

# MAPLE BACON PROTEIN BREAKFAST BOWL

*Printable grocery list · Serves 4*

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- ☐ 4 Cups Fat Free Cottage Cheese
- ☐ 4 Tbl Sugar Free Maple Syrup (Pancake Syrup)
- ☐ 1 Tsp Cinnamon
- ☐ Pinch of Sea Salt
- ☐ 8 Slices Turkey Bacon
- ☐ 4 Large Hard Boiled, Poached or Jammy Eggs (Sliced)
- ☐ 2 Cups Diced Apples or Pears
- ☐ 1/2 Cup Roasted Pecans or Walnuts (Optional for Crunch)
- ☐ Extra Sugar Free Syrup for Drizzling
- ☐ Fresh Thyme or Parsley (Optional but delicious)