

# BREAKFAST HASH

By Dr. Cindy Tanzar  
(Standard)

The need for variety in breakfast options is important when you are on a weight loss plan. Traditional American breakfasts offer a lot of variety, but mostly consist of high-carb meals that pack on the pounds and create a host of health issues. Don't get caught up in mourning old foods that are unhealthy. Instead, choose to look at your breakfast food as a healthy fat-burning fuel to start your day and increase metabolism. Hash is simply vegetables, protein and fat diced and cooked together in a skillet. You can add a lot of variety by using any vegetable you like. Leftover roasted vegetables work great, as well. You can also chop vegetables ahead of time and keep them stored in the fridge.

This recipe makes 1 serving and covers protein, vegetables and fat for one meal.



## INGREDIENTS

- 1 Tbsp organic, unrefined coconut oil
- 2 cups zucchini, diced \*
- 2 slices uncured turkey bacon, diced



1/4 of a small onion, diced  
Pink Himalayan salt & black pepper, to taste  
1 pastured egg

## INSTRUCTIONS

Over medium heat, melt the coconut oil and brown the turkey bacon and onion. Add zucchini and cook approx. 10 minutes, or until zucchini is desired tenderness. Place in a bowl.

Fry an egg over soft or medium and place on top of the zucchini hash.

\*Substitute any vegetable on your GHS weight loss plan (broccoli, cauliflower, kale, spinach or Brussels sprouts work well)