







LIAM HOWELLS

PERFORMANCE NUTRITION

BLT Sandwich

 Calories: 440  Carbs: 13  Protein: 25  Fat: 14

SERVINGS: 1

PREPTIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- 3 slices wholemeal bread taken from a 400g loaf
- 2 bacon medallions
- 2 eggs
- 1 medium sized tomato sliced
- 2 lettuce leaves
- 1 tbsp tomato ketchup
- 1 tbsp lighter than light mayonnaise
- low calorie cooking spray

Directions

- First weigh the 3 slices of bread. If it is over 60g cut off some of the crust from 1 slice and weigh it again, until you get 60g.
- Spray a frying pan with low calorie cooking spray and cook the bacon and eggs. You'll want the eggs quite hard so they don't make a mess when you eat the BLT.
- If you want, you can toast the bread at this point.
- Lay out the bread with the slice you cut the crust off in the middle.
- Spread half of the ketchup onto one of the bigger slices of bread then place the eggs on top. Spread a little of the light mayo onto one side of the smaller slice of bread and stack on-top of the ketchup and egg slice.
- Spread the top piece of bread with a little more of the mayo, then add the bacon, sliced tomato and lettuce. Put the remaining mayo on the last piece of bread.
- Place this slice on top of the lettuce and cut the sandwich in half diagonally. Enjoy!