



## Egg & Turkey Breakfast Bowl

3 servings  
25 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 1 lb Lean Ground Turkey
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 2 tbsps Sea Salt & Black Pepper

### Nutrition

Amount per serving	
Calories	428
Fat	30g
Saturated	10g
Trans	0g
Carbs	7g
Fiber	5g
Sugar	1g
Protein	35g
Cholesterol	236mg
Sodium	4881mg
Calcium	77mg
Iron	3mg
Vitamin D	50IU
Vitamin E	2mg
Vitamin B6	0.8mg
Vitamin B12	2.1µg

### Directions

- 1 In a pan, heat the coconut oil over medium heat. Add the ground turkey and break it up as it cooks. Cook for 10 minutes, or until the turkey is cooked through. Drain the fat from the pan and return to the stove.
- 2 Add the mushrooms and kale in with the turkey. Crack the eggs over the mixture and stir to combine. Add salt and pepper. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 3 Divide between bowls and top with the avocado. Enjoy!