**Just Crack An Egg Cup DIY Version Meal Prep**

**Nutrition:** Makes 4 meals
Calories: 220, Carbs < 8g, Fiber: 1g, Protein: 14g, Fat: 15g



* Ingredients
	+ 4 mason jars
	+ 1 cup shredded uncooked hashbrowns
	+ 1 cup shredded cheddar cheese
	+ 4 eggs
	+ 4 slices cooked bacon—or other breakfast meat
	+ 1 cup chopped veggies
* Instructions
	+ Open all 4 jars
	+ Add ¼ cup hashbrowns to each jar
	+ Add ¼ cup cheddar cheese to each
	+ Add ¼ cup chopped veggies
	+ Set 1 whole egg ontop of all and close jar lid
		- Refrigerate 7 days until ready to use
		- Crack egg into mason jar and cook uncovered 1 mins 30 secs

**Note:**
You can use 2 eggs for more protein, or use egg whites! (Bonus: Adds another 7 g protein and 80cals)