



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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Protein-Rich Meal

Ingredients:

- 6 Pasture - Raised Eggs
- 1 Cup Sunflower Sprouts, for garnish
- ½ cup Organic Black Beans, *rinsed and drained*
- ½ cup Organic Cherry Tomatoes, *rinse drained and chopped*
- ½ cup Button Or Shiitake Mushrooms, *wiped clean and chopped*
- ½ cup Organic Spinach, *rinsed and chopped*
- ¼ cup Tomatillo Green Salsa
- ¼ cup Pasture Raised Butter
or
Organic Coconut Oil, *as needed*
- 3 Scallions Rinsed, *finely chopped*
- ¼ tsp Oregano
- ¼ tsp Powdered Turmeric
- ¼ tsp Powdered Sage
- ¼ tsp Black Pepper
- Dash Salt



Instructions:

1. Begin heating skillet on a low flame (I prefer a VisionWare® glass skillet).
2. Add some butter or coconut oil, initially, and as needed.
3. As that melts add black pepper first, and then the other spices.
4. Then add mushrooms and tomatoes to sauté, until soft.
5. Add black beans, scallions, spinach and tomatillo salsa.
6. When spices and vegetables are nicely mixed and sautéed; about 3 minutes.
7. Add well stirred eggs, constantly scrambling them.
8. Plate and garnish with sunflower sprouts