



Detox Green HERB SCRAMBLE

Light and nutrient-packed.

INGREDIENTS:

- 1 whole egg + 2 egg whites
- 1 tbsp spinach (chopped)
- 1 tbsp parsley
- 1 tsp cilantro
- ½ tsp turmeric
- Black pepper
- Cooking spray

*Clean, green,
and good for
your body!
The perfect way
to start your
day.*

INSTRUCTIONS:

-  Whisk everything together.
-  Cook in a nonstick pan over medium-low heat.
-  Stir gently until just set.
-  High protein, low calorie, and full of goodness.
-  Great for weight loss and overall wellness!



PERFECT PAIRINGS: ♦



Serve with avocado, whole grain toast, fresh fruit, or a green smoothie.



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