



Early Riser Breakfast

Ingredients

- 6 egg whites
- 2-3 thick asparagus spears, sliced
- 1/2 cup cooked brown rice and quinoa mix (or cooked oatmeal)
- 1 sweet mini red bell pepper, sliced
- Garlic, pepper and pinch of sea salt
- 1/2 pink grapefruit
- 1 scoop Dymatize ISO whey protein



Directions

1. Set oven to 405 F.
2. Lightly spray a cast iron skillet with coconut oil or olive oil.
3. Add cooked brown rice and quinoa to the skillet.
4. Pour in egg whites, and then add asparagus strips and pieces and bell pepper slices.
5. Bake in the oven for 15-18 minutes (or until eggs are cooked).

Nutrition Facts

Calories: 407

Fat: 2 g

Carbs: 46 g

Protein: 52 g