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## **Day 1, Meal 1: Breakfast: Egg and Veggie Scramble With Whole-Grain English Muffin**

### **Ingredients:**

Eggs, 3 large  
Bell peppers, diced, 1/4 cup  
Red onion, diced, 1/4 cup  
Low-fat cheddar cheese, shredded, 1/4 cup  
Whole-grain English muffin, 1 muffin

### **Directions:**

1. Coat a skillet with nonfat cooking spray. Place the skillet on medium heat.
2. Add the peppers and onions, and cook until they become soft.
3. Toast the muffin in the toaster.
4. Once the veggies are soft, add the eggs, and turn periodically until cooked and scrambled.
5. Place the eggs atop the freshly toasted muffin. Enjoy!

### **Nutrition Information:**

Serving size: 1 breakfast sandwich  
Recipe yields 1 serving

Calories: 429  
Fat: 21 g  
Carbs: 29 g  
Protein: 31 g

