

STEAK & EGG OPEN-FACED SANDWICH

There's nothing like steak and eggs to start your day right. Rather than the whole slab of beef, dice up a small amount, add it to your eggs, and serve it over toast.



INGREDIENTS

- 3 Omega-3 Eggs
- 50g New York Strip
- 2 Slices of Bread *(I use P28 Bread.)*

INSTRUCTIONS

Step 1 ///

Cook New York strip on stovetop until it reaches desired doneness. *(I cooked some in bulk ahead of time.)* Cut into bite-size pieces.

Step 2 ///

Scramble eggs on stovetop, adding New York strip in the process.

Step 3 ///

Toast bread.

Step 4 ///

Separate eggs into two halves and serve on top of toast.

NUTRITION FACTS

	Quantity/g	Protein	Carbs	Fats	Calories
EGG OMEGA 3 LARGE	3	21	1.5	15	225
NY STRIP (LEAN ONLY)	50	14.8	0	2.6	83
P28 BREAD	2	28	24	7	271
▶ TOTAL		64	26	25	579