B.E.A.T. Sandwich

2 slices of crusty whole grain bread, toasted

2 slices of crispy bacon (I used Jennie O's extra lean turkey bacon on my sandwich)

1 egg, cooked over easy

2 slices of vine ripened tomato

2 slices of avocado

1 teaspoon of light mayonnaise

lettuce

Toast the bread and spread mayonnaise on 1 side.   I built my sandwich in this order: bacon, lettuce, tomato, avocado and egg.