



BODYBUILDING.com™

Gainz Breakfast Bowl

Ingredients

Fingerlings 3-6 potatoes
Olive oil spray
Garlic powder 1 tbsp
Ground pepper to taste
Sea salt to taste
Rosemary to taste
Eggs 5
Goat cheese 2 oz.
Cherry tomatoes 1/2 cup
Green onion 1/3 cup

Directions

1. Cut potatoes. Spray nonstick skillet with olive oil and add potatoes, garlic powder, pepper, and sea salt.
2. Sear potatoes until edges are brown, then bake in oven for 20 minutes at 420 F.
3. Chop rosemary, crack 2 whole eggs, and add 3 egg whites to a bowl and beat.
4. Season eggs with pepper and rosemary.
5. Cook eggs in skillet, and add goat cheese.
6. Place cooked eggs in bowl, add potatoes, then top with tomatoes, green onion, sea salt, and pepper.

Nutrition Facts

Serving size: 1 bowl
Recipe yields: 10 servings
Calories: 634
Fats: 22 g
Carbs: 69 g
Protein: 40 g

