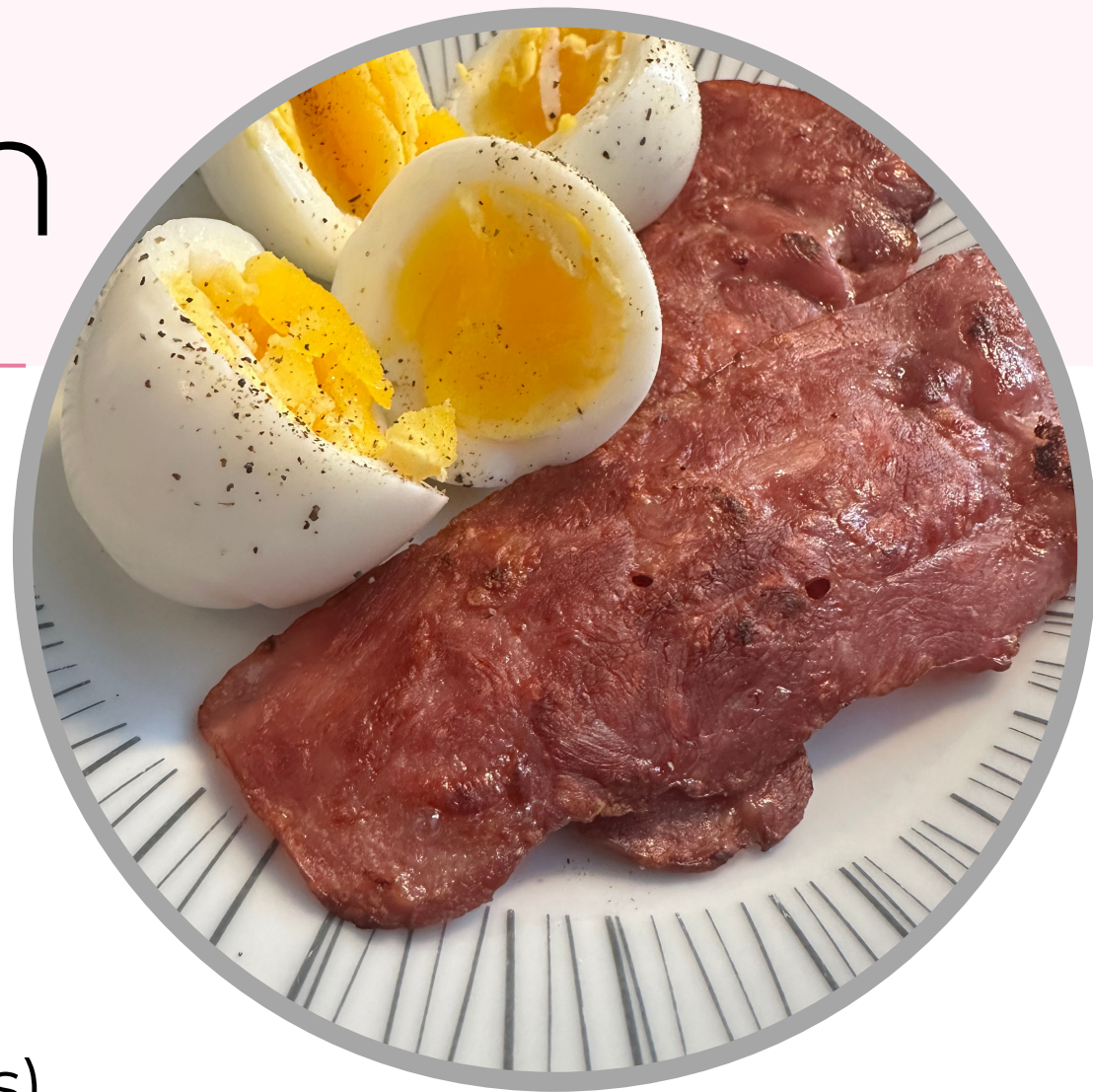


Boiled Eggs + Turkey Bacon



Ingredients

- 2-4 Large Whole Eggs
(Boiled or poached)\
- 2-4 Slices of Turkey or Chicken Bacon
(minimal sugar and natural ingredients)
- Dash of Pink or Sea Salt
- Dash of Ground Black Pepper

Directions

1. As easy as it sounds, 2-4 boiled eggs with turkey bacon (2-4 slices)
2. You won't need oil or butter for frying bacon (read ingredients
(before buying, aim for natural ingredients and lower sugar options)
3. I put 2-3 eggs in a pot (water slightly above eggs) and boil at high heat
for 10-12 mins then switch to cold water and let sit for 5 mins before
peeling eggs (after peeled, sprinkle with salt and pepper)

**Enjoy hot whenever possible!*

*You can also fry your eggs in 1 tsp coconut oil
and top with shredded light cheese as a treat on occasions
or on weekend!

