



**FUEL &
FLAVOR**

PROTEIN



HIGH PROTEIN BREAKFAST BURRITOS

INGREDIENTS

- 2–3 large eggs
- 2 oz sausage, ground turkey, or chicken
- 2–3 tbsp black beans
- ¼–½ cup shredded cheese
- 1 large flour tortilla
- 1–2 tbsp whole milk or cream
- 1 tsp butter or oil
- ¼ avocado (fresh, optional)
- Optional: salsa, peppers, onions, sour cream

DIRECTIONS

1. Cook meat in a pan until done
2. Scramble eggs with milk in butter (keep soft)
3. Warm tortilla so it doesn't tear
4. Assemble: eggs + meat + beans + cheese
5. Add avocado or extras
6. Wrap and eat (or toast briefly for crispiness)

MAKE AHEAD OPTION

- Wrap in foil or parchment
- Store in fridge up to 3–4 days
- Freeze to eat later
- Reheat in microwave: 1–2 min (fridge) or ~3 min (frozen)

MODIFICATIONS TO MEET YOUR GOALS AND NEEDS:

Boost Calories & Healthy Fats

- Add extra cheese
- Use a high-protein tortilla
- Stir in sour cream after reheating
- Add avocado when serving

Increase Protein

- Use a high-protein tortilla
- Stir in plain Greek yogurt after reheating
- Add double meat

