



Egg White And Vegetable Scramble

Ingredients for scramble

4 egg whites (from free range chicken eggs)
1/4 large zucchini (diced)
1/4 avocado
Sea salt and pepper to taste
Coconut oil spray

Directions

1. Place skillet over medium heat and spray coconut oil.
2. Once skillet is hot, add zucchini and cook until edges are golden brown.
3. Reduce heat to low and pour in egg whites.
4. Cook slowly (about two minutes).
5. Once eggs are scrambled, add sea salt, pepper, and top with avocado.



Calories: 372.5

Proteins: 28.8 g

Carbohydrates: 20.05 g

Fats: 19.93 g

* Calories and macros are calculated for 1 serving.

Also included in macros:

12 ounces of drip coffee

2 tablespoons of almond milk