

## POACHED EGGS WITH ASPARAGUS TOAST<sup>o</sup>

VG

**SERVES:** 2 (1 toast each) **Prep Time:** 10 min. **Cooking Time:** 11 min.

**CONTAINER EQUIVALENTS** (per serving):  ½  1  ½  ½



- |                 |  |           |   |
|-----------------|--|-----------|---|
| <b>½ tsp.</b>   | <b>olive oil</b>   | <b>1.</b> | Heat oil in medium nonstick skillet over medium heat.   |
| <b>10</b>       | <b>medium asparagus spears, trimmed</b>  | <b>2.</b> | Add asparagus; cook for 5 to 7 minutes, turning occasionally, or until tender-crisp. Set aside.   |
| <b>2 cups</b>   | <b>hot water</b>   | <b>3.</b> | Bring water to a boil in medium saucepan over medium-high heat. Add lemon juice; reduce heat to maintain a gentle boil.   |
| <b>1 tsp.</b>   | <b>fresh lemon juice</b>   | <b>4.</b> | Place one egg into a small bowl. Hold bowl close to the water's surface and slip the egg into the water, repeat with remaining egg; cook for about 3 to 4 minutes, or until whites are completely set. Gently lift eggs out of water. |
| <b>2</b>        | <b>large eggs</b>  | <b>5.</b> | Spread each piece of toast with 1 Tbsp. Lemon Garlic Sauce. Top with five asparagus spears, one egg, and pepper (if desired).   |
| <b>2 slices</b> | <b>low-sodium sprouted whole-grain bread (like Ezekiel®), toasted</b>          | <b>6.</b> | Serve immediately.  |
| <b>2 Tbsp.</b>  | <b>Lemon Garlic Sauce</b> (see separate recipe for <b>Lemon Garlic Sauce</b> ) |           |   |
|                 | <b>Freshly ground black pepper</b> (to taste; optional)                        |           |   |

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 224 **Total Fat:** 11 g **Saturated Fat:** 2 g **Cholesterol:** 204 mg **Sodium:** 181 mg **Carbohydrates:** 20 g **Fiber:** 5 g **Sugars:** 2 g **Protein:** 12 g

Recipes containing the  icon 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.

## LEMON GARLIC SAUCE<sup>o</sup>

**SERVES: 5** (2 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1




- 2 Tbsp.** fresh lemon juice
- 1** large egg yolk, pasteurized\*
- 2 cloves** garlic, crushed
- 1 Tbsp.** Dijon mustard, gluten-free
- 1 Tbsp.** whole-grain mustard, gluten-free
- Sea salt (or Himalayan salt)  
and ground black pepper  
(to taste; optional)
- 3 Tbsp.** extra-virgin olive oil


- 1.** Combine lemon juice, egg yolk, garlic, and mustards in a small bowl; mix well.
- 2.** Season with salt and pepper, if desired.
- 3.** Slowly add oil, whisking continuously until well blended.

<sup>o</sup>**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

**NUTRITIONAL INFORMATION** (per serving): Calories: 92 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 37 mg Sodium: 203 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 0 g Protein: 1 g

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

Recipes containing the  icon 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  icon 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  icon 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.