



Swimsuit-Ready in 20 Days: Breakfast Recipes

Smoked Turkey and Tomato Scrambled Eggs with Toast

1 cup egg whites

3 ounces deli-style fat free smoked turkey, chopped

1 1/2 cups chopped plum tomatoes

1/2 cups shredded nonfat mozzarella cheese

4 slices whole grain bread, toasted

Cooking oil spray

Salt and cracked black pepper to taste

1. Coat a nonstick skillet with cooking spray and heat the skillet. Add the egg whites and cook for 30 seconds. Sprinkle with chopped turkey, tomatoes, and shredded cheese. Cook and stir about 2 minutes or until the egg whites are completely set. Season with salt and pepper.

To Serve: Serve the scrambled eggs with toast.

Servings: 2

NOTE: For lunch, spoon the scrambled eggs on toast and eat it as an open-face sandwich.