



WEEK 3 RECIPES /// BREAKFAST

POWERED BY CELLUCOR

SWEET POTATO SUNRISE

To save precious time in the morning, bake your sweet potato the night before, peel, and cut into bite-size pieces. In the morning, reheat on stove or in microwave.



INGREDIENTS

- 4 Omega-3 eggs
- 1 sweet potato

INSTRUCTIONS

- Step 1 ///**
Preheat oven to 350 degrees.
- Step 2 ///**
Place sweet potato on a cookie sheet, and bake for 40 minutes.
- Step 3 ///**
Peel sweet potato before eating.
- Step 4 ///**
Prepare eggs however you'd like.

NUTRITION FACTS	Quantity/g	Protein	Carbs	Fats	Calories
EGG OMEGA 3 LARGE	4	28	2	20	300
SWEET POTATO NO SKIN	200	2.4	35.2	0.8	158
▶ TOTAL		30	37	21	458