

HIGH PROTEIN EGG MEAL

Ingredients:

- ghee or grass-fed butter (for pan)
- ½ cup cottage cheese
- ½ cup egg whites
- 3 eggs
- pink himalayan or celtic salt (to taste)



Instructions:

- heat a cast iron or skillet (this is the one I use and love) with ghee (healthiest option!) or butter
- add ½ cup cottage cheese, ½ cup egg whites, and 3 eggs right into the pan
- scramble it all together while it cooks — no need to pre-mix
- sprinkle with a pinch of salt (can go mineral-rich for extra health benefits)
- stir gently until fluffy and cooked through
- eat it hot, or let cool and pack it up for later

Protein Boost:

- This power combo packs around 38-40g of protein per serving!

Need more? Flip for the family-style version!

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HIGH PROTEIN EGG MEAL (FAMILY-STYLE)

Ingredients:

- ghee or grass-fed butter (for pan)
- 1 cup cottage cheese
- 1 cup egg whites
- 7-8 eggs
- pink himalayan or celtic salt (to taste)



Instructions:

- Melt ghee or butter in a large skillet
- Pour in 1 cup cottage cheese, 1 cup egg whites, and 7-8 eggs
- Scramble everything up right in the pan
- Season with your favorite mineral salt
- Stir until fluffy and cooked through — then serve it up!

Protein Boost:

- This batch has about 80-85g of protein total, depending on egg size and cottage cheese brand.

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