

Protein Avocado Toast



Ingredients

1/2 Avocado (Approx. 75g)
1/2 Of a lime, juiced
2 Slices whole grain toast
3 Large hard boiled eggs
1/2 Cup cherry tomatoes,
halved
2 TBS Crumbled feta cheese
Seasonings of choice

How to Prepare

Toast bread
Smash avocado on the toast
Place eggs, tomatoes, lime juice and
cheese on top
Season with seasonings of choice

Macros

560 Calories
28g Protein
45g Carbs
30g Fat