

Breakfast Sandwich

(Makes 6 Servings)



Shopping list:

- *6 large eggs*
- *6 English muffins*
- *6 slices of cheese (your choice)*
- *12 slices of deli meat (Ham, Turkey, Sausage)*
- *Salt & pepper to taste*
- *Plastic wrap*
- *1 - 1 gallon plastic freezer bag*

Prep:

1. Label your freezer bag.
2. Spray pan with non-stick spray. Cook eggs and add salt and pepper to taste (scrambled, over hard, or egg whites only). Once cooked set aside.
3. Tear a piece of plastic wrap big enough to cover sandwich completely. Place the English muffin in the center of wrap and tear into two pieces (most are pre-cut that are bought at the store).
4. Add 1 slice cheese, 2 pieces of meat, and 1 egg to muffin. Wrap completely with plastic wrap and place inside a freezer bag. The 6 sandwiches should fit into a gallon-sized bag and freeze.

Cook:

1. Remove plastic wrap from sandwich and cook in microwave for 90 seconds.
2. Enjoy!