

Mexi-Scrambled Eggs

Yields:

one 3 unit serving of EACH protein, carbohydrates, fats requirements
FOLLOW YOUR SPECIFIC PORTION AMOUNTS AS DIRECTED

Ingredients:

1 whole egg plus 2 egg whites (or 3/4 cup egg replacement)
1/3 cup beef/bean mixture (recipe below)
1/2 oz. shredded cheddar cheese
1 Tbsp. avocado or guacamole'
salsa
1 large low-carb tortilla

Directions:

* *Make beef/bean mixture (recipe below) and store in a container when cooled.*

1. In a small container or bowl, crack eggs. Add 1/3 cup of the beef/bean mixture and cheese. Use a fork or a small whisk to blend.
2. Heat a small skillet pan sprayed with Canola oil. When hot, pour in egg mixture and use a spatula to cook, as you would for scrambled eggs.
3. Remove from skillet and place into a the low-carb tortilla. Add the avocado and salsa. Roll up and enjoy!

**Beef/Bean Taco mixture:*

In a skillet, add 1 lb. lean ground beef (4% fat), 1 packet of Taco seasoning and 1/2 can drained and rinsed black beans. Follow the directions on the Taco seasoning.