



Quickstart Guide & Paleo Challenge



IMPORTANT NOTE:

OK. This work is copyrighted. And US Copyright Law says we can get really mad at you if you share this with anyone, even your sister or your mom. And that we can sue your pants off for stealing, just like if you had broken into our house and stolen our TV. Jason personally hates US Copyright Law. He thinks it's prehistoric and desperately needs to be updated. But we also have a product today, one that we've worked hard on, and would like to be protected. Puts us in somewhat of a bind.

So, we'll make a deal with you. This product is copyright © Paleo Plan 2016. Just like normal. But, if you know one or two people who you think could really benefit from using this, but would *never* buy it on their own, then maybe we'll look the other way for a minute*. But we ask, if you've gotten this for free and it's helped you, please consider buying a license yourself. Or buy a copy for a friend and pay it forward.

If you're a gym owner, a trainer, physician, or CrossFit affiliate and would like to share this with your customers, we have a special license just for you, and you can get more information by checking out our [Partner Page](#).

BLANK has purchased a professional license from Paleo Plan which allows them to distribute this specially branded eBook to their local clients. Any other use is strictly prohibited.

Thanks,
Jason
Paleo Plan

PaleoPlan.com

© Paleo Plan 2016

All rights reserved. No part of this publication may be reproduced or redistributed in any form without the prior written permission of the publishers.

** Note, this does not condone sharing, and we reserve all rights associated with our copyright.*



paleoplan.com

TABLE OF CONTENTS

CH 1. Introductions	5
Why Paleo?	6
Overview of the Challenge	7
CH 2. About the Diet	9
Quiz: Should You Go Paleo?	9
A Little History	10
A Little Science	11
Grains	11
Gluten	11
Certain Lectins	12
Phytic Acid	12
Legumes	12
Nuts and Seeds?	13
Refined Sugars	13
Vegetable Oils	14
Pasteurized and Homogenized Dairy	15
Unnecessary Additives	16
Exercise, Sleep, Stress, and Cortisol	16
Research to Support Paleo	17
Real-Life Testimonials	19
CH 3. Food Guide	22
Unrestricted Foods	22
Consume in Moderation	24
Foods to Avoid	25
CH 4. FAQ	28
Diabetes and Paleo	29
Nuts and Protein Powders	30
Budgeting for the Diet	31
Breakfast and Intermittent Fasting	31
High-Protein Diet Myths	32
Nutrients	33
Dairy	35
Saturated Fat Cholesterol Myths	36
Nut and Egg Allergies	39
Troubleshooting Weight Loss and Cravings	40
What to Drink	41
Fatigue and Detoxification	42



CH 5. Putting It Into Practice.	44
Cleaning Out Your Kitchen.	44
Changing It up for the Athlete	46
What to Eat at Restaurants	50
CH 6. Guidelines of the Challenge.	51
Diet Log.	51
Point System	51
Before and After.	52
Bloodwork.	54
Goals	54
CH 7. Resources.	55
CH 8. Weekly Meal Plans, Shopping Lists, Staples List .	59
Following the Meal Plan	59
Weekly Meal Plans and Grocery Shopping Lists.	62
Recipes	75



CHAPTER 1 INTRODUCTIONS

Welcome to Paleo. Hopefully, you've come across this book because you want help with eating better and living more fully. If you're new to

Paleo, then you'll find lots of fantastic information in this book to explain the basics: why one food is considered Paleo, and others—especially foods you've been taught were healthy—aren't. You'll also find an explicit plan for eating Paleo for the next six weeks, with meal plans, shopping lists, and recipes.

Maybe your doctor suggested eating Paleo, or a friend has magically transformed his body. If that's the case, you're well set. You may have been encouraged to do a Paleo "Challenge" by your gym, CrossFit box, or trainer. For you, we've got some rules of the game and tips on getting the most from this challenge. Hopefully, you'll like how you perform and how you look enough to keep eating Paleo after the challenge.

WHILE WE WHOLEHEARTEDLY ENCOURAGE YOU TO READ THIS ENTIRE SHORT BOOK, YOU CAN ALSO JUST READ THE NEXT COUPLE PAGES TO FIND OUT WHAT THE DIET AND CHALLENGE ARE ALL ABOUT IN A NUTSHELL.

If you got this book without any knowledge of a Paleo Challenge, don't worry. You don't have to do all the before and after measurements and pictures, or the food journal. However, we do recommend it. There's something about having accountability, whether it's to yourself or a friend who's doing it with you, that helps

keep you honest and on track. We highly recommend at least reading through the challenge portion in Chapter 4.

While we wholeheartedly encourage you to read this entire short book, you can also just read the next couple pages to find out what the diet and challenge are all about in a nutshell. Then when you have more time or your interest has been piqued, read the whole book to learn about the science and history behind eating like our Paleolithic ancestors. That way, you'll be armed with sound arguments to your friends' preposterous assertions that eating Paleo will give you gout and a heart attack.



WHY PALEO?

Most people who turn to Paleo are trying to accomplish the following goals, or some combination of them:

LOSE WEIGHT

GAIN MUSCLE

HAVE BETTER DIGESTION

HAVE BEAUTIFUL SKIN

HAVE LESS PAIN

GO THROUGH LIFE WITH A CLEARER HEAD

REVERSE DIABETES

FEEL YOUNGER

LOWER BLOOD PRESSURE

LOWER BLOOD GLUCOSE

HAVE MORE ENERGY

GET OFF PRESCRIPTION MEDICATIONS

Paleo has helped thousands of people accomplish these goals and more. Following this ebook will help you succeed at having all those things once and for all. It sounds like an infomercial for the newest super-pharmaceutical or something, but this is no gimmick. Here's why:

1. The Paleolithic diet is what we ate as we evolved over 2.5 million years. The 10,000 years we've been eating products of agriculture like grains, beans, refined sugar, seed oils, hazardous food additives, and dairy are a mere blip on the timeline of evolution. Most people are not very well equipped to deal with those new foods, as evidenced by the proliferation of obesity, heart disease, diabetes, chronic pain, poor athletic performance, mood disorders, digestive disorders, and unhealthy skin, among hundreds of other symptoms and diseases. We are what we eat.

2. Despite conventional wisdom, we are not supposed to eat grains, even those highly coveted whole grains. They contain harmful substances like gluten, certain lectins, and phytic acid, among others. They mess with our digestive systems, causing severe inflammatory responses. Phytic acid carries necessary minerals out of our bodies unabsorbed. And they can act like opioids (read: addictive drugs), creating fatigue, moodiness, and addictive behaviors.

3. Contrary to popular belief, dairy is not the only way to get calcium. Moreover, calcium is not the only way to grow bones. Almost everyone in the world—up to 85 percent of us—is lactose intolerant to some degree. We're meant to stop eating dairy when we're weaned from our mother's teat.

4. Omega 6 fatty acids cause inflammation; omega 3s fight inflammation. The two should be eaten in balance. However, ubiquitous foods like corn oil, soy oil, safflower and sunflower oil, cottonseed oil, and other vegetable oils have a tremendous amount of omega 6s, and we're not getting the required omega 3s to balance that out.



5. Sugar. Holy sugar. It makes you fat and diabetic. It promotes inflammation and lowers the immune system's ability to do its job. It makes you crabby and hyper—sometimes at the same time. And you probably eat way more of it than you think.

6. Most of the foods above are low in nutrients—some more than others—relative to meat, seafood, eggs, veggies, fruits, nuts, and seeds. That means every time you put a piece of bread in your mouth instead of a Paleo food, you're wasting an opportunity to get some much-needed nutrition.

OVERVIEW OF THE CHALLENGE

So if you're still ready to do this, here's what you'll be eating for the next six weeks:

YES			
meat	vegetables	certain fats for cooking: animal fats, coconut oil, macadamia oil, olive oil (low heat) and palm oil for eating: avocados, coconut milk, flax oil, and nuts	raw honey Just a teensy weensy bit, because we like you.
seafood	fruit		
eggs	some nuts and seeds		

You will NOT, by penalty of losing 1 point per "cheat," be eating the following*:

NO			
grains (wheat, rice, oats, quinoa, spelt, amaranth, buckwheat, etc. That means pasta, bread, cookies, pastries, oatmeal, cake, etc.)	refined sugar (cane sugar, "white" sugar, brown sugar, agave, fake sugars, etc.) sugary drinks	vegetable oils like corn, soy, safflower, sunflower, grapeseed, cottonseed or other high omega-6 oils.	*If you have an autoimmune condition or you have chronic joint pain, you should consider not eating nightshades during this challenge (tomatoes, potatoes, eggplant, bell peppers, hot peppers).
legumes (beans, soy, lentils, peanuts)	coffee or otherwise caffeinated beverages	dairy (milk, yogurt, cheese, butter, cream, sour cream, Cheez-Its, etc.)	

*For those of you participating in the challenge aspect of this Quick Start Guide.



LOGISTICS OF THE CHALLENGE

Diet Log—You'll be keeping a diet log to help you stay on the Paleo path. We've provided this in the back of the book.

Point System—You will start out every week with 100 points. Every time you eat a no-no food, you subtract a point. Every time you do something good, like exercise, you give yourself a point. Those details are in Chapter 4.

Before and After Pics—Make sure you strip down and take some pictures before you start the diet and then again after the six weeks are over. Guys wear shorts only, and the ladies should wear shorts and a sports bra. The skimpier the better (you don't have to show them to anyone, but it's very encouraging to see the difference, not just measure it on a scale).

Before and After Workout—Do a workout at the start of the challenge, and then do the same workout at the end to mark your progress. The diet journal in this book leaves space for your results.

Food Quality—Try to be like our ancestors and eat high-quality foods: grass-fed meats, wild and sustainably caught seafood, pastured eggs, organic produce, and as much local stuff as you can. There are more nutrients in these foods, fewer pollutants, and you can feel environmentally better about eating them.

Meal Plan—There is a six-week meal plan in the back of the book in Chapter 8. You'll find six weeks' worth of menus, along with their corresponding grocery shopping lists and recipes. Although there are six weeks of meal plans available to you, you can just use four of them if you're only doing a month-long challenge.

All of these tools come from the successful Paleo meal planning website, paleoplan.com. The meal plans, shopping guides, and recipes have helped thousands of people transition to the Paleo diet. The meal plans will alleviate the stress of going to the grocery store when you're still not sure of what foods are Paleo and what aren't. It's all spelled out for you in the grocery lists. At the end of the challenge, if you want meal plans and grocery lists delivered to your email inbox every week, go to www.paleoplan.com to sign up for the \$9.99/month service.

If you commit to eating Paleo for six weeks (and you can do anything for six weeks, right?), you may find that some miraculous things happen. Or you may find (to our surprise) that not much changes. But at least by the end you'll know if this is for you. We can assure you of one thing, though: the Paleo movement is growing rapidly because it works. See for yourself. *We challenge you.*



So what's this Paleo thing all about? Let's delve into some details: history, guidelines, and what the research says. But first, are you even a

candidate for the Paleo diet? Could you benefit from eating the way our Paleolithic ancestors ate? If you answer yes to more than two of the questions below, then it's definitely worth a shot.

PALEO QUIZ

- ☐ Are you overweight?
- ☐ Do you get fatigued often or easily?
- ☐ Do you depend on coffee to get you through your day?
- ☐ Do you have pain in your joints?
- ☐ Do you get bloated, or have diarrhea or constipation regularly?
- ☐ Is your skin inflamed with acne, eczema, psoriasis, etc.?
- ☐ Are you feeling older than you actually are?
- ☐ Do you have mood swings often, especially when you're hungry?
- ☐ Do you have heart disease or any signs of it?
- ☐ Do you have diabetes, high blood glucose, or insulin resistance?
- ☐ Are you depressed?
- ☐ Are you or your partner having trouble getting pregnant?
- ☐ Do you want more muscle tone?
- ☐ Are you addicted to sweets and "can't live without them?"
- ☐ Do you have an autoimmune disease like celiac, lupus, rheumatoid arthritis, Hashimoto's, or type 1 diabetes?
- ☐ Do you have heartburn, ulcers or GERD?
- ☐ Do you have seasonal allergies?
- ☐ Do you have thyroid issues?

It may be surprising to know that while most Americans will say yes to several of these questions, you don't have to live that way. We've seen a proper diet change people's lives over and over, removing almost all of those symptoms listed above.



A LITTLE HISTORY

We started evolving as tool-using, human-like apes about 2.5 million years ago, which was the beginning of the Paleolithic era. The Paleolithic transitioned into the Neolithic era around 10,000 years ago, when we started settling down and raising animals and growing crops for food instead of solely hunting and gathering.

Up until we started farming and raising animals, higher-protein crop foods like grains and beans were eaten infrequently, since gathering that many seeds and cooking them up properly was time-consuming and inefficient. Archaeological evidence points to most of our ancestors eating a diet rich in meat, with plant foods (fruits, veggies, root veggies, herbs) filling in the gaps when they were available.

While settling down and having a fairly stable source of food was paramount in our social evolution (it allowed us to develop written language and gave us time to philosophize about religion and academics), some of the foods we developed have definitely contributed to the slow demise of our health.

You probably thought that our barbaric, cave-dwelling ancestors lived brutal, short lives wherein they dragged their mates around by their long, tousled hair. Short, brutal lives that could only have been made better by modern amenities like McDonald's, TV dinners, and microwaves. Let's put an end to this life-span myth right now. The average lifespan of a Paleolithic person, judging by carbon dating of bones, etc., was about 33 years. However, after people reached the age of 15 and had escaped the high child mortality rates of the period, life expectancy was 54. Today, the world average lifespan is 67 years. We now have medications to ward off infectious diseases, which are mostly what our Paleo ancestors were dying of. Either that or just plain old age.

What they were not typically dying of was heart disease, cancer, or diabetes, which are among the leading causes of death in the United States and other Western countries. Over the last two hundred years, a lot of studies have been done on hunter-gatherer people who live a lot like we imagine our Paleolithic ancestors lived. It's been found that traditional, primitive societies like the Inuit, the Kitavans, the Maasai of Africa, the San Bushmen of Namibia, the Mbuti Pygmies of the Congo, and the Aboriginal Australians are much healthier than Westerners are. They're physically fit, have good blood markers for health, and have much less mental illness among them.





MEAL PLAN 1



	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	scrambled eggs with bacon and vegetables 1	taco salad 2	jerky & fruit 3	baked sea bass with capers and lemon, with steamed broccoli 4
MONDAY	sausage stir fry breakfast 5	leftover taco salad 6	pb&j Paleo style 7	chicken & sweet potatoes with shallots, with sautéed kale 8
TUESDAY	breakfast smoothie OPT PREP: make simple salad dressing 9	leftover chicken & sweet potatoes with shallots, with mixed greens and simple salad dressing 10	deli meat & vegetables 11	gingery broccoli and beef 12
WEDNESDAY	western omelet 13	leftover gingery broccoli and beef 14	Paleo trail mix 15	spicy breaded pork chops with roasted asparagus 16
THURSDAY	almost oatmeal with 4 chicken sausage links (2 per person) 17	leftover spicy breaded pork chops with roasted asparagus 18	leftover Paleo trail mix & jerky 19	chicken cutlets with olives and tomatoes, with spicy spaghetti squash with almonds 20
FRIDAY FLEX	eggs with avocado and salsa 21	leftover chicken cutlets with olives and tomatoes, with mixed greens and simple salad dressing 22	jerky & fruit 23	cilantro turkey burgers with roasted green beans 24
SATURDAY	savory zucchini fritters with 4 slices bacon (2 per person) 25	graze leftovers from fridge 26	graze leftovers from fridge 27	beef and vegetable chili (freeze leftovers in meal-size portions for use throughout the challenge plan) 28



SHOPPING LIST 1



MEAT

	NEED	MEALS
<input type="checkbox"/> 8 slices of bacon	----	1 25
<input type="checkbox"/> 1/2 lb pork sausage links	----	5
<input type="checkbox"/> 4 chicken sausage links	----	17
<input type="checkbox"/> 1/2 lb deli meat	----	11
<input type="checkbox"/> 1/4 lb ham	----	13
<input type="checkbox"/> 1 lb lean ground beef or turkey	----	2
<input type="checkbox"/> 1 lb ground turkey	----	24
<input type="checkbox"/> 1 lb sea bass fillets	----	4
<input type="checkbox"/> 8 (4-6 oz each) chicken breasts boneless, skinless	----	8 10 20 22
<input type="checkbox"/> 1 lb petite sirloin steak	----	12 14
<input type="checkbox"/> 4 (4-6 oz each) pork chops	----	16 18
<input type="checkbox"/> 2 lbs beef stew meat	----	28
<input type="checkbox"/> 3/4 lb jerky*	----	3 19 23

OTHER

	NEED	MEALS
<input type="checkbox"/> olive oil*	----	many
<input type="checkbox"/> coconut oil*	----	many
<input type="checkbox"/> 17 lrg eggs	----	1 9 13 21 25
<input type="checkbox"/> 1/2 c chunky almond butter*	----	7 17
<input type="checkbox"/> 2 (15oz) cans sliced black olives	----	2 20 22
<input type="checkbox"/> 2 T capers*	----	4
<input type="checkbox"/> 1 (15oz) jar salsa	----	2 21
<input type="checkbox"/> 1 (28oz) can plum tomatoes	----	20 22
<input type="checkbox"/> 1 (28oz) can diced tomatoes	----	28
<input type="checkbox"/> 2 (4oz) cans diced green chilis	----	28
<input type="checkbox"/> 1 (4oz) can diced jalapenos	----	28
<input type="checkbox"/> lemon juice*	----	8 10 12
<input type="checkbox"/> 1/2 c chicken broth	----	12
<input type="checkbox"/> 1 cup almond milk	----	9
<input type="checkbox"/> 1 (13.6oz) can unsweetened coconut milk	----	17 28
<input type="checkbox"/> simple salad dressing	----	10 22
<input type="checkbox"/> 1-1/2 c unsweetened apple sauce*	----	17
<input type="checkbox"/> 2/3 c unsweetened, shredded coconut*	----	9
<input type="checkbox"/> 1-1/2 c almond flour*	----	16
<input type="checkbox"/> 1 T coconut flour*	----	25

SPICES

<input type="checkbox"/> sea salt*	<input type="checkbox"/> ground cumin*
<input type="checkbox"/> freshly ground black pepper*	<input type="checkbox"/> garlic salt (granulated garlic)*
<input type="checkbox"/> bay leaf*	<input type="checkbox"/> whole nutmeg*
<input type="checkbox"/> cayenne*	<input type="checkbox"/> oregano*
<input type="checkbox"/> ground chipotle*	<input type="checkbox"/> red pepper flakes*
<input type="checkbox"/> chili powder*	<input type="checkbox"/> thyme*
<input type="checkbox"/> cinnamon*	

VEGETABLES

	NEED	MEALS
<input type="checkbox"/> 1-2 bunches cilantro	----	2 24 28
<input type="checkbox"/> 2 sprigs dill (may sub dried dill weed)	----	4
<input type="checkbox"/> 2 sprigs rosemary	----	8 10
<input type="checkbox"/> 5 sprigs parsley	----	20 22
<input type="checkbox"/> 5 sprigs thyme	----	20 22
<input type="checkbox"/> 6 handfuls (cups) spinach	----	1 5 13
<input type="checkbox"/> 3 romaine hearts	----	2
<input type="checkbox"/> 1-1/4 lbs kale	----	8 10 28
<input type="checkbox"/> 4 handfuls (cups) mixed greens	----	10 22
<input type="checkbox"/> 5 med (6-8") zucchini	----	1 25 28
<input type="checkbox"/> 1 med (6-8") yellow zucchini	----	28
<input type="checkbox"/> 3 med tomatoes	----	1 2 13
<input type="checkbox"/> 2 lbs broccoli	----	4 12
<input type="checkbox"/> 5 med carrots	----	12 28
<input type="checkbox"/> 1 green bell pepper	----	13
<input type="checkbox"/> 1 red bell pepper	----	28
<input type="checkbox"/> 20 spears asparagus	----	16 18
<input type="checkbox"/> 1 lb green beans	----	24
<input type="checkbox"/> 2-8 med (1-1/2" each) mushrooms	----	28
<input type="checkbox"/> 3 med (5-6" each) sweet potatoes	----	8 10
<input type="checkbox"/> 1 spaghetti squash	----	20 22
<input type="checkbox"/> 2" fresh ginger root	----	12
<input type="checkbox"/> 4 yellow onions	----	5 13 20 28
<input type="checkbox"/> 1 sm red onion	----	24
<input type="checkbox"/> 4 shallots	----	8 10
<input type="checkbox"/> 1 bunch green onions	----	12 14 28
<input type="checkbox"/> 12 cloves garlic	----	1 8 10 12 14 20 22 24
<input type="checkbox"/> 2 servings veggies of choice	----	11

NUTS

	NEED	MEALS
<input type="checkbox"/> 2 T pine nuts	----	8 10
<input type="checkbox"/> 1 T flax seeds or flax meal*	----	12 14
<input type="checkbox"/> 1 c whole almonds*	----	15
<input type="checkbox"/> 1/2 c whole cashews*	----	15
<input type="checkbox"/> 1/2 c raw pumpkin seeds*	----	15
<input type="checkbox"/> 1/2 c raw sunflower seeds*	----	15
<input type="checkbox"/> 1 c slivered almonds*	----	20 21 22

FRUIT

	NEED	MEALS
<input type="checkbox"/> 2 avocados	----	2 21
<input type="checkbox"/> 2 lemons	----	4 20 22
<input type="checkbox"/> 1/2 c raisins (golden suggested)*	----	15
<input type="checkbox"/> 1/2 c dried currants*	----	15
<input type="checkbox"/> 1/2 c dried blueberries*	----	15
<input type="checkbox"/> 4 servings fruit of choice for snacks	----	3 23
<input type="checkbox"/> 2 (10oz) bags frozen berries*	----	7 9

ANTS ON A LOG

Makes a snack for two. Approximate cooking time: 5 minutes.

Ingredients

- 2 celery stalks
- 4 Tbs cashew or almond butter
- 1/4 cup raisins or dried currants

Instructions

- 1) Wash celery.
- 2) Spread cashew or almond butter on each stalk.
- 3) Top with raisins or dried currants.

ALMOND FLOUR PANCAKES

Makes breakfast for two. Approximate cooking time: 30 minutes.

Ingredients

- 1 cup almond flour
- 1/2 cup unsweetened applesauce
- 1 Tbs coconut flour
- 2 eggs
- 1/4 cup water (consider soda water for slightly fluffier pancakes)
- 1/4 tsp freshly grated nutmeg
- 1/4 tsp sea salt
- coconut oil
- fresh berries

Instructions

- 1) Combine almond flour, applesauce, coconut flour, eggs, water, nutmeg, and sea salt in a bowl, and mix together completely with a fork. The batter will appear a little thicker than normal mix.
- 2) Heat a non-stick frying pan over medium-low heat with 1 tsp coconut oil.
- 3) Drop 1/4 cup of batter onto the pan once it is fully heated. Spread out batter slightly if desired.
- 4) Flip like a normal pancake when the bubbles start showing up on the top, and cook for another minute or two.
- 5) Add more oil to the pan and repeat with remaining batter.
- 6) Top with fresh berries.



ALMOST OATMEAL

Add fresh or dried fruits and/or nuts for additional texture and flavor.
Makes breakfast for two. Approximate cooking time: 10 minutes.

Ingredients

1-1/2 cups unsweetened
apple sauce
4 Tbs raw, chunky almond butter
2-3 Tbs raw, unsweetened
coconut milk
cinnamon to taste
dash of fresh grated nutmeg (optional)

Instructions

1) Combine all ingredients in a small pan over medium heat, stirring often.

RECIPES



BAKED EGGS IN BACON RINGS

Makes breakfast for two. Approximate cooking time: 35 minutes.

Ingredients

- | | |
|--|-------------------------------------|
| 6 strips nitrate-/nitrite-free bacon | 1/3 cup onions, chopped |
| melted bacon fat for brushing tins | 3-4 white button mushrooms, chopped |
| 4 eggs | 1/2 tsp freshly ground black pepper |
| 1 small to medium tomato, cut into 4 (1/2") slices | |

Instructions

- 1) Preheat the oven to 325°.
- 2) Cook bacon in a skillet over medium heat until it begins to shrivel (about 3 minutes). Remove bacon from pan and set aside.
- 3) Discard all but a shallow film of bacon fat in the bottom of the skillet.
- 4) Brush 4 cups in a muffin tin or 4 small ramekins with bacon fat from the pan.
- 5) Add chopped onions and mushrooms to hot pan with remaining bacon drippings in the skillet and cook over medium heat until softened.
- 6) Meanwhile, place a tomato slice in the bottom of each cup. Circle the inside of each cup with 1-1/2 strips of bacon.
- 7) Break an egg into each muffin cup and season with pepper.
- 8) Add sautéed mushrooms and onions over the egg.
- 9) Fill any unused tins with water to protect from burning.
- 10) Bake in the oven for 20 minutes.
- 11) To serve, loosen the edges of the eggs with spatula and transfer the eggs to plates.

