



This creamy goat cheese scramble comes together in minutes and delivers high-quality protein along with choline—an essential nutrient involved in acetylcholine production, a neurotransmitter important for memory and cognitive function. Eggs also provide B vitamins and selenium that support brain and metabolic health, while goat cheese adds richness and a small boost of calcium.

INGREDIENTS

- 3 Eggs
- 1 tsp Extra virgin olive oil
- 2 Tbsp Goat cheese
- Pinch Salt & black pepper

INSTRUCTIONS

1. Crack the eggs into a small bowl and whisk with a pinch of salt and pepper.
2. Heat olive oil in a small skillet over medium-low heat.
3. Pour in the eggs and cook gently, stirring slowly as the eggs begin to set.
4. When the eggs are almost cooked, crumble in the goat cheese and fold it through.
5. Remove from heat while still slightly soft—the eggs will finish cooking in the pan.

Nutrition (Based on 2000kcal)

392kcal/serving | **Macros:** Net Carbs 1.7 g (0.0 g fiber), Protein 27.2 g, Fat 29.9 g (12.1 g saturated)

Good source (10-19% DV): Omega-3, B1 (thiamin), Folate, Vitamin E, Calcium.