CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Bacon & Egg Scramble

Protein-Focused Breakfast & Recovery

www.consciousrewire.com

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What This Supports

Supports protein intake and satiety.

Why It Works

Eggs and bacon provide complete proteins and fats, while vegetables add fiber.

Ingredients

Bacon and Egg Scramble

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eggs

5 lb bacon ends

-5 tbsp bone broth

head cauliflower

small zucchini

bunch watercress

tbsp smoked paprika

tbsp each coffee salt and cinnamon

Cilantro and basil to garnish

Top with MCT oil and hot sauce

Directions

. Heat ghee on low in frying pan. Add eggs and lightly scramble. Keep on low heat until just cooked. Remove from heat and slide into plate and set aside.

. In medium sauce pan add roughly chopped bacon ends and broth. Simmer until bacon is almost cooked. Grate cauliflower and zucchini while it cooks.

. Add cauliflower and zucchini and stir for an additional 2-3 minutes.

. Remove from heat and stir in chopped watercress and spices.

Best Use

Best used as a hearty breakfast or post-training meal.

Food Notes & Safety

Cook eggs gently and bacon thoroughly.

Storage & Reheating

Refrigerate leftovers up to two days.