



# SPINACH, MEAT & EGG SCRAMBLE

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(Standard/Maintenance)

Makes 1 serving covering your protein, veggies, and fat.



## INGREDIENTS

- 1 oz. meat (beef, steak, chicken)
- 1 c. fresh spinach
- 1/2 c. tomatoes
- 1/2 c. onions
- 2 eggs
- 1 tbsp. butter
- any spices for flavor as desired

## DIRECTIONS

Heat butter in pan, add meat and any spices desired for flavoring. Once cooked, remove from pan, don't drain pan. Add spinach to pan and cook. Once cooked, use paper towel and remove any liquid from pan. Add meat back into skillet. Whisk eggs in a bowl, add to skillet. Cook until eggs are cooked through.