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Day 2, Meal 1: Breakfast: Canadian Bacon Egg Muffin

Ingredients:

Canadian bacon, 2 oz.

Egg, 1 large

Whole-wheat English muffin, 1

Low-fat provolone cheese, 1 slice

Hot sauce to taste

Directions:

1. Coat a skillet with nonfat cooking spray, and heat it over medium heat.
2. Crack the egg into the skillet and cook until over-easy or medium (yolk still runny).
Lay the Canadian bacon flat and heat through.
3. Toast the muffin to golden brown.
4. Add the Canadian bacon, eggs, and cheese to the muffin. Enjoy!

Nutrition Facts:

Serving size: 1 Muffin

Recipe yields 1 serving

Calories: 400

Fat: 12 g

Carbs: 44 g

Protein: 29 g

