

# Scrambled Eggs

(Monday Breakfast)



Net carbs: 1 % (1 g)

Fiber: 0 g

Fat: 85 % (31 g)

Protein: 14 % (11 g)

kcal: 327

1 serving

## INGREDIENTS:

1 oz. butter

2 eggs

salt & pepper

## DIRECTIONS:

1. Crack the eggs into a small bowl and use a fork to whisk them together with some salt and pepper.
2. Melt the butter in a non-stick skillet over medium heat. Watch carefully — the butter shouldn't turn brown!
3. Pour the eggs into the skillet and stir for 1-2 minutes, until they are creamy.

