



## Nutrition Facts

Servings Size: 1 Burrito

Recipe Makes: 6 Servings

Amount Per Serving

**Calories**

**472**

**Total Fat** 12g

**Total Carbohydrate** 44g

**Protein** 47g



# Meal Prep Frozen Breakfast Burritos

### INGREDIENTS:

- 1 Bag Frozen Fajita Vegetables (about 450g)
- 8oz 99/1 Lean Ground Turkey
- 8oz 96/4 Lean Ground Beef
- 1 Packet Taco Seasoning
- 450g 2% Cottage Cheese (highly recommend Good Culture brand)
- 8g Nutritional Yeast
- 400g Egg Whites
- 6 Large Eggs
- Sea Salt
- 6 Burrito Tortillas

### LOW CAL MAPLE BUFFALO SAUCE:

- 30g Franks Red Hot
- 30g Sugar Free Pancake Syrup

1. Add your whole bag of frozen fajita veggies to a pan on high heat (7/10 or above). Cook with cover on top till they have softened. Then sauté till they start to brown.
2. Now add to that same pan your turkey and ground beef. Brown one side of the meat and then flip and break into small pieces with your spatula. Then combine with the fajita veggies.
3. Add your whole packet of taco seasoning and mix. Now add your cottage cheese and nutritional yeast. Mix everything together.
4. Now periodically continue to mix and let this sit to let the extra liquid reduce. This will thicken up a lot. Just takes about 10 or so minutes. Once done, add to a bowl and cool and thicken up some more.
5. In that same pan, add 400g egg whites and 6 large eggs. Lightly scramble and be careful not to overcook them. Add to a bowl and add sea salt. Mix together. Let cool.
6. Once meat and eggs have cooled, build the burritos. If you build too early before everything has cooled, the tortillas will get soggy. Add 1/6th of your meat and 1/6th of your eggs to each tortilla and roll into a burrito.
7. Wrap each in aluminum foil and add them to the freezer.
8. Now when you want one, take out of aluminum foil, wrap in a paper towel and microwave for 2:30 to thaw (flip halfway through). Then air fry on 360 degrees F for 10-12 minutes until golden. Then enjoy!