



FRENCH
TOAST EGG
SANDWICH



HIGH PROTEIN SANDWICH RECIPES

✓ High protein ✓ Easy to make ✓ Delicious

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French Toast Egg Sandwich

Ingredients

- ✓ 2 slices of Protein Bread
- ✓ 4 slices of bacon
- ✓ 3 whole eggs
- ✓ 1 slice of cheddar cheese
- ✓ 1/2 cup of milk
- ✓ 1/4 oz ICON Cinnamon Honey Butter Flavor

Directions

- ✓ Mix one egg with milk and ICON Cinnamon Honey Butter Flavor
- ✓ Dip bread in milk mixture and cook in pan over medium high heat. Flip once golden brown.
- ✓ Cook bacon and eggs to liking.
- ✓ Assemble the sandwich! Place cheese between eggs and bacon. Plate & serve!



Gooney Grilled Three Cheese Sandwich

Ingredients

- ✔ 2 slices of Protein Bread
- ✔ 1.5 oz sharp cheddar cheese
- ✔ 1.5 oz of gruyere cheese
- ✔ 1.5 oz of gournay cheese
- ✔ non-stick cooking spray

Directions

- ✔ Lightly spray griddle with non-stick cooking spray then place bread on griddle.
- ✔ Once bread is golden brown, spray non-stick spray on the non-cooked side, flip bread, and add all three cheeses on top of cooked side.
- ✔ Place other piece of bread on top of cheese. Flip once bottom of bread is golden brown.
- ✔ Cover pan with lid, and continue to cook 2-3 minutes or until bottom piece of bread is golden brown.
- ✔ Plate and serve!



Caprese Melt

Ingredients

- ✔ 2 slices of Protein Bread
- ✔ 1 large vine ripe tomato
- ✔ 4 oz buffalo mozzarella
- ✔ 1/4 oz of extra virgin olive oil
- ✔ Fresh basil
- ✔ salt and pepper to taste

Directions

- ✔ Heat non-stick pan to medium high heat. Brush bread with olive oil. Place in pan.
- ✔ Lightly toss tomatoes in remaining olive oil. Quickly sear tomatoes until colored on outside, but still firm inside.
- ✔ Flip bread once browned. Place 3 slices of cheese on each side.
- ✔ Place tomato on top of cheese and cook until cheese is desirably melted. Top with fresh basil. Plate & serve!



Salmon Arugula Avocado Sandwich

Ingredients

- ✓ 2 slices of Protein Bread
- ✓ 5 oz salmon filet
- ✓ 1/2 avocado
- ✓ 1/2 lemon wedge
- ✓ Fresh arugula
- ✓ Non-stick cooking spray
- ✓ 1/6 oz ICON Vodka Lemon Pepper Flavor

Directions

- ✓ Heat non-stick pan to medium high heat and lightly coat with non-stick spray.
- ✓ Evenly dust salmon with ICON Vodka Lemon Pepper Flavor. Place belly down in pan. Once salmon is 1/4 way cooked through, flip.
- ✓ Slice avocado into strips, and begin toasting bread.
- ✓ Once salmon is cooked to 145°F, remove from heat, and allow 5 minutes to rest.
- ✓ Assemble the sandwich! Place avocado on bread, then salmon. Top with fresh arugula and lemon juice. Plate and serve!



Grilled Chicken Pesto Portobello

Ingredients

- ✓ 2 slices of Protein Bread
- ✓ 5 oz of chicken breast
- ✓ 1 large portobello cap
- ✓ 2 oz pesto sauce
- ✓ Non-stick cooking spray
- ✓ 1/6 oz of ICON Butter Herb Flavor

Directions

- ✓ Evenly dust chicken with Butter Herb Flavor
- ✓ Lightly spray grill with non-stick spray and sear on both sides until cooked through.
- ✓ Place clean portobello mushroom on grill until seared and cooked.
- ✓ Toast bread, then spread pesto on both slices. Assemble sandwich and serve!

