



Fried Egg Toast

Serves 4 | Uses 4 eggs | 10 minutes start to finish

Simple. Fast. Surprisingly filling.

This isn't fancy café toast.

This is ranch-kitchen toast that gets the job done.

Ingredients

- 4 large eggs
- 4 slices thick-cut bread (sourdough, wheat, whatever you've got)
- 1–2 ripe avocados (optional but recommended)
- 1 tbsp butter or olive oil
- Salt & black pepper
- Red pepper flakes (optional)

Optional add-ons if you've got them:

- Crumbled bacon
- Sliced ham
- Tomato slices
- Microgreens or arugula
- A drizzle of hot honey

Method

1. Toast the bread first. You want it sturdy enough to hold an egg without sagging.
2. Mash avocado (if using). Add a pinch of salt and squeeze of lemon if you've got it.
3. Heat skillet over medium. Add butter or oil.
4. Crack in eggs. Cook until whites are set but yolks are still soft — about 3–4 minutes.

(If someone doesn't like runny yolks, flip and cook another minute.)

5. Assemble.
 - Spread avocado.
 - Slide egg on top.
 - Season generously with salt and pepper.



Week 1 Total: 10 eggs

