

## Salmon and Broccoli Scramble



Salmon, broccoli and egg whites combine for the perfect protein-packed breakfast. Add a side of avocado for healthy fats and a serving of fruit for a delicious start to your day.

**Servings: 2**

### Here's what you need...

- 1 teaspoon olive oil
- 1 cup fresh broccoli, cut into small pieces
- 5 egg whites
- 8oz grilled or smoked salmon, separated into small pieces
- dash of salt and pepper

### Nutritional Analysis:

One serving equals: 225 calories, 7g fat, 557mg sodium, 6.5g carbohydrate, 1g fibre, and 33g protein.

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