**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)