

Breakfast Brussels Sprout Bowl with Poached Eggs

If you've ever tried watching what you eat or any kind of diet, then you know that feeling full is key to success. The key to feeling full is protein, and a good high protein breakfast is how to get your day off to a good start.

You could eat protein bars or shakes, of course, and I've definitely succumbed to those kinds of things when I was much busier and didn't have time to make a good breakfast. But you know, a protein bar is just not as satisfying as sitting down to a real meal.

A breakfast like this, however, is the best. It's got everything you want to start your day: Vegetables? Check. Protein? Check. Deliciousness? Double check. The deliciousness comes from a delicious seasoning and quick toss in Ava Jane's Kitchen Avocado Oil and lemon juice. Oh, and bacon. Bacon always makes everything delicious.

The seasoning I used for this particular dish is the Ava's Favorite Burger Seasoning I got from my spice subscription. I just sprinkled a tiny bit on when it was all put together, and it added the perfect savory note to this. It's heavy with notes of garlic and pepper and definitely has uses other than just burgers!

This meal is Paleo and keto friendly, doesn't take long to prepare, and will fill you up until lunch time, guaranteed.

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Serves 1

Prep time: 15 minutes

Ingredients:

2 cups shredded Brussels sprouts
1/2 cup cooked and shredded chicken breast
2 strips bacon, cooked and crumbled
1 tablespoon Ava Jane's Kitchen Avocado Oil
Juice of 1 lemon
1 egg
1/2 teaspoon vinegar
Ava's Favorite Burger seasoning blend
Colima Sea Salt

Directions:

Toss the Brussels sprouts, chicken and bacon in a bowl. Drizzle over the oil and lemon juice. Before serving, crack the egg in a small bowl. Bring a pan of water to a simmer. Carefully add the egg and turn off the heat. Cook for 4 minutes. Remove with a slotted spoon and serve on top of the chicken and veggies.

Sprinkle with the Ava Jane's Burger seasoning, and a dash of Colima Sea Salt before serving.