



Smoked Salmon Avocado Egg Bowl

From the 'HealthyNow test kitchen', meaning our own home, here is one of our favourite, easy to make, delicious and nutritious post workout lunches that keeps us full till dinner! It's also Keto friendly.



HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

To order, call or text Christine at 647-210-0047 or email Info@HealthyNow.ca.

Check us out online at www.HealthyNow.ca, or at www.facebook.com/healthynow40!





CATERING • MEAL PREP • JUICES

You'll need:

- 4 eggs
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 1 avocado
- 2 tbsp avocado oil
- 1 tbsp fresh parsley, chopped
- 4 oz. smoked salmon defrosted
- 1 tbsp sriracha, or ¼ tsp of chili flakes to taste
- Small frying pan

To make it:

1. Slice smoked salmon into bite sized chunks, place in bowl
2. Slice avocado into bite sized chunks, place in bowl
3. Preheat frying pan to medium heat, then add avocado oil
4. Crack and scramble eggs, sprinkle in salt and pepper, then add to frying pan, and cook to done firmness
5. Add scrambled eggs to bowl
6. Sprinkle with parsley, chili flakes, or add sriracha to taste

Enjoy!

Past recipes of the week are posted at our website www.HealthyNow.ca/recipes

HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

To order, call or text Christine at 647-210-0047 or email Info@HealthyNow.ca.

Check us out online at www.HealthyNow.ca, or at www.facebook.com/healthynow40!

