



**ALTERED ATHLETICS**

# SWEET POTATO & CHICKEN BREAKFAST HASH

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**Calories:** 375

**Protein:** 34g | **Carbs:** 32g | **Fat:** 10g

## **Ingredients:**

Cooked sweet potato – 100g

Cooked chicken breast – 100g

Egg whites – 100g

Zucchini – 40g

Onion – 30g

Paprika, garlic, salt – to taste

## **Directions:**

Sauté onions, zucchini, and sweet potato in a pan.

Add diced chicken and egg whites.

Cook until egg whites are firm and golden.