

# Tspot TakeDown Fall Week #6 Breakfast Recipes & Tips

## Berry Good Protein Drink

MRM Vanilla Low-Carb Protein Powder  
Fresh or Frozen Mixed Berry Blend  
Minute Maid Light Orange-Tangerine Juice  
Ice  
-don't forget to eat your nuts with your drink-

## Cheesy Scrambled Eggs

1 whole egg  
Whatever number of egg whites prescribed  
1 oz. (1/4 c.) Shredded Cheddar Cheese  
-spray your pan with Canola Oil cooking spray; crack your eggs into the pan, add the cheese and mix it all up together with your spatula. Continually stir the eggs/cheese while cooking.  
When done, immediately remove from the pan onto your plate.

### COOKS HINT:

This type of eggs can be made ahead of time. After you cook them, remove them to a container that is lined with a paper towel. After your eggs have cooled, fold each side of the paper towel over the eggs and store the container in your refrigerator until you are ready to eat the eggs.  
With the paper towel still in the container, re-heat the eggs in the microwave for about 1 min. on high.