

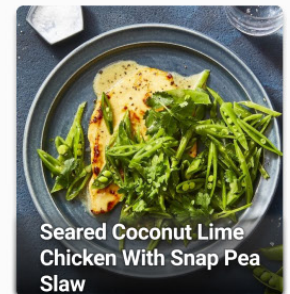
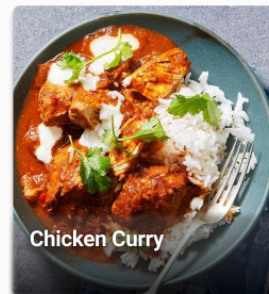
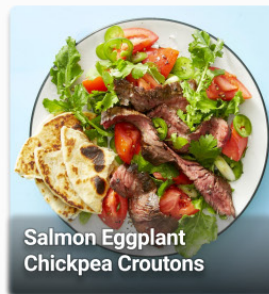
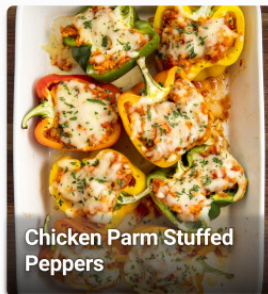
Healthy Lemon

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FEATURE CATEGORIES



RECOMMENDED RECIPES





Weight Loss



Poached Egg And Avocado Sandwich



Oatmeal Porridge With Ripe Berries



Hawaiian Tuna Bowl



Striped Bass Radish Salsa Verde



Coconut Lime Chicken Snap Pea Slaw



Smoky Vegan Black Bean Soup



Chicken Veggie Bake

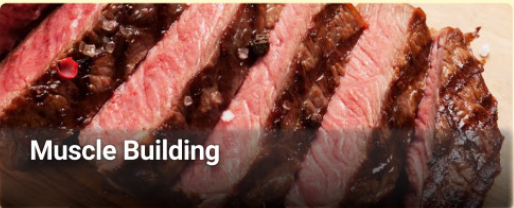


Spring Vegetable Buddha Bowl



Healthy Lemon

☰ Beef



Muscle Building



Cardio Improving



Blood Sugar Reducing



Weight Loss



Easy Asian Beef And Noodles



Beef Daube Provençal



Beef Burgundy Over Noodles



Simple Grilled Steak Fajitas



Power Lasagna



Potato-Topped Ground Beef Skillet





Weight Loss



Poached Egg And Avocado Sandwich



15 min



Cal 250



Easy

Nutrition Information

1 Serving (Full Recipe)

Carbohydrates: 31g	Cholesterol: 208mg
Protein: 13g	Sodium: 489mg
Fat: 26g	Fiber: 9g
Saturated Fat: 5g	Sugar: 4g

Ingredients

Serves 1



- 2 Whole-Grain Bread Slices Or Whole-Wheat, Small Pieces
- 1 Teaspoon Lemon Juice White Vinegar Or Apple Cider Vinegar For Substitute
- 1 Egg Large Or Extra Large
- 1/2 Avocado Ripe
- 1 Teaspoon Extra Virgin Olive Oil
- 1/2 Teaspoon Kosher Or Sea Salt Divided
- 1/4 Teaspoon Black Pepper
- 1/2 Cup Salad Greens Of Choice Or Baby Spinach (Optional)

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Instruction

1. Toast Bread.
2. Poach Eggs By Bringing 2 Inches Of Water With 1/4 Teaspoon Salt And Lemon Juice Or Vinegar To A Simmer Over High Heat. Do Not Allow Water To Boil. If It Begins Boiling, Reduce Heat.

