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# MUG SCRAMBLE MASTER GUIDE

25+ High-Protein Recipes Ready in 2 Minutes

**Transform your mornings with quick, high-protein meals!**

**Each combo assumes ~1 cup liquid egg whites (~120 cal, 25g protein). Add 1 whole egg for richness (+70 cal, +6g protein).**

## How to Make Any Mug Scramble

- Spray mug with cooking spray or add a tiny bit of oil
- Add harder vegetables (broccoli, peppers) and microwave 30–60 seconds
- Pour in egg whites (and whole egg if using)
- Add softer ingredients (spinach, cheese, pre-cooked meats)
- Microwave 90 seconds, stir, then 30–60 seconds more until set
- Add final toppings (avocado, salsa, hot sauce) and enjoy!

## Macro Tips for Mugs

- Egg whites: ~25 g protein / 120 cal per cup
- Add 1 whole egg: +6 g protein, +70 cal, +5 g fat (better taste/texture)
- Cheese: ~20–80 cal per ounce; go light to keep fat moderate
- Veggies: nearly free calorie-wise, add bulk & micronutrients
- Pre-cook tougher veggies (broccoli, peppers) 30–60 sec before adding whites

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## Grocery Shopping List

### Eggs & Protein Base

- Liquid egg whites
- Whole eggs (optional for richness)
- Turkey bacon
- Canadian bacon
- Pre-cooked chicken or turkey sausage
- Deli turkey or chicken slices

### Cheese & Dairy

- Light cheddar
- Shredded mozzarella
- Swiss
- Feta crumbles
- Parmesan
- Goat cheese

### Vegetables & Add-ins

- Baby spinach
- Mushrooms
- Zucchini
- Diced tomatoes
- Broccoli florets
- Cauliflower rice
- Bell peppers (red, green, yellow)
- Onions (diced or frozen)
- Asparagus
- Brussels sprouts
- Olives
- Sundried tomatoes
- Roasted red peppers
- Artichoke hearts
- Jalapeños
- Corn (frozen or canned)

## Veggie-Heavy

Combo	Macros
Spinach + mushrooms + feta + salsa	≈170 cal / 27g protein
Zucchini + diced tomato + mozzarella + pesto drizzle	≈180 cal / 26g protein
Broccoli + cheddar + hot sauce	≈200 cal / 27g protein
Cauliflower rice + peppers + parmesan + garlic	≈180 cal / 27g protein

## Lean Breakfast Classics

Combo	Macros
Turkey bacon + spinach + light cheddar	≈210 cal / 30g protein
Deli turkey + tomato + Swiss + mustard	≈190 cal / 32g protein
Canadian bacon + bell pepper + mozzarella	≈220 cal / 31g protein

## Southwest / Tex-Mex

Combo	Macros
Black beans + peppers + salsa + light cheddar	≈230 cal / 28g protein
Turkey sausage + pico + avocado (after)	≈260 cal / 30g protein
Jalapeños + corn + cotija + hot sauce	≈240 cal / 27g protein

## Mediterranean

Combo	Macros
Spinach + olives + feta + sundried tomato	≈200 cal / 26g protein
Roasted red peppers + artichokes + parmesan	≈210 cal / 27g protein
Chicken sausage + zucchini + tzatziki (after)	≈250 cal / 30g protein

## Savory & Filling

Combo	Macros
Mushroom + onion + Swiss + Worcestershire	≈200 cal / 27g protein
Asparagus + goat cheese + chives	≈230 cal / 28g protein
Brussels sprouts + bacon bits + parmesan	≈240 cal / 29g protein

## Protein Boosters

Combo	Macros
Add 2 Tbsp cottage cheese to any	+40 cal / +3g protein
Add 2 oz chicken sausage	+80 cal / +10g protein
Add 1 Tbsp hemp seeds	+55 cal / +3g protein