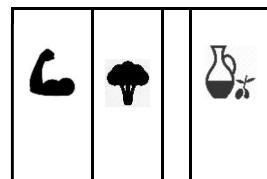


Breakfast Bowl with Pico de Gallo

- 4 fried eggs
- 1/4 avocado
- 2 teaspoons coconut oil
- 1/4 red onion, finely chopped
- 2 cups cauliflower rice
- Himalayan sea salt and pepper, to taste

Pico de Gallo Ingredients:

- 1 large tomato, chopped
- 1/2 red onion, finely chopped
- 1/2 cup chopped cilantro
- Jalapeno, chopped
- Lime juice, to taste
- Himalayan sea salt and pepper to taste



1. To make the cauliflower rice, cook the onion in a little fat until soft, then add the cauliflower rice and cook until tender.
2. Season to taste and set aside.
3. To make the Pico de Gallo, combine all the ingredients and mix well.
4. Serve the cauliflower rice topped with the fried eggs, Pico de Gallo and 1 slice of avocado.

Makes 2 servings.

Serving Size=2 eggs, 1/8 avocado, & 1 cup of veggies (cauliflower & Pico de gallo)

Enjoy with 1 cup of on plan fruit to complete your meal.