

Breakfast – Whole 30

CRISPY EGGS, AVOCADO, AND SPINACH

\$2.94/SERVING EST



Ingredients and groceries scaled from original 1 serving

10 eggs

1/3 cup Olive Oil

10 cups raw spinach

5 dashes salt

5 dashes pepper

2 ½ avocados sliced

Prep: 5 mins.

Cook: 10 mins

1. Heat a small pan on med-high heat, add oil until shimmering. Cook eggs sunny side up until edges are crispy, whites are set, but yolk remains runny. Remove from pan. Season to taste with salt and pepper.
2. Gently wilt spinach in remaining oil in pan, about 1-2 minutes
3. Serve everything with avocado.