



BODYBUILDING.COM™

Breakfast Club Sandwich

Ingredients:

Whole-grain bread, 2 slices
Low-fat turkey breast, sliced, 4 oz.
1% pepper jack cheese, 1 slice
Small Hass avocado, 1/2 avocado
Fresh tomato, 1 slice

Directions:

1. Layer turkey slices atop bread, splitting slices evenly between each piece.
2. Layer one piece of bread with pepper jack cheese.
3. Place in toaster oven and cook to desired texture and doneness.
4. Top with avocado and tomato. Complete sandwich, cut in half, and enjoy