FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

High Protein Breakfast Bagel



Serves	Prep Time	Cooking	Total Time	Calories
1 person				**280 kcal**

Stuff that's in it:

• Protein Bagel

• 23G Eat Lean Cheese

• 7G Sliced Pepperoni

• 90G Two Chicks Egg Whites

• Sprinkle Italian Herbs

• Thin Slice Of Tomato Quartered

What you do:

Pop your bagel in the toaster.

To make 2 egg whites rounds, pop 45g of egg white in a Pyrex jug and pop in microwave for 60 seconds or under, twice as I made 2 for each bagel half, pop out into toasted bagel. Top with sliced cheese and tomato and pepperoni, sprinkle with herbs and microwave again for 1 minute or until its melted and delish.

Nutrition

• Carbs: 25g

• Fat: 6g

• Protein: 28g

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