



MEAL PREP BREAKFAST SANDWICHES

BY APRIL TAFOYA FROM FUELING FUNCTION

Meal prep egg sandwiches are a high-protein and high-fiber breakfast that can be whipped up in less than five minutes in the morning--just prep the egg patties on Sunday. I'll show you how!

Meal Prepping Egg Patties

- At the top of the week, you'll cook egg patties using a whoopie pie pan, available on Amazon.
- Preheat oven to 400 degrees.
- Spray the crevices of your whoopie pie pan with cooking spray.
- Crack and egg inside each crevice. You can also use egg whites or Egg Beater product. Break the yolk if using whole eggs.
- Season patties with preferred seasoning (garlic salt or EBTB seasoning are my favorites!)
- Bake for 9 minutes and check the tops. If they are a little runny, turn your broiler on high and broil for 1-2 more minutes.
- Store egg patties in a container and enjoy them for up to 4 days refrigerated. They also freeze well and can live in your freezer up to a month—a good idea if you have eggs that are about to go bad

During the week,

- For breakfast, just toast a Thomas Light English muffin, microwave your egg(s) for 45 seconds, and put it all together with preferred toppings like cheese, lunch meat, or avocado..

Why are meal prep sandwiches awesome?

I have two goals with all my meal prep recipes: I want to pack in at least 4g fiber and 15g protein.

Those are two of the most difficult nutrients to get in the standard American diet. Protein keeps us full in the morning and fiber contains micronutrients that support a healthy gut biome and good digestion.

You get protein from the eggs (sometimes I'll stack two!).

There's also protein in toppings like ham and cheese.

You get fiber when you choose a Thomas Light English Muffin.

For a piece of bread, these have incredible nutrition. They have 8g fiber, 5g protein, and 100 calories.

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Customize 'em!

I have three varieties on my blog: Ham and cheddar, chipotle chicken, and avo tomato.

- Ham and cheddar uses deli ham and cheddar cheese
- Chipotle chicken has Southwest Egg Beaters, seasoned lunchmeat, and pepper jack
- Avo tomato has Trader Joe's EBTB-seasoned egg whites, tomato, and avocado

About Me

I'm April, a healthy lifestyle blogger at Fueling Function, fuelingfunction.com.

I share flavorful meal prep recipes that hold up great for a week, are made of whole food ingredients, and are easy to make.



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