

# Breakfast burritos

High Protein Cheesy Egg & Beef  
Breakfast Rolls?

Easy 36g Protein Meal Prep ??

(Macros Per Roll - 12 Total)

318 Calories

5.5gC | 12gF | 36gP

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Ingredients:

1.1KG Extra Lean Beef Mince

Seasoning:

1 Tsp Salt,

1/2 Tsp Cumin,

1 Tsp Chilli Powder,

1 Tsp Black Pepper,

2 Tsp Smoked Paprika,

1 Tsp Onion Powder,

1 Tsp Garlic Powder,

1.5 Tsp Oregano

(can be substituted for 1 Packet  
Low Sodium Taco Seasoning  
Mix)400g Salsa

60g Light Cream Cheese  
(Philadelphia Lightest)  
25g Light Butter (Nuttelex Light)  
8 Eggs & 300g Egg Whites  
Seasoned With Salt (can be  
substituted for 12 regular eggs)  
180g Light Grated Cheddar  
Cheese (Dairworks Natural  
Cheddar Cheese)  
12 Small/Medium Tortillas  
(Missions Carb Balanced  
Tortillas)

<https://www.instagram.com/p/DB3YCePSq4E/>

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Revision #3

Created 2025-04-12 03:05:51 UTC by Noah Moyer

Updated 2025-04-12 11:58:09 UTC by Noah Moyer