



ALTERED ATHLETICS

TURKEY & EGG WHITE PROTEIN SANDWICH

Calories: 445

Protein: 42g | **Carbs:** 38g | **Fat:** 12g

Ingredients:

Dave's Killer Bread Thin-Sliced – 2
slices (56g)

Egg whites – 120g

Applegate Naturals deli turkey breast –
60g

Sargento Ultra Thin Swiss cheese – 1
slice (18g)

Mustard – 5g

Baby spinach – 20g

Directions:

Toast bread and cook egg whites into
a patty.

Layer turkey, cheese, egg whites,
mustard, and spinach.

Assemble sandwich and press or grill
for 2–3 mins.