



SOUTHWESTERN EGGS WITH AVOCADO

Serves 1 | 10min Cook Time

5.7 carbs | 28.8 fat

24.8 protein | 374.4 calories



Ingredients:

- 2 jumbo eggs
- 1 tbsp salsa
- 1 oz. Colby jack cheese
- 1/2 cup avocado, cubes
- 1 tsp olive oil

Directions:

Spray a pan with oil. Allow it to warm up on medium heat. Put the eggs in the pan and scramble, then lower the heat. Add the salsa and crumble cheese. Stir until firm and remove from heat.

Top with the avocado and serve.