

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.





Smoked Salmon Bagel Breakfast Box

1 serving

5 minutes

Ingredients

3 tbsps Cream Cheese, Regular (plain)
4 ozs Gluten-Free Bagel (sliced in half)
4 ozs Smoked Salmon
1/3 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Calories	626
Fat	25g
Saturated	10g
Carbs	72g
Fiber	1g
Sugar	17g
Protein	29g
Cholesterol	71mg
Sodium	1649mg
Vitamin A	204IU
Vitamin C	5mg
Calcium	204mg
Iron	3mg
Vitamin D	774IU
Vitamin B6	0.4mg
Folate	15µg
Vitamin B12	3.9µg
Magnesium	36mg
Zinc	1mg

Directions

- 1 Spread the cream cheese evenly over the bagel slices. Add the smoked salmon and close the bagel.
- 2 Arrange the bagel and cucumber slices in a container. Enjoy!

Notes

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

Dairy-Free: Use vegan cream cheese instead.

More Flavor: Toast the bagel before spreading the cream cheese. Add cherry tomatoes, pickles, fresh dill, capers, or minced red onion.

No Bagel: Use bread, crackers, waffles or toasted sweet potato slices instead.

Gluten-Free Bagel: One gluten-free bagel is roughly 4-ounces or 113-grams.