



SOUTHWEST BREAKFAST SCRAMBLE^o

SERVES: 2 (approx. 1½ cups each) Prep Time: 15 min. Cooking Time: 33 min.

CONTAINER EQUIVALENTS: 1 1 1 1 1



- 2** medium poblano chilies
- 3** large eggs
- 4** large egg whites (½ cup)
- 1 tsp.** chili powder
- ½ tsp.** ground cumin
- ¼ tsp.** sea salt (or Himalayan salt)
- 2 tsp.** olive oil
- ¾ cup** finely chopped onion (about 1 medium)
- 1 cup** finely chopped red potato (about 2 medium)
- 2 Tbsp.** water
- ½ cup** **Homemade Salsa** (see separate recipe for **Homemade Salsa**)
- 2 Tbsp.** finely chopped fresh cilantro
- ½** medium ripe avocado, sliced

- 1.** Preheat oven to broil.
- 2.** Place chilies on baking sheet, lightly coat with spray. Broil for 5 to 8 minutes on each side, turning occasionally. Chilies will be blistered all over, but not burned.
- 3.** Place chilies in resealable plastic bag (or covered bowl) until cool enough to handle. Pull off loose skin and discard skin, stem, and seeds. Coarsely chop. Set aside.
- 4.** Combine eggs and egg whites in a medium bowl; whisk to blend.
- 5.** Season with chili powder, cumin, and salt. Set aside.
- 6.** Heat oil in nonstick skillet over medium-high heat.
- 7.** Add onion and potato; cook, stirring frequently, for 2 to 3 minutes.
- 8.** Add water; cook, stirring frequently for 6 to 7 minutes, or until onion is translucent and potato is soft.
- 9.** Add egg mixture and chilies. Mix well; cook slowly, over medium-low heat, stirring frequently, for 3 to 6 minutes, or until eggs are set.
- 10.** Divide evenly between two serving plates. Top each with ¼ cup salsa, 1 Tbsp. cilantro, and ¼ avocado.

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTES:

- You can use pasilla chilies instead of poblano chilies.
- This scramble is great served on a bed of radicchio and served with a slice of sprouted whole-grain toast. Make sure to account for any containers.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 363 Total Fat: 20 g Saturated Fat: 4 g Cholesterol: 279 mg Sodium: 637 mg Carbohydrates: 28 g Fiber: 8 g Sugars: 7 g Protein: 21 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

HOMEMADE SALSA^o



SERVES: 8 (½ cup each) Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS: ½

VEGAN CONTAINER EQUIVALENTS: ½

- 1** medium jalapeño pepper, roasted, seeds and veins removed, finely chopped
- 2 cups** finely chopped tomatoes (approx. 3 medium)
- ½ tsp.** sea salt (or Himalayan salt)
- 3 cloves** garlic, finely chopped
- ½ cup** finely chopped sweet onion (approx. 1 small)
- 1 bunch** fresh cilantro, stems removed, finely chopped

- 1.** Combine jalapeño, tomatoes, and salt in a medium bowl; mix well.
- 2.** Add garlic, onion, and cilantro; mix well.

RECIPE NOTES:

- Another way to make the salsa is to coarsely chop the jalapeño, 1½ cups of tomatoes, and garlic. Place these ingredients and salt in food processor (or blender); cover. Pulse until well blended. Combine this mixture with the remaining tomato, onion, and cilantro; mix well.
- Maui and Vidalia are two varieties of onion that you can use.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 14 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 146 mg Carbohydrates: 3 g Fiber: 1 g Sugars: 2 g Protein: 1 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.