SERVING):

2 whole eggs plus 3 egg whites (female)
OR 2 whole eggs plus 5 egg whites (male)

1 small carrot, shredded

1/2 bell pepper, any color, sliced

1/3 cup mushrooms, any, sliced

1 clove garlic, minced

2 tbsp oil (olive, sesame, coconut, or avocado)

1/2-1 tbsp low sodium soy sauce OR coconut aminos

Pinch of salt

1. Heat 1/2 tablespoon oil in a pan over medium heat, pour in the egg,s wait for the eggs to set and then break them into small pieces with a spatula, stir fry for another 30 seconds until fragrant, set aside.
2. Add 1 and 1/2 tablespoons oil into the pan, stir in the carrot and bell pepper, stir fry for 1-2 minutes over medium-high heat.
3. Add mushrooms and garlic and toss in some salt and soy sauce, stir fry for 2-3 minutes and mix well.
4. Add the egg back into the pan, cook for another minute and serve.



*TIP: *TO MAKE THIS A FULL CHALLENGE-APPROVED BREAKFAST, COMPLIMENT THE STIR FRY WITH A SIDE OF FRUIT LIKE CITRUS, BANANA, PINEAPPLE, MELON ETC**

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