

DOC NO. 02 · RECIPE PACK

# Five Ways With Eggs

*The morning ritual of the high-protein week — three eggs, half an avocado, broccoli — preparation rotated.*

02

---

DOC HUB

[mealplan.nepa-pro.com](http://mealplan.nepa-pro.com)

PROTOCOL

**High-Protein · Low-Carb**

EDITION

**01**



MORNING DISCIPLINE

## Five Ways With Three Eggs

*Three large eggs, half an avocado, and broccoli — every morning, without fail. These five preparations rotate the format so the discipline never feels like one.*

---

## RECIPE 01

# The Iron Skillet

8 minutes · one pan · pure protein

PROTEIN 21g

CALORIES 430

NET CARB 6g

FAT 34g

**INGREDIENTS**

- 3 large eggs
- ½ Hass avocado, sliced
- 1 cup broccoli florets, blanched 60 seconds
- 1 tbsp grass-fed butter
- Flake sea salt, cracked black pepper

**METHOD**

- 01** Heat butter in a 10-inch cast-iron pan over medium-low until foaming.
- 02** Add broccoli and toss to coat for 90 seconds, building a faint char.
- 03** Push broccoli to the perimeter and crack eggs into the open center.
- 04** Cover for 90 seconds for sunny-side; longer for set yolks.
- 05** Slide onto a warm plate, fan the avocado alongside, finish with flake salt.

## RECIPE 02

# The French Roll

12 minutes · classic technique · velvety

PROTEIN 21g

CALORIES 445

NET CARB 7g

FAT 36g

**INGREDIENTS**

- 3 large eggs, beaten with a pinch of salt
- ½ Hass avocado, mashed with lemon
- 1 cup broccoli florets, steamed
- 1 tbsp butter
- Cracked pepper, fresh chive (optional)

**METHOD**

- 01** Melt butter in a non-stick pan over medium-low — no browning.
- 02** Pour in eggs and stir constantly with a silicone spatula, drawing curds from the edges.
- 03** When eggs are mostly set but still glossy, tip the pan and roll into a soft cylinder.
- 04** Plate the roll, spoon avocado mash beside, fan steamed broccoli at the edge.
- 05** Crack pepper, scatter chive, serve immediately.

RECIPE 03

# The Steak-House Scramble

*10 minutes · fluffy curds · weekend feel*

PROTEIN 22g

CALORIES 455

NET CARB 6g

FAT 37g

## INGREDIENTS

- 3 large eggs
- ½ Hass avocado, diced
- 1 cup broccoli, finely chopped
- 1 tbsp butter + 1 tsp ghee
- Sea salt, pepper, ¼ tsp smoked paprika

## METHOD

- 01** Sauté broccoli in ghee over medium heat for 3 minutes; remove.
- 02** Lower heat, add butter, pour in beaten eggs.
- 03** Stir gently in slow figure-eights — large curds, never dry.
- 04** Fold broccoli back in for the last 20 seconds.
- 05** Top with avocado, smoked paprika, salt, and pepper.

RECIPE 04

# The Avocado Boat

*20 minutes · baked · hands-off*

PROTEIN 20g

CALORIES 470

NET CARB 7g

FAT 38g

## INGREDIENTS

- 1 whole avocado, halved + pitted (use both halves)
- 3 small eggs (or 2 medium + 1 yolk)
- 1 cup broccoli florets, roasted
- Sea salt, pepper, fresh thyme

## METHOD

- 01** Preheat oven to 425°F. Toss broccoli with olive oil and salt; spread on a sheet pan.
- 02** Scoop a tablespoon from each avocado half to enlarge the well.
- 03** Place avocado halves in a small baking dish; crack an egg into each well.
- 04** Bake avocado + broccoli together for 14–16 minutes until whites set.
- 05** Salt, crack pepper, scatter thyme, serve hot.

RECIPE 05

# The Field Omelet

*9 minutes · folded · greens forward*

PROTEIN 22g

CALORIES 450

NET CARB 7g

FAT 36g

## INGREDIENTS

- 3 large eggs
- ½ Hass avocado, sliced
- 1 cup broccoli florets, finely chopped
- 1 tbsp butter
- Salt, pepper, lemon zest

## METHOD

- 01** Sweat broccoli in half the butter, 3 minutes; season; reserve.
- 02** Wipe pan, melt remaining butter, swirl in beaten eggs.
- 03** When edges set, pull them inward and tilt the pan to flow uncooked egg under.
- 04** Layer broccoli down the center and fold the omelet closed.
- 05** Slide onto plate, top with avocado, lemon zest, and a flake of salt.