

Weekly Meal Plan (March 22nd - March 28th 2020)

Sunday	Breakfast	Breakfast Hash (Keto)
	Lunch	Harissa Spiced Chicken Wraps (GF)
	Dinner	<i>Eating out</i>
Monday	Breakfast	Spinach and Goat Cheese Crustless Quiche (Keto)
	Lunch	Chicken Tostadas (Paleo)
	Dinner	Pork Bangers with Gravy and Cauliflower Mash
Tuesday	Breakfast	Breakfast Hash (Keto) (Leftover)
	Lunch	Spinach and Goat Cheese Crustless Quiche (Keto) (Leftover)
	Dinner	Coconut Chicken Nuggets and Arugula Salad with Lemon Tahini Dressing
Wednesday	Breakfast	Mushroom and Bacon Crustless Quiche (Keto)
	Lunch	Coconut Chicken Nuggets and Arugula Salad with Lemon Tahini Dressing (Leftover)
	Dinner	Shredded Beef (Whole30) - Instant Pot and Roasted Balsamic Portobello Mushrooms, Cherry Tomatoes and Asparagus (Paleo)
Thursday	Breakfast	Mushroom and Bacon Crustless Quiche (Keto) (Leftover)
	Lunch	Quick Salad with Chicken (Keto)
	Dinner	Shredded Beef (Whole30) - Instant Pot (Leftover) and Roasted Balsamic Portobello Mushrooms, Cherry Tomatoes and Asparagus (Paleo) (Leftover)
Friday	Breakfast	Chocolate Almond Coconut Smoothie (Keto)
	Lunch	Turkey and Bacon Roll Ups with Avocado (Keto)
	Dinner	Rosemary Grilled Lamb Chops and Creamed Collard Greens (Keto)
Saturday	Breakfast	Avocado Eggs
	Lunch	Rosemary Grilled Lamb Chops and Creamed Collard Greens (Keto) (Leftover)
	Dinner	Fish Packets with Thai Butter and Baby Bok Choy

Extras

Timeline

Saturday	Morning	Defrost the sausage, if frozen. Hit your local farmer's markets and shops to pick up necessary ingredients for the week.
Sunday	Morning	Prepare the Breakfast Hash (Keto).
	Afternoon	Prepare the Harissa Spiced Chicken Wraps (GF).
	Evening	Defrost the pork sausages, if frozen.
Monday	Morning	Prepare the Spinach and Goat Cheese Crustless Quiche (Keto).
	Afternoon	Prepare the Chicken Tostadas (Paleo).
	Evening	Defrost the chicken breast, if frozen. Prepare the Pork Bangers with Gravy and Cauliflower Mash.

Tuesday	Morning	Defrost the bacon and beef chuck roast, if frozen.
	Evening	Prepare the Coconut Chicken Nuggets and Arugula Salad with Lemon Tahini Dressing.
Wednesday	Morning	Marinate Shredded Beef for at least 4 hours. Prepare the Mushroom and Bacon Crustless Quiche (Keto).
	Evening	Prepare the Roasted Balsamic Portobello Mushrooms, Cherry Tomatoes and Asparagus (Paleo) and Shredded Beef (Whole30) - Instant Pot.
Thursday	Morning	Pack Quick Salad with Chicken.
	Afternoon	Defrost the bacon, if frozen. Prepare the Quick Salad with Chicken (Keto).
	Evening	Defrost the lamb chops, if frozen.
Friday	Morning	Prepare the Chocolate Almond Coconut Smoothie (Keto).
	Afternoon	Prepare the Turkey and Bacon Roll Ups with Avocado (Keto).
	Evening	Defrost the red snapper, if frozen. Prepare the Rosemary Grilled Lamb Chops and Creamed Collard Greens (Keto).
Saturday	Morning	Prepare the Avocado Eggs.
	Evening	Prepare the Fish Packets with Thai Butter and Baby Bok Choy.

Shopping List

This shopping list reflects the default portion size that you have set in your personal settings. You can also override portions on individual recipes.

A note about quality and sourcing: We highly recommend that all meat and dairy comes from healthy, pasture raised animals. Choose organic whenever possible, and any canned items should be BPA-free. Go to your shopping list in the website to see our

My Favorite Shop from our favorite online resources.

Canned/Jarred Goods

- 1/4 cup almond butter
- 2/3 cup chicken broth
- 1/2 cup tahini
- 1 quart almond milk
- 8 tablespoons coconut aminos
- 1 cup water
- 3/4 cup beef broth
- 1/2 cup coconut cream

Vinegar and Oils

- 2/3 cup apple cider vinegar
- 3 1/2 cups extra virgin olive oil
- 8 tablespoons balsamic vinegar
- 1/2 cup ranch dressing
- 1 3/4 cups coconut oil

Produce

- 10 cups arugula
- 8 baby bok choy
- 1 head cauliflower
- 3 bunches collard greens
- 2/3 inch fresh ginger
- 11 green onions
- 6 tablespoons lemon juice
- 3 limes
- 2 orange bell pepper
- 1 red bell pepper
- 16 ounces spinach
- 2 pounds asparagus
- 4 cups baby spinach
- 39 1/2 ounces cherry tomatoes
- 1/2 pound cremini mushrooms
- 1 head garlic
- 1/2 head iceberg lettuce
- 2 teaspoons lemongrass
- 1/2 cup minced garlic
- 12 portobello mushrooms
- 6 cups salad greens
- 2 tomatoes
- 10 avocados
- 1 bell pepper
- 1 bunch cilantro
- 1 cucumber
- 4 green bell peppers
- 1 jicama
- 3 tablespoons lime juice
- 6 onions
- 1/2 pound portobello mushrooms
- 1/2 pound shiitake mushrooms

Meat/Seafood

- 2 1/2 pounds bacon
- 6 cups cooked chicken
- 1 1/2 pounds red snapper
- 4 pounds beef chuck roast
- 12 lamb chops
- 2 pounds sausages
- 4 pounds chicken breasts
- 1 1/2 pounds pork sausages
- 8 ounces sliced turkey

Eggs & Dairy

- 1 1/4 cups butter
- 12 ounces goat cheese
- 36 eggs
- 3 cups heavy cream
- 1/2 cup full fat Greek yogurt
- 2 cups milk

Spices

- 1/4 teaspoon cayenne pepper
- 8 teaspoons dried rosemary
- 2 3/4 teaspoons ground black pepper
- 4 teaspoons onion powder
- 1 tablespoon sweet paprika
- 23 teaspoons coarse sea salt
- 2 teaspoons dried thyme
- 8 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- taco seasoning
- 4 teaspoons dried oregano
- 4 teaspoons garlic powder
- 1 tablespoon harissa spice
- 4 teaspoons peppercorns

Sweeteners & Baking Supplies

- 1 teaspoon almond extract
- 3 tablespoons arrowroot
- 1/2 cup cocoa powder

1/2 cup coconut butter

6 drops liquid stevia (*optional*)

2 teaspoons vanilla

Alternative Flours

2 cups coconut flour

Asian

2 tablespoons fish sauce

Household

parchment paper

Supplements

1/2 cup protein powder

Bulk

1 cup shredded coconut

1/2 cup slivered almonds

Drinks

2 cups ice

Sunday, 22nd March 2020

Breakfast Hash (Keto)



Ingredients

2 onions
4 green bell peppers
2 orange bell pepper
2 tomatoes
2 pounds sausages
1 tablespoon extra virgin olive oil
4 teaspoons minced garlic
16 ounces spinach
4 teaspoons coarse sea salt, plus more to taste
ground black pepper, to taste

How To Prepare

- 1 Peel and chop onion. Finely chop the peppers and tomato. Remove the sausage from its casing.
- 2 In a skillet, sauté oil and garlic over medium heat for 1 minute.
- 3 Add in peppers, onion, and tomato.
- 4 Let sauté for about 5 minutes, stirring occasionally.
- 5 Mix in sausage, breaking it into small pieces as you stir. Cook until until the sausage is no longer pink.
- 6 Mix in fresh spinach, and cook for 2-3 minutes, or until sautéed.
- 7 Remove skillet from heat and serve hot.

Cooked For: 8

Active Time: 30m

Total Time: 30m

Sunday, 22nd March 2020

Harissa Spiced Chicken Wraps (GF)



Ingredients

- 2 cups cooked chicken
- 1 bell pepper
- 1/2 head iceberg lettuce, or butter lettuce
- 2 tablespoons extra virgin olive oil
- 1 tablespoon harissa spice, plus more to taste
- 2 tablespoons lemon juice
- 1/2 cup full fat Greek yogurt

How To Prepare

- 1 Shred chicken. Finely slice bell pepper. Separate lettuce leaves.
- 2 Warm olive oil in a pan over medium heat. Add harissa seasoning, and sauté for a minute to release the flavors.
- 3 Add chicken and cook for 2-3 minutes to warm through. Adjust seasoning to your preference.
- 4 Turn off heat and add lemon juice.
- 5 Spoon some chicken onto the center of each wrap. Top with bell pepper and thick yogurt. Fold and serve immediately.

Cooked For: 4

Active Time: 20m

Total Time: 20m

Monday, 23rd March 2020

Spinach and Goat Cheese Crustless Quiche (Keto)



Ingredients

1 tablespoon coconut oil
1/2 onion
8 ounces goat cheese, or feta
1 tablespoon extra virgin olive oil
1 tablespoon minced garlic
4 cups baby spinach
4 eggs
1 cup heavy cream
1 teaspoon coarse sea salt
1/4 teaspoon ground black pepper
1/2 teaspoon paprika

Batch: 1 (8 Servings)

Active Time: 10m

Total Time: 40m

Note:

Make this recipe ahead of time for quick grab-and-go breakfasts on busy mornings.

How To Prepare

- 1 Preheat oven to 350F. Grease a baking dish with coconut oil.
- 2 Chop onion. Crumble goat cheese into small pieces.
- 3 In a pan over medium high heat, add olive oil, onions, and garlic. Sauté for 3-5 minutes or until onions are translucent.
- 4 Add spinach and cook until it just begins to soften, about 2-3 minutes. You want the spinach softened, but not wilted by the heat.
- 5 In a large bowl, beat eggs and mix in cream, salt, pepper, and paprika.
- 6 Evenly distribute spinach (leaving out any extra liquid) and goat cheese in greased baking dish. Pour egg mixture over top.
- 7 Bake quiche for 30 minutes or until set.
- 8 Serve immediately or warm later in the oven.

Monday, 23rd March 2020

Chicken Tostadas (Paleo)



Ingredients

- 1 jicama
- 2 limes
- 4 avocados
- 3 green onions
- 2 cups cooked chicken
- 2 tablespoons coconut oil, or fat of your choosing
- taco seasoning, to taste

How To Prepare

- 1 Peel jicama with a vegetable peeler.
- 2 Thinly slice the jicama into discs, preferably with a mandoline slicer.
- 3 If you slice it very thinly, the slices can be folded and used as taco shells. If the slices are thicker, you can use it as a tostada.
- 4 Soak the jicama slices in cold water for 30 minutes.
- 5 Drain and use for chicken tostadas.
- 6 Juice half of the lime; cut the other half into wedges. Slice avocados and dice green onions. Shred the chicken.
- 7 Heat the fat in a pan. Add shredded chicken to warm and season with taco seasoning to taste. Remove from heat and top with the lime juice.
- 8 Serve on top of jicama tostada shells with avocados and green onions.

Cooked For: 4

Active Time: 25m

Total Time: 1h 0m

Monday, 23rd March 2020

Pork Bangers with Gravy and Cauliflower Mash



Ingredients

- 1 1/2 pounds pork sausages
- 1/2 onion
- 1 head cauliflower
- 2 tablespoons butter
- 3/4 cup beef broth, or chicken broth
- 1 tablespoon arrowroot
- 2 tablespoons water
- 6 tablespoons coconut oil
- 1 teaspoon coarse sea salt, plus more to taste
- ground black pepper, to taste

Cooked For: 4

Active Time: 40m

Total Time: 40m

How To Prepare

- 1 Using a large pan over medium-high heat, brown sausages on all sides for about 10 minutes. Remove sausages, cover to keep warm, and set aside.
- 2 Meanwhile, peel and slice onion. Break cauliflower into florets.
- 3 With the drippings from the sausages, return the pan to medium-high heat and add the sliced onions and butter. Sauté onions until they are soft and light brown.
- 4 Pour in the broth and stir until incorporated.
- 5 In a small bowl, combine arrowroot and water until smooth. Pour into the cooking broth, then reduce heat to simmer until thickened to a gravy consistency.
- 6 Meanwhile, add florets to a large saucepan and fill halfway with water. Cover and steam until florets are soft; strain and discard water.
- 7 Add cauliflower to your food processor and process in small batches until very smooth.
- 8 Add plenty of coconut oil plus salt and pepper to taste.
- 9 Serve sausages topped with gravy alongside cauliflower mash.

Tuesday, 24th March 2020

Coconut Chicken Nuggets and Arugula Salad with Lemon Tahini Dressing



Cooked For: 8

Active Time: 45m

Total Time: 45m

Ingredients

For the chicken:

- 2 cups coconut flour
- 1 cup shredded coconut
- 4 teaspoons garlic powder
- 4 teaspoons onion powder
- 4 teaspoons coarse sea salt
- 1 teaspoon ground black pepper
- 4 eggs
- 4 pounds chicken breasts
- 1 cup coconut oil

For the salad:

- 1 cucumber
- 4 green onions
- 4 tablespoons lemon juice
- 1/2 cup tahini
- 1 1/2 cups extra virgin olive oil
- 10 cups arugula

How To Prepare

- 1 In a large mixing bowl, add coconut flour, coconut, garlic powder, onion powder, salt, and pepper. Set aside.
- 2 Beat the eggs.
- 3 Cut chicken into bite-sized pieces and mix in a bowl with the beaten eggs.
- 4 Add the eggy chicken to the large mixing bowl and stir to completely coat the chicken in the flour mixture.
- 5 In a large saucepan on medium-high heat add about 1/2 of the coconut oil. When the oil is hot and shimmering, add chicken in small batches.
- 6 Use tongs to turn the chicken pieces until all sides are brown. Remove chicken to a warm plate in the oven while you finish frying, adding more oil as needed.
- 7 For the salad: Slice the cucumber and green onions.
- 8 In a small bowl, whisk together lemon juice, tahini, and olive oil until well combined.
- 9 In a large bowl combine arugula, cucumber and green onions. Add dressing to taste and toss to coat.
- 10 Serve salad alongside the chicken nuggets.

Wednesday, 25th March 2020

Mushroom and Bacon Crustless Quiche (Keto)



Ingredients

2 tablespoons coconut oil
1/2 pound cremini mushrooms
1/2 pound portobello mushrooms
1/2 pound shiitake mushrooms
1 onion
2 pounds bacon
20 eggs
1/2 cup water
2 teaspoons coarse sea salt
1/2 teaspoon ground black pepper
1 teaspoon paprika
2 teaspoons dried thyme

Cooked For: 8

Active Time: 45m

Total Time: 1h 30m

Note:

Make this recipe ahead of time for quick grab-and-go breakfasts on busy mornings.

How To Prepare

- 1 Preheat oven to 350F. Grease baking dish with coconut oil.
- 2 Cut cremini mushrooms into quarters or eighths, depending on size. Dice portobello mushroom caps and cut shiitake mushrooms into quarters, removing and discarding the stems. Peel and slice onion thinly.
- 3 Cut bacon into slivers. Fry bacon in a pan and remove with a slotted spoon.
- 4 Pour off all but 2 tablespoons bacon fat, filter through a mesh strainer and reserve for later use.
- 5 In a large bowl, toss cut mushrooms with reserved fat, then place on a rimmed baking sheet in a single layer. Roast for about 15 minutes, or until cooked and firm. Remove from oven and set aside.
- 6 While the mushrooms are cooking, in a large bowl, beat eggs with water, salt, pepper, and paprika.
- 7 In a large bowl, combine roasted mushrooms, onion, bacon and thyme.
- 8 Evenly distribute this mixture in prepared baking dish.
- 9 Pour egg mixture over top.
- 10 Bake for 45 to 55 minutes, or until a knife inserted into the center of the quiche comes out clean. Serve warm or at room temperature.
- 11 Serve immediately or warm later in the oven.

Wednesday, 25th March 2020

Shredded Beef (Whole30) - Instant Pot



Ingredients

2/3 bunch cilantro
8 teaspoons minced garlic
3 tablespoons lime juice
4 pounds beef chuck roast
2/3 cup apple cider vinegar
2/3 cup chicken broth, or water
2/3 cup extra virgin olive oil
8 teaspoons ground cumin
4 teaspoons peppercorns
4 teaspoons dried oregano
1 teaspoon coarse sea salt, plus more to taste

Cooked For: 8

Active Time: 20m

Total Time: 5h 30m

How To Prepare

- 1 Mince cilantro.
- 2 Combine all ingredients in a large bowl or ziptop bag.
- 3 Cover and marinate in the refrigerator for at least 4 hours, or up to 48 hours.
- 4 When ready to cook, add everything to your Instant Pot, making sure you have at least 1 cup of liquid in the pot. If not, add chicken stock or water as needed. Depending on the size of your roast, you may need to cut it in half to fit it into the Instant Pot.
- 5 Lock the lid and cook on high pressure for 45 minutes. When done cooking, allow pressure to release naturally.
- 6 Shred beef with a fork and serve.

Wednesday, 25th March 2020

Roasted Balsamic Portobello Mushrooms, Cherry Tomatoes and Asparagus (Paleo)



Ingredients

- 12 portobello mushrooms
- 8 cloves garlic
- 2 pounds asparagus
- 8 tablespoons balsamic vinegar
- 1/2 cup extra virgin olive oil
- 8 tablespoons coconut aminos
- 4 cups cherry tomatoes
- 2 teaspoons coarse sea salt
- 1 teaspoon ground black pepper

How To Prepare

- 1 Preheat oven to 375F.
- 2 Remove stems from Portobello mushroom caps. Mince the garlic. Break off the woody ends of asparagus.
- 3 Meanwhile, place portobello caps in a shallow baking dish, bottoms up. Top each cap with garlic, balsamic vinegar, olive oil, and coconut aminos. Arrange cherry tomatoes around the mushrooms. Season with sea salt and pepper.
- 4 Bake for 15 minutes, then add asparagus to the dish as well. Cook for another 15 minutes or until both the mushrooms and asparagus are tender.
- 5 Serve.

Cooked For: 8

Active Time: 10m

Total Time: 40m

Thursday, 26th March 2020

Quick Salad with Chicken (Keto)



Ingredients

- 2 cups cooked chicken
- 5 ounces cherry tomatoes
- 6 cups salad greens
- 1/2 cup slivered almonds
- 1/2 cup ranch dressing, or Italian dressing

How To Prepare

- 1 Chop chicken into cubes. Halve tomatoes.
- 2 Combine chicken, salad greens, almonds, and tomatoes in sealable containers. Add ranch dressing to separate containers with lids.
- 3 When ready to eat, pour dressing on top of salad and mix to combine.

Cooked For: 4

Active Time: 15m

Total Time: 15m

Friday, 27th March 2020

Chocolate Almond Coconut Smoothie (Keto)



Ingredients

1 quart almond milk
1/2 cup coconut butter
1/2 cup cocoa powder
1/2 cup protein powder
1/2 cup coconut cream
1/4 cup almond butter
1 teaspoon almond extract
2 teaspoons vanilla
6 drops liquid stevia, optional
2 cups ice, plus more if needed

How To Prepare

- 1 Place all ingredients in blender and blend until smooth. Add ice until desired consistency is reached.
- 2 Serve immediately.

Cooked For: 4

Active Time: 10m

Total Time: 10m

Friday, 27th March 2020

Rosemary Grilled Lamb Chops and Creamed Collard Greens (Keto)



Cooked For: 8

Active Time: 50m

Total Time: 1h 50m

Ingredients

- 4 teaspoons minced garlic
- 6 tablespoons extra virgin olive oil
- 8 teaspoons dried rosemary
- 4 teaspoons coarse sea salt
- 1/4 teaspoon cayenne pepper
- 12 lamb chops, about 3/4-inch thick
- 3 bunches collard greens
- 2 onions
- 1/2 cup butter, or ghee
- 4 teaspoons coarse sea salt, plus more to taste
- 2 tablespoons arrowroot
- 4 tablespoons water
- 1 tablespoon sweet paprika
- 2 cups milk
- 2 cups heavy cream
- ground black pepper, to taste

How To Prepare

- 1 In a food processor fitted with the s-blade add the garlic, oil, rosemary, salt, and cayenne pepper and pulse until well combined.
- 2 Rub the paste on both sides of the lamb chops and let them marinate for at least 1 hour in the refrigerator.
- 3 When the lamb is nearly finished marinating, bring a large pot of water to a boil. Prepare an ice bath.
- 4 Fold individual collard leaves in half to easily slice and remove stems, then cut greens into thin strips. Chop onion.
- 5 Blanch greens in the boiling water until bright green and beginning to soften, 3-4 minutes. Transfer to the ice bath to cool. Squeeze dry.
- 6 Heat butter in a large heavy pot over medium heat. Add onion and salt and cook, stirring occasionally, until translucent.
- 7 Mix arrowroot powder and filtered water together to form a slurry. Add the slurry and the paprika to the onions and stir constantly for 2 minutes.
- 8 Whisk in milk and cream and bring to a boil, whisking often.
- 9 Stir in greens and reduce heat to low. Simmer and stir often, until greens are tender and sauce thickens, about 30 minutes.
- 10 While the greens are simmering, remove lamb chops from the refrigerator and allow to come to room temperature for about 20 minutes. If using a grill, preheat it to high.
- 11 If using the stovetop, heat a heavy bottom pan over medium-high heat. Add lamb chops to the pan (or to your grill) and sear for about 2 minutes. Flip the chops over and cook for another 3 minutes for medium-rare or 3 1/2 minutes for medium. Allow to rest for 5 minutes before serving.
- 12 Season greens to taste with salt and pepper, and serve alongside the lamb chops.

Friday, 27th March 2020

Turkey and Bacon Roll Ups with Avocado (Keto)



Ingredients

2 avocados
1 large red bell pepper
4 ounces goat cheese
8 ounces bacon
8 ounces sliced turkey

How To Prepare

- 1 Peel, pit, and thinly slice avocado. Remove seeds and pith from bell pepper and cut into thin strips. Crumble the cheese.
- 2 Cook bacon in a large heavy bottomed skillet over medium high heat until crispy. Remove to a paper towel to drain. Pour bacon fat into a clean mason jar through a fine mesh strainer to save for cooking later.
- 3 Lay out turkey in two slice layers. In the center of each stack of turkey, place a slice of bacon, a few slivers of avocado, a sprinkling of bell pepper strips, and crumbled cheese.
- 4 Roll turkey around the filling with seam side down. Slice each roll in 3 pieces and serve.

Cooked For: 4

Active Time: 20m

Total Time: 20m

Saturday, 28th March 2020

Fish Packets with Thai Butter and Baby Bok Choy



Ingredients

8 baby bok choy
1/2 cup butter, ghee, or olive oil
1 1/2 pounds red snapper, or other white fish
parchment paper
2 teaspoons lemongrass
2 teaspoons cilantro
2/3 inch fresh ginger
1 lime
2 tablespoons fish sauce

Cooked For: 4

Active Time: 15m

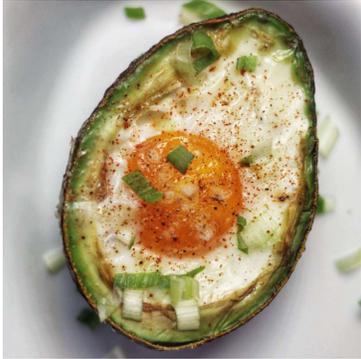
Total Time: 35m

How To Prepare

- 1 Quarter the baby bok choy lengthwise. Soften the butter.
- 2 Preheat the oven to 400F.
- 3 Cut fish into individual serving portions. Cut large squares of parchment paper for each serving of fish. Place baby bok choy in the center of each square and top with a piece of fish.
- 4 Finely chop the lemongrass and cilantro. Finely grate the ginger and zest lime and then slice into quarters.
- 5 Using clean fingers combine butter, lemongrass, ginger, lime zest, and cilantro; spread evenly over fish. Top each packet with about a half tablespoon of fish sauce.
- 6 Fold up parchment paper to make a sealed parcel: With the square sheet in front of you, bring the top and bottom edges together and fold over several times. Then fold each remaining side up to make a neat, tight packet.
- 7 Bake for 20 minutes. Use a pair of kitchen scissors to cut open the packets, taking care to avoid burns from escaping steam.
- 8 Serve immediately with a wedge of lime.

Saturday, 28th March 2020

Avocado Eggs



Ingredients

4 avocados
8 eggs
coarse sea salt, to taste
ground black pepper, to taste
cayenne pepper, optional
4 green onions

How To Prepare

- 1 Preheat oven to 425F.
- 2 Remove stones from the avocados. Scoop out a little more of each avocado to increase the size of the stone's crater.
- 3 Divide eggs evenly and crack into the crater of each avocado.
- 4 Sprinkle with sea salt, ground pepper, and cayenne pepper.
- 5 Bake for 15-30 minutes or until eggs are cooked to your desired doneness.
- 6 Mince the green onions.
- 7 Garnish with green onions and serve.

Cooked For: 4

Active Time: 10m

Total Time: 45m

Note:

To make sure the eggs don't spill out of the avocado while cooking, you can use a muffin tin to set them in. If you don't have a muffin tin, you can cut a little off the back side of the avocado to flatten it out so that it won't spill.