

Protein-Packed 2-Minute BREAKFAST

Ingredients:

- 1 egg
- 1 tbsp milk
- 2 tbsp shredded mozzarella cheese
- 1/4 cup frozen veg mix
- Salt and pepper to taste



Let's Get Crackin'!

Give everything a good stir and pop your mug into the microwave for a whirlwind adventure of 2 minutes.

Drumroll, Please...

Behold! Your protein-packed masterpiece is ready to steal the show. Grab a spoon, dive right in, and let the flavors dance on your taste buds.



On-the-Go Goodness

Busy schedule? No problem! This mug of goodness can be enjoyed anywhere, anytime. Just grab, go, and conquer your day!

BREAK
FAST
TIME

