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