

Trim Healthy
W I S D O M

Poached Egg Quinoa Bowl (XO)

Don't avoid this recipe just because it is labeled an XO. It is a wise, trimming Crossover that will do your body all sorts of nourishing good. Using just 2 poached eggs, this bowl does not provide you with your Protein Nerd Level 3 amounts. It would take 4 whole eggs to do that, but for most of us, that is too much density, so check the notes for how to easily obtain enough protein for your Protein Nerd Level 3 needs.

Single Serve Recipe

INGREDIENTS:

- ½ - 1 ½ cups *Cauli Hack Recipe*
(or 1 large, diced tomato and several very large handfuls of fresh spinach)
- ½ - ¾ cup pre-cooked quinoa
- 2 eggs
- [TH Mineral Salt](#) (season to taste)
- black pepper (season to taste)
- cayenne pepper (season to taste)
- hot sauce (season to taste)
- 1 – 2 Tbs lacto-fermented sauerkraut (optional)

INSTRUCTIONS:

1. Lightly spray a healthy-style, non-stick medium-sized skillet with coconut or olive oil and set to medium heat. At the same time, fill a medium-sized saucepan to at least the ½ way mark with water, then set on high heat to boil.



2. Heat the *Cauli Rice Hack* (or tomatoes and spinach) and quinoa in the hot skillet. Toss well while heating. Once heated through, remove the skillet from the heat, cover with the lid, and push to the back of the stove.
3. Once the water boils in a saucepan, remove it from the heat and turn the stove burner off. Crack two eggs into the just-boiled water. Cover with a lid, then put the saucepan back on the burner. Allow the eggs to poach in the hot water for 5 minutes (this gives a nicely done but still soft in-center poached effect).
4. Transfer veggies and quinoa to a bowl. Top with poached eggs, and season them with Mineral Salt, black pepper, and optional cayenne and hot sauce.
5. If using sauerkraut, place it on one side of the bowl.

Protein Nerd Notes:

Two whole eggs only provide at most 14 grams of protein. You can easily get the rest of your Protein Nerd Level 3 requirements with a generous half serving of [TH ESSENTIAL](#) or one of our Optimized Protein Powders – perhaps try the *Side Protein & Fiber Chocolate Milk* or *PYY Booster* using an added tablespoon of [TH Optimized Plant Protein](#) along with 1 tablespoon of [TH Optimized Whey Protein](#). Or you can use close to a full serving of [TH Optimized Collagen](#). If you prefer a non-powder way to get the rest of your protein, you can fry the two eggs instead of poaching them and add another ½ cup of whites to the pan (using a spray of oil in the pan rather than ample butter since we already have some fat with the two egg yolks.)

Other Notes:

Your body may do better with either ½ cup quinoa or the full ¾ cup serving. It all depends on where you are on your CLBM journey and how much soothing your adrenals need. You can try this recipe in different ways and assess which carb portions suit you best.