



WEEK 2 RECIPES /// BREAKFAST

POWERED BY CELLUCOR

PROTEIN POWER DRINK

For some of us, morning is the most hectic time of day. If you don't have time to cook breakfast — don't! Just pour yourself a glass of liquid egg whites and head out the door.



INGREDIENTS

- 450g Liquid Egg Whites (I use AllWhites.)

INSTRUCTIONS

Pour egg whites in a glass and drink up!

NUTRITION FACTS

	Quantity/g	Protein	Carbs	Fats	Calories
EGG WHITES ONLY	450	48.6	1.8	1.8	218
▶ TOTAL		48.6	1.8	1.8	218