

# DAVID'S BREAKFAST SKILLET

Recipe by David Jackson

calories 235 | fat15g protein 24g Net Carbs 1g

## Shopping list

1/2 pound ground beef or sausage  
2 tablespoons onion, finely minced  
3 ounces cream cheese  
3 large eggs  
1 tablespoon water  
dash of salt and pepper

## Directions

1. Brown the ground beef and onions in skillet over medium-high heat and drain excess fat.
2. Turn the heat down to low, add cream cheese and cook just until melted
3. Beat eggs with the water, add the salt and pepper and pour into skillet with beef and cheese. Scramble until done to your liking and serve!

## George's Tips:

Try it with ground turkey or turkey sausage to lower the fat!