

Egg and Beef Breakfast Bowl

3 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 8 ozs Extra Lean Ground Beef
- 3 Egg
- 1 Avocado (cubed)

NUTRITION

AMOUNT PER SERVING

Calories	352	Iron	3mg
Fat	27g	Vitamin D	43IU
Carbs	6g	Folate	82µg
Fiber	4g	Magnesium	41mg
Protein	23g	Zinc	5mg
Vitamin C	7mg		

DIRECTIONS

- 01 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 02 Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, stirring often to ensure the eggs are cooked.
- 03 Divide between bowls and top with the avocado. Enjoy!

NOTES

RECIPE ID 200

SERVING SIZE

One serving is roughly 2 cups of the beef mixture.