



Turkey Egg white Breakfast Burrito

★★★★★

350 Calories

Prep Time: 20 **Cook Time:** 10 **Total Time:** 30 **Difficulty:** Medium **Servings:** 4 **Source:** Laura's Go-To Breakfast Order

INGREDIENTS

½ (16-ounce) package 93% lean All Natural Ground Turkey

1½ cups egg whites or 12 egg whites scrambled

¾ box Sliced mushrooms

4 green onions, chopped

1 cup shredded low fat cheese

8 tablespoons fresh salsa

4 Large 10" coconut flour tortillas by Real Coconut

NUTRITION

Makes 4 Burritos, Each burrito = 350 Calories, 30g protein

tortilla as needed.

5.) Serve with large amount of fresh salsa! If possible, add a side salad of fresh baby greens.

NOTES

All these ingredients can be found at Trader Joes except for the tortillas.

Coconut grain-free tortillas are sold at major health food stores (Whole Foods, sprouts). Or else, order coconut flour tortillas in bulk online at company website (Real Coconut) and freeze the extra.

Online, you can even order the superfood coconut tortilla with added benefits like reishi mushroom powder and turmeric!

*May sub with low-carb whole wheat 10" tortillas OR the Ezekiel tortilla.

DESCRIPTION

Coconut tortilla wrapped around scrambled egg whites with turkey, fresh mushrooms, green onions and shredded jack cheese. The most delicious way to start your day or end a surf session!

DIRECTIONS

1.) Use a non-stick pan to cook ground turkey on med-high heat until well done (6-7 minutes). No extra oil should be needed due to the natural fat content of turkey.

2.) In a new pan, saute the mushrooms and green onions in non-stick olive oil spray.

3.) Add the egg whites to veggies and let cook for 2-3 minutes. Lastly, add the veggie/egg mix into the cooked turkey. Toss in the cheese and scramble all the ingredients together.

4.) Store the egg white mixture in class container in fridge separate from the tortillas. Add 1/4 of the mix to a warmed