



SAVORY TURKEY, EGG WHITE & SWEET POTATO BREAKFAST BOWL

Ingredients (Serves 1):

- 4 oz 93% lean ground turkey
- 1/2 cup liquid egg whites
- 1 whole egg
- 1/2 cup chopped spinach
- 1/4 cup chopped bell peppers
- 1/4 cup chopped onions
- 1/2 cup cooked diced sweet potato
- Salt & pepper to taste

Instructions:

1. Cook the ground turkey in a non-stick pan over medium heat. Season with garlic powder, salt, and pepper. Once browned, remove from the pan and set aside.
2. In the same pan, sauté the sweet potato cubes (use pre-cooked or microwave for 4–5 minutes if raw) for 2–3 minutes until lightly browned.
3. Add in the spinach, bell peppers, and onions, cooking until soft.
4. Pour in the egg whites and whole egg, scrambling until fully cooked.
5. Add the turkey back in, stir to combine, and top with cheese or salsa if desired.