

Trim Healthy
W I S D O M

Protein Avocado Toast (E or XO)

(Depending upon the avocado amount or if using whole eggs)

(P - Avocado toast is something so many of us women crave. It has a big problem, though... it is super low in protein, so it does nothing for our CLBM. Typical avocado toast eating only causes more loss of your CLBM, which means more loss of metabolism! This recipe is a way to enjoy avo-toast but also get ample protein in! I have eaten this as my lunch so often in the last couple of years that it feels like my best friend! It sustains me, fuels my lean body mass, and is kind to my gut. You'll discover when trying this recipe that you don't need huge amounts of avocado to have tasty, succulent toast... a little goes a long way. The E version is typically how I most frequently have this toast, and I usually accompany it with some sauerkraut on the side of my plate for my veg portion and some Side Protein & Fiber Chocolate Milk, but sometimes I also enjoy it as a glorious XO using either poached or fried whole eggs. Keep in mind... if you want to enjoy this as an XO, use either 2 whole eggs or XO amounts of avocado - not both... well, unless you are having a Leptin Reset Breakfast as described on page 428 Trim Healthy Wisdom.

I have mostly used rye sourdough bread bought online (Find our product recommendations [HERE](#)) when making this recipe, and since most of these breads are pre-sliced into very large pieces, I generally just use 1 or 1½ slices, but you can make Serene's Peasant Bread or use store-bought sprouted bread, and you'd use 2 of those. This recipe is very trimming when made the E way. You could also use Gluten-Free Sourdough No Carb Easy Bread if you are gluten-free or just prefer it, but that is FP, so you'll need to add a carb side if having an E Meal such as a side of fruit.)

Single Serve Recipe

INGREDIENTS:

- Egg White Hack for E (or 2 poached or fried eggs for XO)
- 2 pieces on-plan bread; toasted
(1 or 1½ pieces if using Pearl's preferred [online sourdough option](#))
- ¼ of an avocado for an E; more or up to ½ of one avocado for XO (mashed)



- [TH Mineral Salt](#) (to taste)
- black pepper (to taste)
- hot sauce (optional)

INSTRUCTIONS:

1. Make the *Egg White Hack* or poached or fried eggs, then set aside.
2. Smear the toast with avocado and top with Mineral Salt, black pepper, and generous amounts of hot sauce if using.
3. Finally, place half the amount of the *Egg White Hack* or an egg on each piece.

Protein Nerd Notes:

If you use $\frac{3}{4}$ to a full cup of egg whites in your *Egg White Hack*, your Protein Nerd Level 3 requirements are covered. If you'd rather use smaller amounts of the egg whites (perhaps just $\frac{1}{2}$ a cup for Protein Option 1 E Meal) or the 2 whole eggs, then you need more protein. You can have a generous $\frac{1}{2}$ serving of [TH ESSENTIAL](#), or if you prefer getting super filled up... the *Side Protein & Fiber Chocolate Milk* should do the trick. Other ways to get more protein would be to use close to a full serving of [TH Optimized Collagen](#) in a coffee or tea on the side or by chugging close to a serving of the [TH Optimized Collagen](#) with 1 tsp of [TH ESSENTIAL](#) in a little water right before your meal then chasing with more water. Or you could have the *PYY Booster* using 1 Tbs each of [TH Optimized Plant Protein Powder](#) and [TH Optimized Whey Protein Powder](#) or a small serving of *Optimized Protein Mousse*.