

# Pampy's Green Eggs Zing

## Ingredients.

- Eggs (range are best, but, whatever),
- Cream (Full),
- Coconut Oil,
- Sea Salt,
- Avocado,
- Feta (crumbled),
- Fresh Basal,
- Sundried tomato, OR, Olives (both sliced).
- Lemon.

## Instructions - tinker to your taste, interest and convenience.

- Tbsn coconut oil to the pan,
- Scramble eggs adding chopped basal, tomatoes or olives & sea salt,
- Plate eggs, adding avocado, feta,
- Drench with freshly squeezed lemon.
- \* Tinker with your meal volume day to day - the key being; your goal is to reach, say, 1 pm, free from hunger, and loaded with mental focus and physical energy. Generally, I recommend starting with a lighter volume and work up if need be. \*  
Data suggests most Australian's overeat.
- Coffee, Tea, etc. FYI - I believe in the documented health benefits from drinking (fresh) coffee (caffeine).