

American High-Protein Breakfast Recipe



Nutrition Facts

Amount Per Serving

Calories	340 kcal
Protein	36.7g
Carbohydrate	10.4g
Fat	15.8g
Dietary Fiber	3.6g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 2 Eggs
- 50g Kidney Beans
- 80g Ham
- 40g Onion
- Pepper
- Salt

Preparation:

Cut onion into small pieces and roast it (medium heat). After 4-5 minutes add 80g of sliced ham and 50g of kidney beans. Roast it for another 4-5 minutes and then add 2 eggs. Roast the fried eggs for 4-5 minutes and flavor everything with salt and pepper.

This is a good and solid American style breakfast with 340 calories and 36.7 grams of protein. If you want to know your needed calorie intake to gain muscle, check out our [Calorie Calculator](#).

Enjoy this healthy high-protein breakfast and stay fit!