



ALTERED ATHLETICS

EGG WHITE SCRAMBLE WITH TURKEY & SPINACH

Calories: 295

Protein: 36g | **Carbs:** 18g | **Fat:** 7g

Ingredients:

Liquid egg whites – 180g

Ground turkey breast (99% lean) – 75g

Fresh spinach – 50g

Bell pepper – 40g

Red onion – 20g

Olive oil spray – minimal

Salt, pepper, garlic powder – to taste

Directions:

Sauté turkey until fully cooked.

Add veggies and cook until soft.

Pour in egg whites and scramble until set.