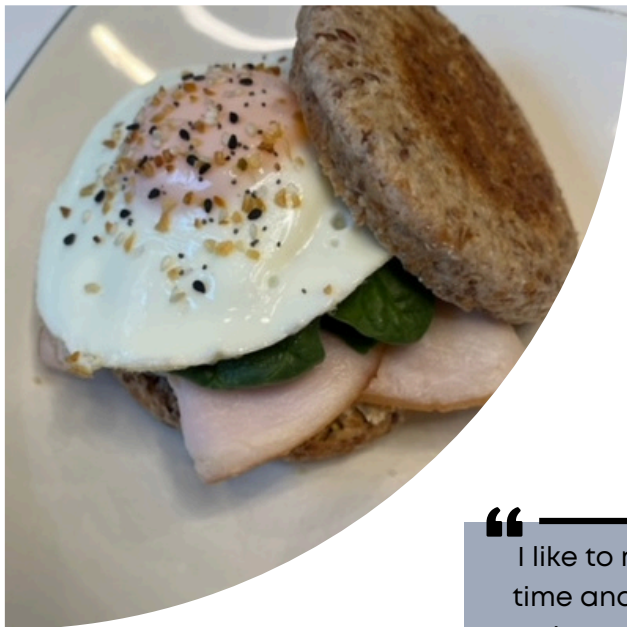


High Protein Breakfast Sandwich



MACROS

343 Calories

34g Carbs

13g Fat

24g Protein

“

I like to make these ahead of time and head them up in the microwave the next day for breakfast!

- Gail

”

INGREDIENTS

- 1 Ezekiel brand english muffin (not frozen)
- 1 TBSP of Kitehill dairy free spinach artichoke spread
- 8g fresh spinach
- 4 deli slices organic smoked turkey breast
- 1 egg cooked - over medium style