

# Bacon, Spinach, & Feta Breakfast Strata

*Recipe makes 6 meals*

## Ingredients

- 32 oz carton Egg Whites
- 6 oz Crumbled Feta
- 6 oz Fresh Spinach, chopped
- 2.5 oz bag Real Bacon Pieces
- 1/2 loaf French Bread, about 7 oz
- 1 Tbsp Olive Oil
- 1 Tbsp Garlic Powder
- 1/2 Tbsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- Salt and Pepper to taste



## Nutrition Profile

*- per meal -*

**Calories - 325**

**Fat - 12g**

**Carbohydrates - 21g**

**Protein - 30g**

**\*Fiber - 1g**

**Estimated Cost  
Per Meal**

**\$2.21**

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# Instructions

- 1. In a bowl, add in your carton of egg whites, 1 Tbsp garlic powder, 1/2 Tbsp onion powder, 1/2 tsp oregano, 1/2 tsp paprika, and a little salt and pepper. Mix well and set aside.**
- 2. Grab your 9x13 casserole dish and add in 1 Tbsp of olive oil and spread to coat the bottom of your casserole dish.**
- 3. Tear your French bread into small pieces and add them into your greased casserole dish, followed by your chopped spinach and your crumbled feta.**
- 4. Evenly pour in your egg mixture, and top with your bacon pieces.**
- 5. Place in the oven on 375°F for 30-40 minutes, or until your eggs are cooked through.**
- 6. Once your eggs are cooked, remove from the oven, give it a taste, and add salt and pepper to preference.**
- 7. Divide into your meal containers and enjoy!**

# Notes

- **This is a very low calorie breakfast option which leaves room for adding additional ingredients like sausage, more cheese, or more bread.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**