

Lunch | Dinner

Avocado Egg Salad

Side Effect: Weight Loss/ Loss of Appetite

10 Mins **Prep Time**

10 Mins **Cook Time**

Servings

134 Calories

10g Fat 4g Carbs

7g Protein



Ingredients

4 Servings



20 Mins Total Time



Allergens: Eggs

4 Large Eggs 💔



1 Avocado, ripe 🕠



2 Tbsp Fresh Dill, washed

2 Tbsp Fresh Parsley, washed

Juice of 1/2 Lemon, wash lemon before juicing

Salt and Pepper, to taste

Allergen Swap

Eggs Use cooked shredded chicken breast or cubed tofu

Nourishment Note



Avocado

Avocados are both a fruit and a hearthealthy, monounsaturated fat. Avocados may help to increase the absorption of fat-soluble vitamins A, D, E, and K.



(†) Egg

Eggs are a great source of protein. Protein is important for building new and healthy cells. Protein needs are often increased when going through cancer treatments.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Boil Eggs

Cover eggs with cold water in a saucepan. Bring water to a boil. Turn off heat, and cover pan with lid. Leave eggs in covered saucepan, undisturbed, for 8-10 minutes.

3. Prep & Chop Eggs

Discard water and run cooked eggs under cold water. Peel off shells. Chop the hard-boiled eggs into small pieces.

4. Mash Avocado

Mash the peeled avocado in a bowl with a fork until mostly smooth.

5. Mix Ingredients & Enjoy

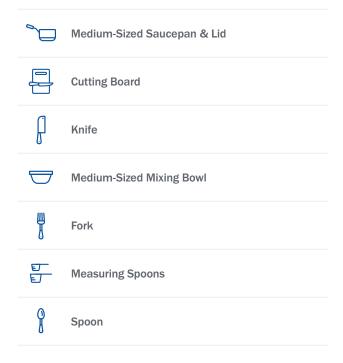
Add the chopped eggs, herbs, lemon juice, and salt and pepper to the mashed avocado. Mix well. Serve immediately or chilled.

6. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Registered Dietitians

What You'll Need



Fatigue Buster

- · Purchase pre-cooked hard-boiled eggs.
- Use dried herbs. Reduce amount to 1 Tsp of each dried herb.
- · Purchase pre-squeezed lemon juice.