

## **Turkey Club**

Cut one whole waffle in half so each half is shaped like a half moon or a triangle. On one half, place a 1/2 ounce slice of bacon, two slices of turkey, a slice of cheese, lettuce, and tomato. Drizzle with 1 teaspoon mustard and 1 teaspoon Basic Mayo (*Always Hungry?* page 259) or other sugar-free mayo. Place the other waffle half on top. Serve with 1/2 to 1 cup fresh berries. Calories: 585

Carbohydrate: 23%

Protein: 21%

Fat: 56%

## **Smoked Salmon**

Cut one whole waffle in half so each half is shaped like a half moon or a triangle. On one half, place smoked salmon (3 ounces), arugula, 1/4 cup crumbled goat cheese, lettuce, and tomato slices. Drizzle with Lemon Aioli (*Always Delicious* page 298) or Basic Mayo (*Always Hungry?* page 259) and cover with the other half of the waffle. (see video below) Serve with 1/2 to 1 cup fresh berries. Calories: 600

Carbohydrate: 23%

Protein: 22%

Fat: 55%

## **Classic Burger**

Cut one whole waffle in half so each half is shaped like a half moon or a triangle. Prepare your favorite burger with lettuce, tomato, pickles, mustard, etc. Cover with the other half of the waffle. Try it with our Spinach Feta burger recipe or our Meatball recipe from *Always Delicious* page 149. Serve with 1/2 to 1 cup fresh berries.

Calories: 630

Carbohydrate: 21%

Protein: 24%

Fat: 54%

## **Vegetarian Egg and Cheese**

Cut one whole waffle in half so each half is shaped like a half moon or a triangle. Layer a slice of cheese and 1 fried egg + 1 egg white on one half of the waffle. Add diced bell peppers, onion, spinach or any other veggies you like. You can even cook the veggies into an egg omelette for the sandwich. Then cover with the other half of the waffle. Serve with 1/2 to 1 cup fresh berries. Calories: 530

Carbohydrate: 26%

Protein: 21%

Fat: 53%