

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.





Eggs & Avocado Snack Box

1 serving
15 minutes

Ingredients

- 2 Egg
- 1/2 Avocado (medium, peeled)
- 1/3 Cucumber (sliced)
- 2 ozs Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Calories	545
Fat	43g
Saturated	16g
Carbs	15g
Fiber	7g
Sugar	3g
Protein	28g
Cholesterol	427mg
Sodium	517mg
Vitamin A	1488IU
Vitamin C	13mg
Calcium	482mg
Iron	3mg
Vitamin D	95IU
Vitamin B6	0.5mg
Folate	151µg
Vitamin B12	1.5µg
Magnesium	69mg
Zinc	4mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.