



Welcome!

Inside this recipe book, you'll find a collection of delicious, simple recipes.

How to Use

These recipes are to support you—not to box you in. Every recipe is meant to be flexible and adaptable to *your* tastes, lifestyle, and needs. If you don't like an ingredient or don't have it on hand, feel free to swap it for something you enjoy or already have. Cooking should feel doable and enjoyable, not stressful or complicated.

IMPORTANT NOTE: Look at the **notes** section for each recipe. Any tips for the recipe or what to serve with it are listed here to make things easier for you.

All of the recipes in this book are **built with blood sugar balance in mind**. Each one includes protein, healthy fat and fiber—because your body needs all three to feel satisfied, energized, and stable.

However, you don't need to make all the recipes at once. Start by selecting a couple of recipes that you would like to make and write them down in your own weekly meal plan to stay organized.

You can print a blank weekly meal plan template [here](#).

It's important that you eat until you feel full and satisfied—not just what you think you “should be eating” or what the serving size suggests. Serving sizes are simply a guide, not a rule. Listening to *your* body helps prevent overeating later in the evening.

Most importantly, make these recipes your own, trust *your* body, and remember that **consistency over time matters far more than perfection**. You are allowed to enjoy your food, eat enough and still support your health.

Happy cooking!



Peach Protein Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Peaches (fresh or frozen)
1 1/2 cups Unsweetened Almond Milk
1/4 cup Protein Powder (or 1 scoop)
1 tbsp Almond Butter
Cinnamon (pinch)
1 tbsp Chia Seeds (optional)
1/4 cup Ice Cubes (if using fresh fruit)

Directions

1 Throw all ingredients into a blender. Blend well until smooth.

Notes

Protein Powder : I used Genuine Health Proteins + in vanilla.

No Almond Milk: Use any milk instead.

Nutrition

Amount per serving	
Fat	17g
Carbs	19g
Fiber	8g
Protein	26g



Chocolate Cherry Protein Smoothie

1 serving

5 minutes

Ingredients

- 1/4 cup Chocolate Protein Powder (or 1 scoop)
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Dark Cherries (frozen)
- 1 tbsp Almond Butter
- 1 tbsp Chia Seeds (optional)
- 1/4 cup Ice Cubes

Nutrition

Amount per serving	
Fat	17g
Carbs	23g
Fiber	8g
Protein	27g

Directions

- 1 Add all ingredients in a blender and blend very well until smooth.

Notes

Protein Powder: I used Genuine Health Proteins + in chocolate.



Strawberry Protein Smoothie

1 serving

5 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder (or 1 scoop)
- 1 cup Unsweetened Almond Milk
- 1/2 cup Strawberries (fresh or frozen)
- 1 tbsp Chia Seeds (optional)
- 1/2 cup Ice Cubes (if using fresh fruit)

Nutrition

Amount per serving	
Fat	7g
Carbs	13g
Fiber	6g
Protein	22g

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.

Notes

No Almond Milk: Use any milk instead.

Protein Powder: I used Genuine Health Proteins + in vanilla.



Mint Chocolate Chip Protein Smoothie

1 serving

5 minutes

Ingredients

2 cups Baby Spinach
1/4 cup Chocolate Protein Powder (or 1 scoop)
1 cup Unsweetened Almond Milk
1/2 cup Water
1/4 cup Mint Leaves
1/4 Avocado
1 tbsp Cacao Nibs (or dark chocolate chips)
4 Ice Cubes

Nutrition

Amount per serving	
Fat	14g
Carbs	13g
Fiber	9g
Protein	24g

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in chocolate.



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds (optional)
1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Fat	15g
Carbs	22g
Fiber	11g
Protein	24g

Directions

- 1 Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.

No Avocado: Use almond butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.



Cottage Cheese with Cherries & Pumpkin Seeds

1 serving

5 minutes

Ingredients

3/4 cup Cottage Cheese

3 tbsps Pumpkin Seeds

1/4 cup Cherries

Nutrition

Amount per serving	
Fat	19g
Carbs	14g
Fiber	2g
Protein	25g

Directions

- 1 Add all ingredients to a bowl and enjoy!

Notes

More Flavor: Add cinnamon, protein powder, and/or maple syrup/honey.

Additional Toppings: Hemp seeds and/or cacao nibs.



Cherry & Blueberry Yogurt Parfait

2 servings

10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Chia Seeds
- 1/2 cup Cherries (pitted, halved)
- 1/2 cup Blueberries
- 1 1/2 tsps Honey
- 2 tsps Pumpkin Seeds
- 1/16 tsp Cinnamon

Nutrition

Amount per serving	
Fat	10g
Carbs	26g
Fiber	5g
Protein	16g

Directions

- 1 In a bowl, mix the Greek yogurt, almond milk, flax, and chia seeds together until smooth.
- 2 Layer the yogurt mixture, cherries, and blueberries into individual serving glasses, bowls, or jars.
- 3 Drizzle the honey over the fruit layers. Repeat the layering process until all ingredients are used.
- 4 Top the parfait with pumpkin seeds and cinnamon. Serve immediately or refrigerate until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.



Greek Yogurt, Almonds & Cherries

1 serving

5 minutes

Ingredients

3/4 cup Plain Greek Yogurt
1/3 cup Cherries (pitted)
2 tbsps Almonds (chopped)

Nutrition

Amount per serving	
Fat	13g
Carbs	21g
Fiber	3g
Protein	21g

Directions

- 1 Add all of the ingredients to a bowl and enjoy!

Notes

More Flavor: Add vanilla extract to the yogurt.



Strawberry Chocolate Protein Yogurt Parfait

2 servings

10 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1/4 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 cup Strawberries (sliced)
- 1/3 cup Granola

Nutrition

Amount per serving	
Fat	9g
Carbs	28g
Fiber	5g
Protein	30g

Directions

- 1 Add the yogurt, protein powder, and cocoa powder to a large bowl. Use a hand mixer to whip until thoroughly combined and fluffy.
- 2 Layer the yogurt and strawberries evenly in jars. Top with granola and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in chocolate.

No Hand Mixer: Stir well using a spoon. The texture will vary.



Flaxseed Pudding Parfait

2 servings

35 minutes

Ingredients

- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup (or honey)
- 2 cups Plain Greek Yogurt
- 1/2 cup Raspberries
- 1/4 cup Pecans (crushed)

Nutrition

Amount per serving	
Fat	24g
Carbs	34g
Fiber	10g
Protein	30g

Directions

- 1 In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup (or honey). Let sit for 30 minutes, up to overnight.
- 2 To make the parfaits, set out glass cups or mason jars. Layer in the yogurt and flaxseed pudding in separate layers.
- 3 Top the parfaits with raspberries and pecans. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Nut-Free: Use pumpkin seeds or hemp seeds instead of pecans.

More Flavor: Add vanilla extract or a variety of berries.



Strawberry Coconut Overnight Oats

1 serving

8 hours

Ingredients

- 1/3 cup Oats (quick)
- 1/3 cup Coconut Milk
- 1 1/2 tsps Chia Seeds
- 1/4 tsp Maple Syrup (or use stevia)
- 3 tbsps Water
- 1/2 cup Strawberries (sliced)
- 1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Fat	23g
Carbs	31g
Fiber	6g
Protein	9g

Directions

- 1 Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

Notes

Warm It Up: Heat in the microwave for 30 to 60 seconds before eating

More Protein: Add extra hemp seeds



Blueberry Chia Parfait

2 servings

30 minutes

Ingredients

1 3/4 cups Unsweetened Almond Milk
1/3 cup Chia Seeds
1 tbsp Maple Syrup (or honey)
1 cup Frozen Blueberries (thawed)
1/4 cup Slivered Almonds

Nutrition

Amount per serving	
Fat	22g
Carbs	34g
Fiber	13g
Protein	11g

Directions

- 1 In a bowl, mix together the almond milk, chia seeds and maple syrup (or honey). Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 2 For blended/smooth version: Place all ingredients, except blueberries and slivered almonds, in blender and blend on high for 1-2 minutes until completely smooth.
- 3 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 4 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds: Use shredded coconut or hemp seeds instead.

Chia Will Not Gel: If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!



Strawberry Almond Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Strawberries (frozen)

1/4 cup Vanilla Protein Powder (or 1 scoop)

1 1/2 tbsps Almond Butter

1 1/2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Fat	18g
Carbs	13g
Fiber	6g
Protein	26g

Directions

1

Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.

No Almond Milk: Use any milk instead.



Vanilla Chia Pudding with Berries

2 servings

3 hours

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 tsp Maple Syrup (or honey)
- 1 1/2 tsp Vanilla Extract
- 1/3 cup Chia Seeds
- 1/2 cup Blueberries

Nutrition

Amount per serving	
Fat	12g
Carbs	24g
Fiber	9g
Protein	6g

Directions

- 1 In a medium-sized bowl, whisk together the almond milk, maple syrup (or honey), and vanilla extract. Then whisk in the chia seeds. Place in the refrigerator for 3 hours or overnight.
- 2 If you don't like the texture of chia seeds: you can add the mixture except the berries to a blender and blend until completely smooth and creamy.
- 3 Divide the chia pudding between bowls or containers and top with blueberries. Enjoy!



Chocolate Overnight Oats

1 serving

5 minutes

Ingredients

1/4 cup Oats (old fashioned oats)
1/2 cup Plain Greek Yogurt
1/2 cup Unsweetened Almond Milk
2 tbsps Cocoa Powder
1 tsp Maple Syrup (or honey)
1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Fat	11g
Carbs	32g
Fiber	7g
Protein	19g

Directions

1

Add all ingredients in the order listed to a mason jar, except hemp seeds. Stir to combine. Put on lid and refrigerate overnight. Serve warm or cold.

Notes

Warm it Up: Heat in microwave for 30 to 60 seconds before eating.

No Hemp Seeds: Use ground flax seeds instead.



Oatmeal with Protein Boost & Blueberries

1 serving

10 minutes

Ingredients

3/4 cup Water
1/4 cup Oats (quick cooking steel cut oats)
1 tsp Honey
1/8 tsp Cinnamon
1/3 cup Unsweetened Almond Milk
1/4 cup Protein Powder (or 1 scoop)
1/2 cup Blueberries
2 tbsps Slivered Almonds (or any chopped nuts)

Nutrition

Amount per serving	
Fat	12g
Carbs	36g
Fiber	7g
Protein	27g

Directions

- 1 Bring water to a boil in a small saucepan over medium high heat. Stir in the oats and honey.
- 2 Cover and reduce heat to medium low and simmer, stirring often until the liquid has been absorbed, 5-7 minutes.
- 3 Combine the almond milk and protein powder in a small bowl and stir until powder has dissolved. Stir in almond milk mixture into the oats, add cinnamon, almonds and blueberries. Enjoy!

Notes

Extra Toppings: Peanut butter, almond butter, or sunflower seed butter.

Protein Powder: I used Genuine Health Proteins + in vanilla.



Apple Pie Pancakes

4 servings

30 minutes

Ingredients

2 Egg
 1/2 cup Unsweetened Almond Milk
 2 tbsps Maple Syrup (divided)
 1/2 Lemon (juiced and divided)
 2/3 tsp Vanilla Extract
 1/3 cup Coconut Flour
 1/3 cup Cornstarch
 1 tsp Baking Powder
 1/8 tsp Baking Soda
 1/8 tsp Sea Salt
 2 tpsps Extra Virgin Olive Oil
 2 tpsps Butter
 2/3 Apple (cored and diced)
 1/3 tsp Cinnamon
 1 1/3 tpsps Almond Flour

Nutrition

Amount per serving	
Fat	9g
Carbs	28g
Fiber	5g
Protein	5g

Directions

- 1 In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
- 2 In a separate bowl, combine the coconut flour and cornstarch. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
- 3 Mix in baking powder, baking soda, and salt.
- 4 Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
- 5 Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
- 6 Heat butter in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
- 7 Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
- 8 Top apple pancakes with chunky apple cinnamon sauce. Serve with eggs or meat to boost the protein. Enjoy!

Notes

Leftovers: Store pancakes in the fridge and reheat them in the toaster.



Almond Pancakes

3 servings

20 minutes

Ingredients

- 1 cup Almond Flour
- 1 tsp Baking Powder
- 2 Egg
- 1 tbsp Sugar
- 1/3 cup Unsweetened Almond Milk
- 2 tbsps Butter (softened)
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 3 tbsps Almond Butter (for topping)
- 3 tbsps Almonds (roughly chopped, for topping)

Nutrition

Amount per serving	
Fat	43g
Carbs	19g
Fiber	7g
Protein	18g

Directions

- 1 In a medium-sized bowl, whisk together the almond flour, baking powder, eggs, sugar, almond milk, butter, cinnamon and sea salt.
- 2 Heat a greased skillet over medium-low heat. Pour the batter into the skillet, no more than 1/4 cup at a time. Cook each side for 3 to 4 minutes or until browned.
- 3 Divide the pancakes onto plates and top with almond butter and almonds. Enjoy!

Notes

Leftovers: Refrigerate cooked pancakes in an airtight container for up to three days. Reheat in a toaster for easy leftovers.

Additional Toppings: Top with berries and/or maple syrup.



Blueberry Pancakes

2 servings

25 minutes

Ingredients

1/2 cup Unsweetened Almond Milk
1/4 cup Coconut Flour (sifted)
2 Egg (lightly beaten)
2 tbsps Almond Butter
1/2 tsp Baking Soda
1/4 tsp Vanilla Extract
1/2 cup Blueberries
1 tbsp Extra Virgin Olive Oil (or any oil for cooking the pancakes)

Nutrition

Amount per serving	
Fat	23g
Carbs	17g
Fiber	8g
Protein	12g

Directions

- 1 In a small bowl combine milk, flour, eggs, nut butter, baking soda, and vanilla. Whisk until blended. Stir in the blueberries. Let stand for 10 minutes.
- 2 Heat 1 tsp oil in a large skillet over medium heat until it is hot enough for a spritz of water to sizzle on it. Pour batter in 1/2 cup dollops onto skillet.
- 3 Cook 2 minutes until bubbles form on top and the bottom is golden brown. Flip and cook two more minutes or until bottom is golden brown.

Notes

Serve it With: Bacon, sausage, eggs or Greek yogurt.



Pumpkin Pancakes

2 servings

20 minutes

Ingredients

1/2 cup Pureed Pumpkin
4 Egg
2 tbsps Butter (melted)
1 tsp Cinnamon
1 tsp Pumpkin Pie Spice
2 tbsps Coconut Flour
1 1/2 tsps Vanilla Extract
1/4 tsp Baking Soda
Salt (pinch)
1 tbsp Maple Syrup
4 slices Bacon

Nutrition

Amount per serving	
Fat	29g
Carbs	19g
Fiber	5g
Protein	20g

Directions

- 1 Cook bacon any way you prefer.
- 2 In a large mixing bowl, whisk the eggs, pumpkin, maple syrup and vanilla. Whisk the pumpkin pie spice, cinnamon, coconut flour, and baking soda, and salt into the wet ingredients.
- 3 Grease the skillet with 1 tsp butter and spoon the batter into the skillet to make pancakes of your desired size.
- 4 Allow the pancakes to cook for about three minutes, and when a few bubbles appear, flip the pancakes once to finish cooking for another three minutes. Serve with the bacon.

Notes

No Bacon: Serve with sausage or 1-2 eggs instead.

Additional Toppings: Almond butter, chopped walnuts or pecans.



Blueberry & Lemon Pancakes

5 servings

25 minutes

Ingredients

4 Egg
 1/2 cup Coconut Flour
 1/2 cup Unsweetened Almond Milk
 2 tbsps Butter (melted, divided)
 1/4 tsp Baking Soda
 1/2 cup Maple Syrup (divided)
 1/4 Lemon (juiced, zested)
 1/2 cup Blueberries (divided)
 15 slices Bacon, Cooked

Nutrition

Amount per serving	
Fat	21g
Carbs	31g
Fiber	4g
Protein	16g

Directions

- 1 Cook bacon.
- 2 In a large bowl, whisk the eggs, coconut flour, almond milk, and half of the butter until combined.
- 3 To the same bowl, add in the baking soda, half of the maple syrup, lemon juice and zest. Once the mixture is smooth, fold in half of the blueberries.
- 4 Heat a large skillet over medium heat and add the remaining butter. Once the pan is hot, pour the batter into the skillet, making each pancake about 3-inches wide. Work in batches being sure not to overcrowd the skillet.
- 5 Cook on each side for roughly 3 to 4 minutes, or until small holes begin to appear on the surface of the pancake. Repeat until batter is finished.
- 6 Top the pancakes with the remaining blueberries and maple syrup. Serve with bacon. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months. For best results, reheat in a pan with oil on medium heat or pop in the toaster if frozen.

Additional Toppings: Top with nuts, seeds, yogurt or nut butter.

No Blueberries: Use strawberries, blackberries, or raspberries instead.



Protein Waffles

5 servings

20 minutes

Ingredients

- 2 Egg
- 2/3 cup Plain Greek Yogurt
- 1/4 cup Unsweetened Almond Milk
- 1/3 cup Vanilla Protein Powder
- 3/4 cup Oat Flour
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/3 cup Maple Syrup (optional)

Nutrition

Amount per serving	
Fat	4g
Carbs	27g
Fiber	2g
Protein	14g

Directions

- 1 Combine all of the ingredients except for the maple syrup in a blender and blend on high until smooth.
- 2 Grease the waffle maker. Add the batter to cover the bottom of your maker, about 1/2 cup at a time.
- 3 Cook the waffles for about three to four minutes or until golden brown. Repeat the process until all the batter is cooked. Serve with maple syrup, if using, and enjoy!

Notes

Serve it With: Add more protein such as any meat or top with yogurt, nut butter or chopped nuts.

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a toaster or toaster oven.

More Flavor: Add cinnamon and/or chocolate chips to the batter.

Protein Powder: I used Genuine Health Proteins+ in vanilla.



Blueberry Waffles + Bacon

4 servings

25 minutes

Ingredients

- 2 Egg
- 1 cup Unsweetened Almond Milk
- 1/4 cup Maple Syrup (plus more for topping, optional)
- 1 tsp Vanilla Extract
- 2 cups Almond Flour
- 1/3 cup Cornstarch
- 1 tsp Cinnamon
- 2 tps Baking Powder
- 1 cup Blueberries (plus more for topping, optional)
- 2 tbsps Butter (or oil, divided)

Nutrition

Amount per serving	
Fat	37g
Carbs	42g
Fiber	8g
Protein	16g

Directions

- 1 Cook bacon.
- 2 In a food processor, add the eggs, almond milk, maple syrup, and vanilla extract. Process until well-combined.
- 3 In a separate bowl, whisk together the almond flour, cornstarch, cinnamon and baking powder.
- 4 Slowly combine the dry ingredients into the wet ingredients and process until well combined. Remove the blade and gently fold in the blueberries.
- 5 Coat the waffle maker with some butter or oil and add enough batter to cover the bottom of your maker.
- 6 Cook the waffles for about 5 minutes or until golden brown. Repeat the process until all the batter is cooked. To serve, top with blueberries and maple syrup, if using. Serve with bacon. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Additional Toppings: Add your favorite fruit, jam or nut butter.

No Waffle Maker: Make them into pancakes instead.



Sweet Almond Crêpes with Strawberries

2 servings

15 minutes

Ingredients

- 3 Egg
- 1 tbsp Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Almond Flour
- 1 tsp Coconut Oil (or extra virgin olive oil, divided)
- 2 tbsps Almond Butter (divided)
- 1 cup Strawberries (sliced, divided)

Nutrition

Amount per serving	
Fat	32g
Carbs	22g
Fiber	6g
Protein	19g

Directions

- 1 In a mixing bowl, whisk the eggs, maple syrup and vanilla together until well mixed. Stir in the almond flour.
- 2 Heat a small non-stick pan over medium heat. Add 1/4 of the oil to the pan. Let the oil melt then evenly coat the pan.
- 3 Add about 1/4 cup of the batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan, then flip and continue cooking for 30 to 60 seconds. Repeat with the remaining batter.
- 4 To serve, smear the almond butter down the center of each crêpe and top with sliced strawberries. Fold or roll the crêpe and enjoy!

Notes

Leftovers: Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for longer. Reheat the crêpes in a dry pan until warmed through.

Additional Toppings: Top with whipped cream, maple syrup, cinnamon or shredded coconut.



Crustless Broccoli Cheddar Quiche

6 servings

40 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 2 cups Broccoli (finely chopped)
- 4 1/3 ozs Cheddar Cheese (shredded)
- 6 Egg
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Salt
- 1/2 tsp Garlic Powder

Nutrition

Amount per serving	
Fat	13g
Carbs	3g
Fiber	1g
Protein	12g

Directions

- 1 Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
- 2 Arrange the broccoli and cheese in a single layer in the prepared pie pan.
- 3 In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
- 4 Slice the quiche into wedges and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add finely chopped onions and red pepper flakes.

No Almond Milk : Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.

Pie Pan: I used a standard 9-inch glass pie pan.



Steak & Potato Crustless Quiche

8 servings

45 minutes

Ingredients

- 1 tbsp Butter
- 14 ozs Ribeye Steak, Boneless
- 2 cups Mini Potatoes (chopped)
- 1 Leeks (chopped)
- 12 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 4 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Fat	19g
Carbs	10g
Fiber	1g
Protein	23g

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking pan with parchment paper, or use a springform pan.
- 2 Heat the butter in a pan over medium heat. Add the steak and cook for 10 to 12 minutes, flipping halfway through. The timing will depend on the thickness of your steak and desired doneness. Chop into bite-sized pieces.
- 3 Add the steak, potatoes, leeks, eggs, salt, and pepper to taste to a large mixing bowl. Stir well to combine.
- 4 Pour the egg mixture into the baking pan, then sprinkle evenly with the cheese. Bake in the oven for 40 minutes, or until the quiche has risen and started to brown on the top.
- 5 Remove from heat, slice, serve, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

More Flavor: Add fresh parsley and garlic.

Additional Toppings: Spinach, tomato, or kale.



Spinach & Sausage Egg Muffins

6 servings

30 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
8 3/4 ozs Pork Sausage (casing removed)
6 cups Baby Spinach (chopped)
8 Egg
1/4 cup Water
1/4 tsp Sea Salt
1 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Fat	20g
Carbs	3g
Fiber	1g
Protein	14g

Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

No Sausage: Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

No Spinach: Use kale or chard instead.



Steak & Egg Breakfast Tacos

2 servings

15 minutes

Ingredients

- 3 Egg
- 1/8 tsp Sea Salt (divided)
- 1 tbsp Butter (divided)
- 6 ozs Top Sirloin Steak
- 4 Corn Tortilla (small, or any tortilla)
- 1 tbsp Parsley

Nutrition

Amount per serving	
Fat	26g
Carbs	29g
Fiber	2g
Protein	28g

Directions

- 1 In a small bowl, whisk the eggs and season with salt.
- 2 Heat a skillet over medium-low heat and add half of the butter. Once the skillet is hot, add the eggs to the pan and stir continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your desired consistency. Remove from the heat.
- 3 Season the steak with the remaining salt. Add the remaining butter to a cast-iron skillet. Add the steak to the skillet and cook for about two to three minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes.
- 4 Cut the steak into cubes. Divide the scramble egg and steak between tortillas. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add your favorite taco toppings



English Muffin Breakfast Pizzas

1 serving
15 minutes

Ingredients

- 1/2 cup Egg Whites
- 1 tbsp Water
- 1 1/2 cups Baby Spinach
- 2 ozs English Muffin (sliced in half)
- 2 tbsps Salsa
- 1 oz Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Fat	6g
Carbs	33g
Fiber	10g
Protein	23g

Directions

- 1 Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
- 2 Heat the water in a pan and add the spinach. Cook for about one to two minutes or until wilted.
- 3 Top the English muffin slices with spinach, scrambled egg whites, salsa, and mozzarella. Broil in the oven until the cheese is melted and golden brown. Enjoy!

Notes

Additional Toppings: Salt, crushed red pepper flakes, dried parsley, fresh basil and/or dried oregano. Top with your favorite pizza toppings.



Egg Salad Croissant Sandwich

2 servings

30 minutes

Ingredients

- 4 Egg (large)
- 2 1/2 tbsps Mayonnaise
- 1 tbsp Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 4 ozs Croissant (halved, toasted)
- 1 cup Broccoli Sprouts

Nutrition

Amount per serving	
Fat	34g
Carbs	28g
Fiber	3g
Protein	18g

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 2 Once the eggs have cooled completely, peel them and add them to a bowl. Add the mayonnaise, chives, salt, and pepper. Mash with a fork to the desired consistency.
- 3 Fill each croissant with the egg filling and top with sprouts. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate the egg salad separately from the croissant for up to three days. Assemble just before enjoying.

Meal Prep: Hard boil the eggs and mash into egg salad the day before. Allow the egg salad to sit overnight and add to croissants just before serving.



Breakfast Tart

4 servings

30 minutes

Ingredients

- 1/4 oz Unbleached All Purpose Flour (for dusting)
- 8 ozs Puff Pastry (thawed)
- 5 Egg (divided)
- 1 tsp Everything Bagel Seasoning
- 1/3 cup Cream Cheese, Regular
- 3/4 cup Gruyere Cheese (shredded)
- Sea Salt & Black Pepper (to taste)
- 4 slices Bacon, Cooked (chopped)
- 1/3 cup Arugula

Nutrition

Amount per serving	
Fat	43g
Carbs	28g
Fiber	1g
Protein	23g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Use the flour to lightly dust a flat surface. Roll out the puff pastry into a rectangle, about 1/2-inch (13 mm) thick. Use a knife to run a one-inch border around the edges, being careful not to pierce all the way through. Poke holes with a fork throughout the center of the tart to prevent bubbling while baking.
- 3 In a medium-sized bowl, whisk 1/5 of the egg. Brush on the edges of the puff pastry and scatter the everything bagel seasoning on top. Place in the fridge for ten minutes.
- 4 Add the cream cheese, gruyère, salt, and pepper to the bowl with the leftover whisked egg. Mix well. Remove the puff pastry from the fridge and spread the cream cheese mixture over top with a spatula. Transfer to the oven and bake for 12 minutes.
- 5 Remove the pastry from the oven and use a spoon to push down slightly to make little divots. Carefully crack the remaining eggs into the divots. Top with bacon. Bake for eight to nine minutes more, or until the whites are set and the yolks are still runny.
- 6 Top with arugula and cut into slices. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Reheat in the oven.



Bacon, Avocado & Cheddar Egg Wrap

4 servings

25 minutes

Ingredients

- 8 slices Bacon
- 4 Egg
- 1/4 tsp Sea Salt
- 1 tsp Extra Virgin Olive Oil (divided)
- 2 ozs Cheddar Cheese (shredded)
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)

Nutrition

Amount per serving	
Fat	35g
Carbs	4g
Fiber	2g
Protein	18g

Directions

- 1 Heat a skillet over medium heat. Add the bacon and cook for 5 to 7 minutes each side or until it is cooked through and crispy. Remove and set aside.
- 2 Meanwhile, in a mixing bowl, whisk the eggs and salt together until well combined.
- 3 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 4 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan. Flip the egg and sprinkle 1/4 of the shredded cheese onto the top side of the egg and continue cooking for 60 to 90 seconds until the cheese begins to melt. Remove and repeat with remaining egg and cheese.
- 5 To serve, layer the lettuce, avocado and cooked bacon on top of the melted cheese and roll or fold altogether. Enjoy!

Notes

Pan Size: I used an 8-inch non-stick pan.

No Romaine: Use leaf lettuce, spring mix or baby spinach instead.



Bell Pepper Egg Cups

2 servings

20 minutes

Ingredients

3 Red Bell Pepper
6 Egg
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	15g
Carbs	12g
Fiber	4g
Protein	21g

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Slice pepper in half and carve out the seeds.
- 3 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour: Roast the red pepper in the oven before cracking the egg into them.

Added Touch: Sprinkle with cheese during the last 2 minutes.



Asian Veggie Omelette

1 serving
20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil (or extra virgin olive oil)
- 1/2 cup Shiitake Mushrooms (sliced, or any mushrooms)
- 1 cup Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 tsps Soy Sauce
- 2 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Fat	21g
Carbs	15g
Fiber	3g
Protein	22g

Directions

- 1 Heat oil in a medium-sized frying pan over medium heat. Sauté the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 2 In a bowl, whisk together eggs, soy sauce and green onion.
- 3 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

Notes

Make it Fluffy: Whisk unsweetened almond milk into your egg mixture.

More Flavour: Whisk sesame oil into your egg mixture.

Mix it Up: Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

Likes it Spicy: Serve with hot sauce.



Mushroom Omelette

1 serving
15 minutes

Ingredients

3 Egg
2 tbsps Butter
1 oz Cheddar Cheese (shredded)
1/4 Yellow Onion (diced)
1/4 cup Mushrooms (sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	47g
Carbs	6g
Fiber	1g
Protein	27g

Directions

- 1 Heat non-stick pan over medium heat. Add 1 TBSP butter to pan and let it melt.
- 2 When butter starts to bubble, add diced onions and sliced mushrooms. Sprinkle with a little salt. Cook until tender and they release their water ~8 minutes.
- 3 Remove mushrooms and onions and transfer to plate. Add 1 TBSP of butter back to pan and heat. While the butter is heating, crack the eggs into a bowl and beat until frothy. Add salt and pepper to taste to eggs.
- 4 Pour egg mixture into pan. When the omelet begins to cook and get firm, but still has a little raw egg on top; sprinkle cheese, cooked mushrooms and onions on top.
- 5 Using a spatula, carefully ease around the edges of the omelet, and then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelet on to a plate.



Breakfast Burritos

6 servings

30 minutes

Ingredients

6 slices Bacon
10 Egg (beaten)
4 stalks Green Onion (chopped)
1/2 Red Bell Pepper (diced)
1/2 tsp Salt
3/4 cup Cheddar Cheese
6 Whole Grain Tortillas

Nutrition

Amount per serving	
Fat	22g
Carbs	26g
Fiber	2g
Protein	21g

Directions

- 1 Heat a large non-stick skillet over medium heat. Add the bacon and cook until cooked through, about 4 to 5 minutes. Transfer with a slotted spoon to drain on a paper towel lined plate.
- 2 In a large bowl whisk the eggs with salt. Mix in green onions and bell pepper.
- 3 Discard the bacon grease leaving 1 teaspoon then add the eggs, let them set on the bottom then stir a few times to cook through, set aside.
- 4 On a clean work surface, divide a generous 1/2 cup of the egg mixture onto the bottom third of the tortilla. Top each a slice of bacon and 2 tablespoons cheese. Roll from the bottom, folding the left and right corners in toward the center and continue and roll into a tight cylinder. Set aside, seam-side down, and repeat with remaining tortillas and filling.
- 5 Heat a skillet over medium heat. When hot, spray the skillet with oil and add the burritos, seam side down. Cook, covered, until the bottom of the burritos are golden brown, about 2 minutes on each side.

Notes

Toppings: Serve with avocado slices, salsa or hot sauce.

Storage: Refrigerate for 4 to 5 days. Freeze for up to 3 months.



Zucchini, Mushroom & Egg Breakfast

1 serving
20 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 Zucchini (medium, sliced)
- 6 White Button Mushrooms (sliced)
- 2 Egg
- 1/2 cup Arugula
- 1/2 tsp Lemon Juice
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Fat	17g
Carbs	8g
Fiber	2g
Protein	17g

Directions

- 1 Heat a skillet over medium heat and add the oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 2 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 3 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

Notes

More Flavor: Season the vegetables with chili flakes, cayenne, onion powder or garlic.



Bacon, Eggs & Avocado

1 serving
15 minutes

Ingredients

- 2 slices Bacon
- 2 Egg
- 1/2 Avocado

Nutrition

Amount per serving	
Fat	31g
Carbs	10g
Fiber	7g
Protein	20g

Directions

- 1 In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
- 2 Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
- 3 Transfer cooked eggs to plate. Enjoy!



Classic Breakfast with Blueberries & Almonds

1 serving
15 minutes

Ingredients

2 slices Bacon
2 Egg (cooked any style)
1/2 cup Blueberries (or any fruit)
2 tbsps Slivered Almonds (or any chopped nuts)

Nutrition

Amount per serving	
Fat	24g
Carbs	15g
Fiber	3g
Protein	22g

Directions

1

Cook bacon and eggs to your liking. Top fruit with slivered almonds or any chopped nuts. Enjoy!

Notes

No Blueberries: Use any berry or other fruit.

No Bacon: Use ham or sausage instead.



Cauliflower Rice Breakfast Hash

2 servings

25 minutes

Ingredients

- 4 slices Bacon
- 1 Yellow Onion (chopped, small)
- 1 Yellow Bell Pepper (chopped)
- 3 cups Cauliflower Rice
- 4 Egg
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Chives (optional, chopped)

Nutrition

Amount per serving	
Fat	31g
Carbs	18g
Fiber	5g
Protein	25g

Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove, chop into small pieces and set aside, leaving some of the rendered fat in the pan.
- 2 Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.
- 3 Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, enjoy the eggs when served and reheat leftover hash in a pan.

More Flavor: Top the hash with Everything Bagel Seasoning or chili flakes.

Additional Toppings: Serve with avocado.

No Chives: Use another fresh herb such as parsley.



Scrambled Eggs, Sausage & Spinach

1 serving
20 minutes

Ingredients

3 ozs Pork Sausage (breakfast-style)
2 Egg
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach

Nutrition

Amount per serving	
Fat	34g
Carbs	5g
Fiber	1g
Protein	24g

Directions

- 1 Heat a large nonstick pan over medium heat. Add the sausage and cook for 12 to 15 minutes or until cooked through. Shake the pan every few minutes to brown all sides. Remove the sausage and set it aside on a plate.
- 2 Whisk the eggs in a bowl and season with salt and pepper.
- 3 Add the eggs to the same pan over medium-low heat. Scramble until cooked to your liking. Add to the plate with the sausage.
- 4 Add the spinach to the pan and cook until just wilted. Season with salt and pepper. Add the spinach to the plate and enjoy!

Notes

Leftovers: The eggs are best enjoyed fresh. Refrigerate the sausage and spinach in an airtight container for up to two days.

Additional Toppings: Chives or parsley.



Quick Fried Eggs, Spinach and Ham

1 serving
10 minutes

Ingredients

- 2 cups Baby Spinach
- 1 tbsp Water
- Salt & Black Pepper (to taste)
- 1 tbsp Butter
- 2 Egg
- 1 oz Ham (chopped)

Nutrition

Amount per serving	
Fat	23g
Carbs	4g
Fiber	1g
Protein	19g

Directions

- 1 Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with salt, pepper and butter. Transfer to a plate.
- 2 In the same pan, cook your eggs and fry the ham. Season with salt and pepper.
- 3 Plate the spinach with eggs. Enjoy!

Notes

No Ham: Use bacon or sausage instead.



Ham & Cheese Toast

1 serving

10 minutes

Ingredients

1/4 tsp Extra Virgin Olive Oil
2 Egg
1 slice Whole Grain Bread
2 ozs Swiss Cheese (sliced)
4 ozs Sliced Ham

Nutrition

Amount per serving	
Fat	37g
Carbs	20g
Fiber	3g
Protein	56g

Directions

- 1 In a medium pan, heat the oil over medium heat.
- 2 Crack the eggs in the pan and cook until the whites are set and the yolk is cooked to your liking. Set aside.
- 3 Top the bread with swiss cheese, ham, and eggs. Enjoy as-is, or toast in the oven until the cheese is melted.

Notes

Additional Toppings: Avocado, spinach, arugula, sprouts, or cucumber slices.



Taco Breakfast Bowl

4 servings

30 minutes

Ingredients

- 1 1/2 tpsps Extra Virgin Olive Oil
- 1 1/16 lbs Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1 tsp Black Pepper
- 1 tsp Sea Salt
- 1/2 cup Water
- 4 Egg (fried)
- 4 cups Baby Spinach (chopped)
- 1 Green Bell Pepper (diced)
- 1 Tomato (diced)
- 1 Avocado (mashed)

Nutrition

Amount per serving	
Fat	24g
Carbs	11g
Fiber	7g
Protein	31g

Directions

- 1 Heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 2 Fry your eggs and set aside.
- 3 Divide the spinach between bowls. Top with diced green pepper, tomato, mashed avocado, taco meat and fried egg. Enjoy!



Turkey Skillet

4 servings

20 minutes

Ingredients

2 tps Extra Virgin Olive Oil
1 1/2 lbs Extra Lean Ground Turkey
2 2/3 Zucchini (large, finely diced)
1 1/3 cups Salsa
4 Egg
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	22g
Carbs	10g
Fiber	3g
Protein	41g

Directions

- 1 Add the oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

No Salsa: Use crushed tomatoes instead.



Scrambled Eggs with Vegetables

1 serving
10 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1/2 Red Bell Pepper (sliced)
1 cup Baby Spinach
3 Egg
Sea Salt & Black Pepper (to taste)
1/4 Yellow Onion (diced, optional)

Nutrition

Amount per serving	
Fat	21g
Carbs	9g
Fiber	3g
Protein	21g

Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and baby spinach and saute until softened.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Plate and enjoy!

Notes

No Bell Peppers: Replace with any vegetable instead.



Toast with Nut Butter, Banana & Hemp Seeds

1 serving

5 minutes

Ingredients

- 1 slice Whole Grain Bread (toasted)
- 2 tbsps Almond Butter
- 1/4 Banana (sliced)
- 1 tbsp Hemp Seeds
- 1/8 tsp Cinnamon

Nutrition

Amount per serving	
Fat	24g
Carbs	32g
Fiber	8g
Protein	16g

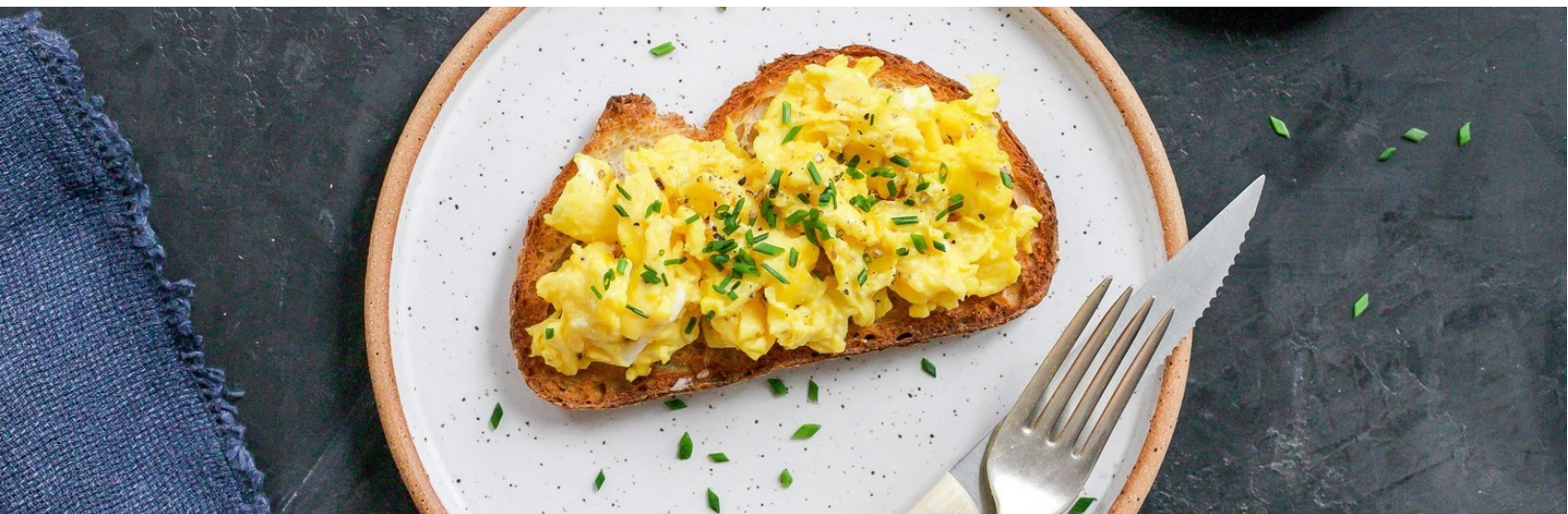
Directions

- 1 Spread the almond butter onto the toast and top with sliced banana, hemp seeds and cinnamon. Enjoy!

Notes

No Hemp Seeds: Omit or use sunflower seeds or pumpkin seeds instead.

Nut-Free: Use sunflower seed butter instead.



Soft Scrambled Eggs on Toast

2 servings

5 minutes

Ingredients

4 Egg
1/2 tsp Butter
3 1/2 ozs Sourdough Bread (toasted)
1 tbsp Chives (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	10g
Carbs	25g
Fiber	1g
Protein	17g

Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
- 3 Divide the eggs onto toast, and top with chives, salt and pepper. Enjoy!

Notes

No Sourdough Bread: Use whole grain or sprouted grain bread instead.
Additional Toppings: Chili flakes and/or fresh herbs like parsley and dill.



Fried Egg with Green Onions on Toast

1 serving

10 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1 Egg
1 slice Sprouted Grain Bread (toasted)
2 stalks Green Onion (sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	14g
Carbs	14g
Fiber	2g
Protein	8g

Directions

- 1 Heat olive oil in a frying pan over medium heat. Fry egg and place on top of toast.
- 2 Turn heat to low-medium and cook green onions until soft, about 1-2 minutes. Season with salt and pepper to taste, and sprinkle on top of the egg. Enjoy!

Notes

Make it Quicker: Skip the Green Onion.

Make it More Filling: Add one more egg or 2-3 slices avocado.



Avocado and Egg Toast

1 serving

15 minutes

Ingredients

1 slice Bread (sprouted grain, whole grain)
1/2 Avocado
Sea Salt & Black Pepper (to taste)
3 Egg

Nutrition

Amount per serving	
Fat	31g
Carbs	22g
Fiber	8g
Protein	23g

Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Heat a small skillet over low heat and cook eggs to your liking. Place mashed avocado over toast, top with eggs, salt and pepper and hot sauce if desired.



Classic Dutch Baby Pancake

3 servings

25 minutes

Ingredients

- 3 Egg (room temperature)
- 2 1/8 ozs Unbleached All Purpose Flour
- 1/2 cup Cow's Milk, Whole (room temperature)
- 1/8 tsp Sea Salt
- 1 tbsp Butter
- 1 tsp Icing Sugar (optional)

Nutrition

Amount per serving	
Fat	10g
Carbs	18g
Fiber	1g
Protein	10g

Directions

- 1 Preheat the oven to 425°F (220°C) and place a cast iron skillet in the oven.
- 2 In a blender, add the eggs, flour, milk, and salt. Blend until smooth.
- 3 Use oven mitts and carefully take the skillet out of the oven. Add the butter to the skillet and swirl around to coat the pan.
- 4 Add the batter to the skillet and immediately transfer the skillet back to the oven.
- 5 Bake for 15 minutes, then reduce the heat to 300°F (150°C) and bake for another five minutes.
- 6 Sift some icing sugar on top, if using, and enjoy!

Notes

More Protein : Add any meat, Greek yogurt, or nuts.

Troubleshooting: The temperature of the ingredients before they go into the pan is important to get the right rise. If the pancake didn't rise, the oven probably wasn't hot enough or the ingredients were too cold, or both.



Steak & Potato Crustless Quiche

8 servings

45 minutes

Ingredients

- 1 tbsp Butter
- 14 ozs Ribeye Steak, Boneless
- 2 cups Mini Potatoes (chopped)
- 1 Leeks (chopped)
- 12 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 4 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Fat	19g
Carbs	10g
Fiber	1g
Protein	23g

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking pan with parchment paper, or use a springform pan.
- 2 Heat the butter in a pan over medium heat. Add the steak and cook for 10 to 12 minutes, flipping halfway through. The timing will depend on the thickness of your steak and desired doneness. Chop into bite-sized pieces.
- 3 Add the steak, potatoes, leeks, eggs, salt, and pepper to taste to a large mixing bowl. Stir well to combine.
- 4 Pour the egg mixture into the baking pan, then sprinkle evenly with the cheese. Bake in the oven for 40 minutes, or until the quiche has risen and started to brown on the top.
- 5 Remove from heat, slice, serve, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

More Flavor: Add fresh parsley and garlic.

Additional Toppings: Spinach, tomato, or kale.



Berry Banana Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/2 cup Frozen Berries
1/4 Banana
1/2 cup Baby Spinach
1/4 cup Vanilla Protein Powder (or 1 scoop)
1 tbsp Almond Butter

Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.

Nutrition

Amount per serving	
Fat	13g
Carbs	23g
Fiber	8g
Protein	25g



Cherry Yogurt Bowl

1 serving
5 minutes

Ingredients

3/4 cup Plain Greek Yogurt
2 tbsps Slivered Almonds
1/2 cup Cherries (pits removed)

Nutrition

Amount per serving	
Fat	13g
Carbs	25g
Fiber	4g
Protein	21g

Directions

- 1 Add the yogurt to a bowl. Top with sliced cherries and slivered almonds. Enjoy!

Notes

Additional Toppings: Chopped nuts, seeds, a drizzle of honey, cinnamon, granola, other chopped fruit.



Bacon, Cheese & Mushroom Omelette

1 serving
15 minutes

Ingredients

- 2 slices Bacon (chopped)
- 3 Cremini Mushrooms (sliced)
- 2 Egg
- 2 tbsps Chives (chopped, divided)
- 1 2/3 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Fat	46g
Carbs	4g
Fiber	1g
Protein	32g

Directions

- 1 Heat a medium-sized skillet over medium heat and cook the bacon and mushrooms. Stir every few minutes for even cooking. Cook until the bacon is crispy and the mushrooms are cooked through, about eight to nine minutes. Transfer the mixture to a paper towel-lined plate. Leave behind a small splash of bacon fat to keep the pan greased.
- 2 Whisk the eggs in a small bowl with half of the chives. Transfer to the pan and cook until almost set. Place the bacon and mushroom mixture on one half of the omelette. Top with cheese and fold the other half over top. Remove from heat and top with the remaining chives. Enjoy!

Notes

More Flavor: Flaky salt, red pepper flakes, or hot sauce.



Egg & Taco Bowl

1 serving

15 minutes

Ingredients

4 ozs Lean Ground Beef
1/3 tsp Taco Seasoning
2 Egg
Sea Salt & Black Pepper (to taste)
1 1/2 cups Baby Spinach
1/2 Avocado (sliced)
2 tbsps Salsa

Nutrition

Amount per serving	
Fat	47g
Carbs	14g
Fiber	9g
Protein	36g

Directions

- 1 Heat a pan skillet over medium heat. Once hot, add the beef into the pan. Use a spatula to break it apart. Add the taco seasoning and cook until browned and cooked through, remove with a slotted spoon and set aside. Drain any excess drippings from the pan.
- 2 Whisk the eggs in a bowl. In the same pan, over medium-low heat, add the eggs and cook until fluffy and cooked through. Season with salt and pepper and set aside.
- 3 Divide the spinach between plates. Top with beef, eggs, avocado, and salsa. Enjoy!

Notes

Additional Toppings: Top with shredded cheese or sour cream.



Sheet Pan Blueberry Pancakes

10 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (for brushing)
- 1 1/3 cups Unbleached All Purpose Flour
- 1 1/3 cups Whole Wheat Flour
- 1 1/4 tps Baking Soda
- 2 1/4 tps Baking Powder
- 1 tsp Sea Salt
- 3 Egg
- 3 cups Buttermilk
- 2 tbsps Butter (melted)
- 1 tsp Vanilla Extract
- 1 tbsp Maple Syrup
- 2 cups Blueberries
- 1/4 cup Butter (melted)

Nutrition

Amount per serving	
Fat	8g
Carbs	34g
Fiber	3g
Protein	8g

Directions

- 1 Preheat the oven to 350°F (175°C) and line an 18X13 inch rimmed baking sheet with parchment paper or brush with olive oil.
- 2 In a bowl, whisk together the eggs, buttermilk, and maple syrup until smooth. In a separate bowl, mix the flour, baking powder, baking soda and salt.
- 3 Add the dry mixture to the wet and mix until just combined. Add the blueberries and stir well. Pour the batter into the prepared baking sheet and spread it evenly to all corners.
- 4 Bake for 20 minutes or until a toothpick inserted in the center comes out clean. Slice the pancake into portions, serve with more protein (options in the notes) and enjoy!

Notes

More Protein: Serve with any meat, Greek yogurt, side of 2-3 eggs cooked any way you prefer, or top with nuts.

Leftovers: Refrigerate in an airtight container for up to three days.



Beef & Egg Breakfast Wrap

4 servings

25 minutes

Ingredients

- 8 ozs Lean Ground Beef
- 1 tsp Chili Flakes
- 1 1/2 tsps Chili Powder
- 2 tsps Chipotle Powder
- 1/4 tsp Sea Salt
- 8 Egg (large, whisked)
- 4 cups Baby Spinach
- 1/2 cup Feta Cheese (crumbled)
- 4 Tortilla

Nutrition

Amount per serving	
Fat	27g
Carbs	20g
Fiber	2g
Protein	29g

Directions

- 1 Heat a large pan over medium heat. Once warm, add the ground beef, chili flakes, chili powder, chipotle powder, and salt. Break up the beef as it cooks, cooking until it is browned and a little bit crispy, about 12 minutes.
- 2 Meanwhile, heat a separate pan over medium heat. Add the eggs and scramble until they are cooked to your liking.
- 3 Divide the spinach, beef, eggs, and feta cheese evenly between the tortillas. Roll tightly into a wrap and cut in half. Enjoy!

Notes

More Flavor: Add hot sauce, chopped cilantro, chopped olives, and/or salsa.



Turkey Bacon Egg Cups

4 servings

25 minutes

Ingredients

- 1/8 Cooking Spray
- 8 slices Bacon
- 8 Egg
- Sea Salt & Black Pepper (to taste)
- 3 stalks Green Onion (thinly sliced)
- 1 oz Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Fat	33g
Carbs	1g
Fiber	0g
Protein	22g

Directions

- 1 Preheat the oven to 375°F (190°C). Lightly spray a muffin tray with oil and line the edges with turkey bacon strips.
- 2 In a bowl, whisk together the eggs, salt, and pepper. Add the green onion and cheese.
- 3 Divide the egg mixture evenly between the muffin cups and bake for 15 to 17 minutes, or until set.
- 4 Let them cool in the tray for five minutes, then remove and enjoy!

Notes

More Flavor: Add bell pepper or mushrooms.

Cooking Spray: One gram (or 1/16 oz) of cooking spray is equal to a one-second spray.



Avocado Toast with Hard Boiled Eggs & Strawberries

1 serving

15 minutes

Ingredients

- 2 Egg
- 1 slice Whole Grain Bread (toasted)
- 1/2 Avocado (sliced or mashed)
- 1/2 cup Strawberries

Nutrition

Amount per serving	
Fat	26g
Carbs	33g
Fiber	11g
Protein	21g

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and slice when cool enough to handle.
- 2 Top the whole grain toast with the avocado and eggs. Serve alongside the strawberries and enjoy!

Notes

More Flavor: Add mayo, cheese, or season with salt and pepper to taste.



Chocolate Protein Yogurt with Raspberries

1 serving
10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/4 cup Chocolate Protein Powder
- 1/2 cup Raspberries
- 2 tbsps Granola

Nutrition

Amount per serving	
Fat	9g
Carbs	29g
Fiber	6g
Protein	44g

Directions

- 1 Add the yogurt and protein powder to a large bowl. Use a hand mixer to whip until thoroughly combined and fluffy.
- 2 Place in a serving bowl and top with raspberries and granola. Enjoy!

Notes

Likes it Sweet: Drizzle with honey.

Additional Toppings: Top with different fruits such as strawberries, cherries, banana, or apple. Drizzle with nut/seed butter.

Protein Powder: I used Genuine Health Proteins+ in chocolate.



Protein Overnight Oats with Blueberries

4 servings

8 hours

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Oats (rolled)
- 2 cups Plain Greek Yogurt
- 1 tbsp Cinnamon
- 1/2 cup Vanilla Protein Powder
- 1 cup Frozen Blueberries

Nutrition

Amount per serving	
Fat	5g
Carbs	27g
Fiber	5g
Protein	24g

Directions

- 1 Add the milk, oats, yogurt, cinnamon, and protein powder to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Store in the fridge until ready to eat. Serve with blueberries and enjoy!

Notes

Additional Toppings: Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter, or chia jam.

Protein Powder: I used Genuine Health Proteins+ in vanilla.



Sticky Cinnabon Oatmeal

3 servings

15 minutes

Ingredients

2 cups Unsweetened Almond Milk
1 cup Oats (quick or traditional)
1/4 tsp Sea Salt
2 tbsps Maple Syrup (or honey)
1 tsp Cinnamon
2 Egg (whites only)
2 tbsps Almond Flour
1/3 cup Vanilla Protein Powder
2 tbsps Coconut Oil (melted)

Nutrition

Amount per serving	
Fat	18g
Carbs	31g
Fiber	5g
Protein	18g

Directions

- 1 In a saucepan over medium heat, combine almond milk, oats, salt, maple syrup and cinnamon. Bring to a simmer and stir until liquid is absorbed, about 5 to 8 minutes.
- 2 Whisk in egg whites and mix thoroughly. Add almond flour and stir until batter is thick. (Note: Add extra almond flour or almond milk if needed for desired consistency.) Remove from heat.
- 3 In a small bowl, make your glaze by mixing the protein powder and melted coconut oil. Add a bit of almond milk if needed for desired consistency.
- 4 Divide oatmeal into bowls, drizzle with glaze and dust with extra cinnamon.



Pumpkin Pie Protein Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/4 cup Pureed Pumpkin
1/2 Banana (frozen)
1/2 tsp Vanilla Extract
1/4 tsp Pumpkin Pie Spice
1/4 cup Vanilla Protein Powder (or 1 scoop)

Nutrition

Amount per serving	
Fat	5g
Carbs	22g
Fiber	6g
Protein	22g

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.



Blueberry Banana Protein Pancakes

2 servings

15 minutes

Ingredients

- 1 Egg
- 1/4 cup Protein Powder
- 1 tbsp Ground Flax Seed
- 1 Banana
- 1 tbsp Unsweetened Almond Milk
- 1/4 cup Oats
- 1 tsp Cinnamon
- 1/4 cup Blueberries
- 1 1/2 tsps Butter
- 2 tsps Maple Syrup

Nutrition

Amount per serving	
Fat	8g
Carbs	39g
Fiber	5g
Protein	16g

Directions

- 1 In a mixing bowl or blender, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
- 2 Stir blueberries into mixture.
- 3 Heat butter in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
- 4 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

Notes

Serve it With: Serve with any meat, yogurt or eggs for more protein.

Protein Powder: I used Genuine Health Proteins+ in vanilla.



Creamy Mango Tropical Smoothie

1 serving

5 minutes

Ingredients

- 1/2 cup Cottage Cheese
- 3/4 cup Unsweetened Almond Milk
- 1/2 Lime (juiced, zested)
- 1/4 cup Frozen Mango
- 1/4 cup Frozen Pineapple
- 2 tbsps Unsweetened Coconut Flakes
- 1 tsp Maple Syrup
- 1/4 cup Protein Powder (or 1 scoop)

Nutrition

Amount per serving	
Fat	14g
Carbs	26g
Fiber	4g
Protein	33g

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Peach & Cottage Cheese Toast

1 serving

5 minutes

Ingredients

- 1/3 cup Cottage Cheese
- 1 slice Whole Grain Bread (toasted)
- 1/2 Peach (medium, pitted, sliced)
- 2 tbsps Pumpkin Seeds
- 2 tbsps Slivered Almonds

Directions

1

Spread the cottage cheese over the toast. Top with peach slices, slivered almonds and pumpkin seeds. Enjoy!

Notes

Additional Toppings: Drizzle with honey. Top with hemp seeds or chia seeds.

Nutrition

Amount per serving	
Fat	22g
Carbs	33g
Fiber	7g
Protein	23g



Cottage Cheese with Mixed Berries

1 serving

5 minutes

Ingredients

1 cup Cottage Cheese
1/2 cup Frozen Berries (or fresh)

Nutrition

Amount per serving	
Fat	9g
Carbs	17g
Fiber	3g
Protein	24g

Directions

- 1 Top the cottage cheese with frozen berries and enjoy!

Notes

Additional Toppings: Hemp seeds, crushed nuts, coconut flakes, and/or your sweetener of choice.



Bacon & Spinach Omelette

1 serving
20 minutes

Ingredients

2 slices Bacon (chopped)
1 cup Baby Spinach
2 Egg
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	30g
Carbs	2g
Fiber	1g
Protein	21g

Directions

- 1 Cook the bacon over medium heat, being sure to stir every few minutes. Just before the desired doneness is reached, add the spinach until wilted. Transfer the mixture to a paper towel-lined plate to cool slightly. Leave behind a small splash of bacon fat to keep the pan greased.
- 2 Whisk the eggs in a small bowl and season with salt and pepper to taste. Transfer to the pan and cook until almost set. Place the spinach and bacon on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

Notes

More Flavor: Red pepper flakes or hot sauce.

Additional Toppings: Shredded cheese or avocado slices.

No Spinach: Use kale instead.

Make it Fluffy: For a fluffier omelette, whisk the eggs with milk.



Hummus, Tomato & Egg Toast

1 serving

10 minutes

Ingredients

- 1 tsp Butter
- 2 Egg
- 2 slices Rye Bread (toasted)
- 1/4 cup Hummus
- 1/4 Tomato (sliced)
- 1 tsp Everything Bagel Seasoning

Nutrition

Amount per serving	
Fat	26g
Carbs	35g
Fiber	7g
Protein	22g

Directions

- 1 Warm the butter in a pan over medium heat. Add the eggs and cook until the whites are set and the yolks are cooked to your liking.
- 2 To assemble, place the toast on a plate and top evenly with the hummus and tomato slices. Top each piece of toast with an egg and everything bagel seasoning. Enjoy!

Notes

Additional Toppings: Fresh herbs, feta cheese, chili flakes, hot sauce.

No Everything Bagel Seasoning: Use Italian seasoning blend or salt and pepper.



Zucchini, Mushroom & Egg Breakfast

1 serving
20 minutes

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 1/2 Zucchini (medium, sliced)
- 6 White Button Mushrooms (sliced)
- 3 Egg
- 1/2 cup Arugula
- 1/2 tsp Lemon Juice
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Fat	17g
Carbs	8g
Fiber	2g
Protein	24g

Directions

- 1 Heat a skillet over medium heat and add the oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 2 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 3 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

Notes

- More Flavor:** Season the vegetables with chili flakes, cayenne, onion powder or garlic.
Make it Vegan: Omit the eggs and make a tofu scramble instead.



Broccoli & Cheddar Egg Muffins

6 servings

25 minutes

Ingredients

- 1/2 cup Broccoli (chopped)
- 1/2 cup Mushrooms (chopped)
- 1 1/3 ozs Cheddar Cheese (shredded)
- 5 Egg (whisked)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	6g
Carbs	1g
Fiber	0g
Protein	7g

Directions

- 1 Preheat the oven to 350°F (175°C). Grease a muffin tray or use a silicone muffin tray.
- 2 Divide the broccoli, mushrooms, and cheese evenly between the cups of the prepared muffin tray.
- 3 Mix the eggs and salt together and pour into the muffin tray. Bake for 18 to 20 minutes or until the eggs are cooked through. Let cool for five minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Broccoli or Mushrooms: Use different vegetables instead, such as zucchini, bell peppers, or chopped spinach.

More Flavor: Add red pepper flakes.



Egg & Cheese Quesadillas

2 servings

10 minutes

Ingredients

- 4 Egg
- 3 ozs Cheddar Cheese (shredded)
- 1/2 tsp Taco Seasoning
- 1 tsp Extra Virgin Olive Oil
- 2 Tortilla
- 1/4 cup Salsa (for serving, optional)

Nutrition

Amount per serving	
Fat	28g
Carbs	32g
Fiber	4g
Protein	26g

Directions

- 1 Whisk the eggs in a small bowl. Add the cheese and taco seasoning and stir to combine.
- 2 Add the oil to a small skillet over medium heat. Once hot, pour the egg mixture into the skillet and cook, stirring often with a spatula until fluffy and cooked to your liking. Remove and set aside.
- 3 In the same skillet, add the tortilla and then add half the egg filling one side of the tortilla. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Serve with salsa (optional) and enjoy!

Notes

Spicy-Free: Omit the taco seasoning.



Apple & Turkey Breakfast Hash

2 servings

35 minutes

Ingredients

- 8 ozs Extra Lean Ground Turkey
- 1/2 tsp Cinnamon
- 1 tbsp Poultry Seasoning
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 cup Red Onion (diced)
- 1 Garlic (cloves, minced)
- 1 cup Brussels Sprouts (trimmed and halved)
- 1 cup Butternut Squash (peeled and cubed)
- 1 Apple (cored and diced)

Nutrition

Amount per serving	
Fat	13g
Carbs	31g
Fiber	7g
Protein	24g

Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for five to seven minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Ground Turkey: Use lentils instead of ground turkey.



Pepper & Onion Mini Egg White Bites

4 servings

25 minutes

Ingredients

- 1 cup Egg Whites
- 1/2 Red Bell Pepper (medium, finely diced)
- 1/2 Yellow Onion (small, finely diced)
- 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	0g
Carbs	3g
Fiber	1g
Protein	7g

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, red bell pepper, onion, Italian seasoning, and salt.
- 3 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

Additional Toppings: Add goat cheese or feta cheese.



Bacon, Feta & Tomato Egg Muffins

12 servings

30 minutes

Ingredients

- 6 slices Bacon (chopped coarsely)
- 6 stalks Green Onion (chopped)
- 1/3 cup Feta Cheese (crumbled coarsely)
- 1/4 cup Basil Leaves (whole)
- 1 cup Cherry Tomatoes (halved lengthways)
- 6 Egg (Large)
- 1/2 cup Whipping Cream

Nutrition

Amount per serving	
Fat	12g
Carbs	1g
Fiber	0g
Protein	6g

Directions

- 1 Preheat the oven to 375°F (190°C). Grease or line a muffin tray or use a silicone muffin tray.
- 2 Cook the bacon in a frying pan over medium heat, stirring for five minutes or until crisp. Add the green onions and cook, stirring for another two minutes or until the onion is soft. Drain on a paper towel and set aside.
- 3 Divide the bacon mixture, feta cheese, basil, and tomatoes evenly between the cups of the prepared muffin tray.
- 4 Whisk the eggs and the cream together and pour into the muffin tray.
- 5 Bake for 18 to 20 minutes or until a thin-bladed knife inserted into the center comes out clean. Let the egg muffins cool slightly before removing them from the tray. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to one month.



Fully Loaded Toast

2 servings

25 minutes

Ingredients

- 2 slices Bread (toasted)
- 1 Avocado (mashed)
- 1 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 2 Egg
- 1/4 cup Milk
- 1 cup Cherry Tomatoes (halved)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	29g
Carbs	26g
Fiber	9g
Protein	11g

Directions

- 1 Preheat oven to 450. Place halved cherry tomatoes on a piece of parchment paper and place in oven for 20 minutes or until roasted.
- 2 In the mean time, take a fork and mash your avocado in a bowl. Add lemon juice and season with sea salt and pepper. Mix well and set aside.
- 3 Put oil in frying pan and place over medium heat. Whisk egg and milk together in a small bowl and pour into pan. Scramble eggs until cooked.
- 4 Toast bread. Spread on avocado mix and add scrambled eggs on top. Finish with roasted cherry tomatoes and season with a bit of salt and pepper. Enjoy!



Cottage Cheese Pancakes

4 servings

10 minutes

Ingredients

- 2 cups Cottage Cheese
- 1 cup Oats
- 8 Egg (only the egg whites)
- 1 1/3 tbsps Vanilla Extract
- 1 1/4 tbsps Sugar

Nutrition

Amount per serving	
Fat	15g
Carbs	23g
Fiber	2g
Protein	27g

Directions

- 1 Pour cottage cheese and egg whites into the blender first, then add oats, vanilla extract, and sugar.
- 2 Blend to a smooth consistency.
- 3 Put a pan with a little cooking spray on medium heat and fry each pancake until golden on both sides.

Notes

Serve it With: Berries, peanut butter, eggs, bacon, sausage or ham.



Kale & Red Pepper Frittata

4 servings

30 minutes

Ingredients

8 Egg
1/2 cup Milk
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Extra Virgin Olive Oil
2 cups Kale Leaves (chopped)
1 Red Bell Pepper (chopped)
1 cup Cherry Tomatoes (halved)

Nutrition

Amount per serving	
Fat	14g
Carbs	5g
Fiber	2g
Protein	14g

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Whisk the eggs, milk, salt and pepper together in a mixing bowl. Set aside.
- 3 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 4 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 5 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

Notes

No Kale: Use spinach instead.

No Red Bell Pepper: Use a bell pepper of another color instead.

Leftovers: Keep in the fridge for up to 3 days.



Ham & Cheese Baked Eggs

2 servings

50 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil (plus more to grease)
- 1/2 Leeks (large, whites only, chopped)
- 4 ozs Sliced Ham (thick, chopped)
- 1 1/2 cups Baby Spinach (chopped)
- 2/3 cup Gruyere Cheese (grated, divided)
- 2 Egg (large)
- 1/2 cup Milk
- 1/16 tsp Black Pepper (freshly ground)
- 1/4 oz Unbleached All Purpose Flour (optional)

Nutrition

Amount per serving	
Fat	25g
Carbs	11g
Fiber	1g
Protein	31g

Directions

- 1 Preheat the oven to 350°F (175°C) and lightly grease the ramekins with oil as needed. Place them on a baking sheet.
- 2 Heat the oil in a large pan over medium heat. Add the leeks and cook for two to four minutes or until softened. Add the ham and spinach. Cook for an additional two minutes or until the spinach has wilted. Remove from the heat and cool slightly. Stir in half of the cheese.
- 3 In a blender, combine the eggs, milk, black pepper, and flour if using. Pulse until smooth.
- 4 Divide the ham mixture evenly between the ramekins. Pour the egg mixture over the filling. Sprinkle the remaining cheese evenly on top of each ramekin.
- 5 Bake in the oven for 35 to 40 minutes, or until the tops are golden brown and the egg is set. Enjoy!

Notes

More Flavor: Use mushrooms instead of ham for a vegetarian option.



Zucchini & Goat Cheese Egg Muffins

6 servings

20 minutes

Ingredients

- 1 Zucchini (divided)
- 6 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1/2 cup Goat Cheese (crumbled)

Nutrition

Amount per serving	
Fat	7g
Carbs	2g
Fiber	0g
Protein	8g

Directions

- 1 Preheat the oven to 350°F (177°C). Line a muffin tray with liners, or use a silicone muffin tray.
- 2 Roughly chop 2/3 of the zucchini, and cut the remaining 1/3 into thin slices.
- 3 In a mixing bowl, whisk together the eggs, water, salt, and chopped zucchini. Divide the mixture into the muffin tray.
- 4 Top each muffin slot with the zucchini slices and goat cheese. Bake for 15 to 18 minutes or until cooked through.
- 5 Let cool slightly before serving. Enjoy!

Notes

More Flavor: Add chopped onion, garlic, smoked paprika, mushrooms and/or spinach.

Additional Toppings: Top with green onions or sliced tomatoes.



Strawberry Yogurt Chia Pudding

2 servings

35 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Chia Seeds
- 1/2 cup Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 3 tbsps Peanut Butter
- 1 1/3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Fat	29g
Carbs	36g
Fiber	15g
Protein	24g

Directions

- 1 Add the yogurt, chia seeds, almond milk, and strawberries to a medium-sized bowl. Stir well to combine.
- 2 Place in the fridge for 25 to 30 minutes or until thickened.
- 3 When ready to serve, stir in the peanut butter and garnish with the hemp seeds. Enjoy!

Notes

More Flavor: Add a pinch of cinnamon or vanilla.

Likes it Sweeter: Add a drizzle of honey or maple syrup.



Blueberry Banana Protein Smoothie

1 serving

5 minutes

Ingredients

- 1/2 cup Blueberries
- 1/4 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Peanut Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Fat	18g
Carbs	28g
Fiber	7g
Protein	28g

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Protein Powder: I used Genuine Health vanilla protein powder in this recipe.

No Almond Milk: Use any other milk.

Consistency: For a smoother, colder smoothie, use frozen blueberries. If the smoothie is too thick, add more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.



Fluffy Kale & Mushroom Egg White Omelette

1 serving
10 minutes

Ingredients

- 3/4 cup Water (divided)
- 1 cup Kale Leaves (tough stems removed, chopped)
- 4 Cremini Mushrooms (diced)
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1 cup Egg Whites

Nutrition

Amount per serving	
Fat	1g
Carbs	5g
Fiber	2g
Protein	29g

Directions

- 1 In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the kale, mushrooms, garlic powder, and salt until soft, about two minutes. Set aside.
- 2 Cooking one omelette at a time, add a splash of the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate. Repeat with any remaining egg whites, one omelette at a time.
- 3 Arrange the kale and mushrooms down the middle of each omelette. Fold the sides of the omelette towards the center and enjoy!



Whipped Peanut Butter Yogurt Bowl

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 2 tbsps Peanut Butter
- 2 tbsps Granola
- 2 tbsps Blueberries (fresh or frozen)
- 1 tsp Honey

Nutrition

Amount per serving	
Fat	25g
Carbs	36g
Fiber	3g
Protein	31g

Directions

1

In a bowl, whisk the yogurt and peanut butter together vigorously. Top with granola, blueberries, and honey. Enjoy!

Notes

More Flavor: Swirl berry jam or chia jam into the yogurt.



Mushroom, Chive & Swiss Omelette

1 serving
15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 2 tbsps Shallot (minced)
- 3 Cremini Mushrooms (sliced)
- 2 Egg
- 2 tps Cow's Milk, Whole
- 2 tbsps Chives (chopped, divided)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 ozs Swiss Cheese (shredded)

Nutrition

Amount per serving	
Fat	37g
Carbs	7g
Fiber	1g
Protein	27g

Directions

- 1 Heat a medium-sized skillet over medium heat and add half of the oil. Add the shallot and mushrooms and cook until softened, about four to five minutes. Remove and set aside.
- 2 Whisk the eggs in a small bowl with the milk, half of the chives, salt, and pepper.
- 3 Add the remaining oil into the skillet. Transfer the eggs to the pan and cook until almost set. Place the mushroom mixture on one half of the omelette and top with the cheese. Fold over the other half to close the omelette. Remove from heat and top with the remaining chives. Enjoy!

Notes

More Flavor: Add chili flakes.



Vanilla Berry Protein Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder
1/4 cup Blueberries (fresh or frozen)
1/4 cup Raspberries (fresh or frozen)
1 tbsp Almond Butter

Nutrition

Amount per serving	
Fat	13g
Carbs	15g
Fiber	7g
Protein	24g

Directions

1 Add all ingredients into a blender and blend until smooth. Enjoy!

Notes

Fresh Fruit: If using only fresh fruit, add a few ice cubes.

Protein Powder: I used Genuine Health Proteins + in vanilla.

Consistency: If the smoothie is too thick, add more milk. If the smoothie is too thin, add some ice cubes and blend to thicken.



Turkey Sausage Scramble

1 serving
10 minutes

Ingredients

4 1/16 ozs Turkey Sausage (casing removed)
1 cup Baby Spinach (chopped)
2 Egg (whisked)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	19g
Carbs	2g
Fiber	1g
Protein	35g

Directions

- 1 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 2 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

Notes

More Flavor: Add onion, mushrooms, or bell pepper.

Additional Toppings: Hot sauce, ketchup, avocado, or salsa.

No Spinach: Use kale instead.

No Turkey Sausage: Use pork, chicken, or beef sausage instead.



Pineapple Spinach Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Pineapple (fresh or frozen)
1 cup Baby Spinach
4 Ice Cubes
1/2 cup Plain Greek Yogurt
1 cup Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder (or 1 scoop)

Nutrition

Amount per serving	
Fat	6g
Carbs	20g
Fiber	4g
Protein	32g

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Liquid Gold Green Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder (or 1 scoop)
1/2 Avocado (peeled and pitted)
1/2 Banana (frozen)
1 tbsp Cocoa Powder
1 1/2 cups Unsweetened Almond Milk
1 cup Baby Spinach

Nutrition

Amount per serving	
Fat	20g
Carbs	29g
Fiber	13g
Protein	25g

Directions

1

Place all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Banana Cinnamon Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder (or 1 scoop)
1 tbsp Chia Seeds
1/2 Banana (frozen)
1 1/2 cups Unsweetened Almond Milk
1 tbsp Almond Butter
1/4 tsp Cinnamon

Nutrition

Amount per serving	
Fat	17g
Carbs	25g
Fiber	10g
Protein	26g

Directions

- 1 Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Blackberry Coconut Sprinkle Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/2 cup Blackberries (fresh or frozen)
1 cup Baby Spinach (or kale)
1/2 Banana (frozen)
1/4 cup Vanilla Protein Powder (or 1 scoop)
Unsweetened Coconut Flakes (optional topping)

Nutrition

Amount per serving	
Fat	5g
Carbs	25g
Fiber	8g
Protein	23g

Directions

- 1 Place all ingredients, except topping if using, into a high-speed blender. Blend until smooth. Top with coconut flakes. Enjoy!

Notes

Protein Powder: I used Genuine Health Proteins + in vanilla.



Spinach, Bacon & Cheese Scramble

1 serving
10 minutes

Ingredients

2 Egg
2 slices Bacon, Cooked (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Extra Virgin Olive Oil
1 cup Baby Spinach
1 1/2 ozs Cheddar Cheese (shredded)
1/2 cup Raspberries (or any berry)

Directions

1

In a small bowl whisk the eggs and add the bacon. Season with salt and pepper.

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2

Heat a skillet over medium heat and drizzle the oil. Once hot, add the spinach and cook until just wilted, about one minute. Pour in the egg mixture and add the cheese and cook, stirring occasionally until the eggs are cooked to your liking. Remove from heat, serve with a side of berries and enjoy!

Nutrition

Amount per serving	
Fat	33g
Carbs	11g
Fiber	5g
Protein	30g



Apple & Turkey Breakfast Hash

2 servings

35 minutes

Ingredients

- 8 ozs Extra Lean Ground Turkey
- 1/2 tsp Cinnamon
- 1 tbsp Poultry Seasoning
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 cup Red Onion (diced)
- 1 Garlic (cloves, minced)
- 1 cup Brussels Sprouts (trimmed and halved)
- 1 cup Butternut Squash (peeled and cubed)
- 1 Apple (cored and diced)

Nutrition

Amount per serving	
Fat	13g
Carbs	31g
Fiber	7g
Protein	24g

Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for five to seven minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Ground Turkey: Use lentils instead of ground turkey.



Apple Walnut Overnight Oats

2 servings

8 hours

Ingredients

- 3/4 cup Oats
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp Chia Seeds
- 1 1/2 tsps Maple Syrup
- 1/2 tsp Cinnamon
- 1/4 cup Water
- 1/2 Apple (cored and diced)
- 1/4 cup Almond Butter
- 1/2 cup Walnuts (chopped)

Nutrition

Amount per serving	
Fat	42g
Carbs	44g
Fiber	12g
Protein	17g

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts and almond butter. Repeat until all ingredients are used up. Enjoy!

Notes

Warm it Up: Heat in the microwave for 30 to 60 seconds before eating.



Apple Crisp Yogurt Bowls

2 servings

20 minutes

Ingredients

- 1/2 Apple (cored, chopped)
- 1/2 cup Oats (rolled)
- 2 tsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Fat	6g
Carbs	38g
Fiber	4g
Protein	25g

Directions

- 1 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 2 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

Additional Toppings: Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.



Monster Breakfast Cookies

12 servings

40 minutes

Ingredients

2 Banana (mashed)
2 Egg
1 Carrot (grated)
1/2 cup Almond Butter
2 tbsps Butter (softened)
2 tbsps Maple Syrup (or honey)
1 1/2 cups Oats
1 cup Almond Flour
1/4 cup Pumpkin Seeds
2/3 cup Raisins
1 tsp Cinnamon

Nutrition

Amount per serving	
Fat	15g
Carbs	26g
Fiber	4g
Protein	8g

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In one mixing bowl, combine mashed banana, eggs, grated carrot, almond butter, butter and maple syrup (or honey). Mix well.
- 3 In another bowl, mix together oats, almond flour, pumpkin seeds, raisins and cinnamon.
- 4 Combine wet and dry ingredients and mix well. Using clean hands, form dough into large cookies and place on a baking sheet. Bake in oven for 25 to 30 minutes, or until cookies are golden brown.
- 5 Remove and let cool completely before storing in an airtight container or in the freezer. Enjoy!

Notes

No Raisins: Try unsweetened dried cranberries.

No Pumpkin Seeds: Use sunflower seeds instead.



Whipped Cottage Cheese with Peaches & Cinnamon

2 servings

10 minutes

Ingredients

2 cups Cottage Cheese
2 Peach (pitted, thinly sliced)
1/4 cup Almonds (toasted)
2 tsps Honey
1/4 tsp Vanilla Extract
1/2 tsp Cinnamon

Directions

- 1 In a food processor, puree the cottage cheese until completely smooth. Add the honey and vanilla extract and pulse to combine.
- 2 Scrape the whipped cottage cheese into serving bowls, jars, or glasses. Top with the peaches and toasted almonds. Sprinkle with the cinnamon. Enjoy!

Nutrition

Amount per serving	
Fat	18g
Carbs	32g
Fiber	5g
Protein	29g



Salted Peanut Butter & Chocolate Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
2 tbsps All Natural Peanut Butter
1/4 cup Chocolate Protein Powder
1 tbspc Cacao Powder
1/8 tsp Sea Salt
4 Ice Cubes

Nutrition

Amount per serving	
Fat	23g
Carbs	13g
Fiber	6g
Protein	29g

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Taste and add more sweetener if desired. Pour into a glass and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in chocolate.



Tortilla Breakfast Wrap

1 serving
15 minutes

Ingredients

- 2 slices Bacon
- 3 Cremini Mushrooms (sliced)
- 1 1/2 cups Baby Spinach
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Whole Wheat Tortilla (medium size)

Nutrition

Amount per serving	
Fat	35g
Carbs	23g
Fiber	6g
Protein	27g

Directions

- 1 Heat a pan over medium heat and add the bacon. Cook until browned and crispy, about four to five minutes per side. Wipe out the skillet and transfer the bacon to a paper towel-lined plate and set aside.
- 2 In the same skillet over medium-low heat, add the mushrooms and cook until water is released and slightly browned, about five minutes, season with salt and pepper. Remove and set aside.
- 3 Add the spinach to the skillet and sauté over medium-low heat, until just wilted. Set aside with the mushrooms.
- 4 In a small bowl, whisk the eggs. Pour the eggs into the skillet and cook over medium-low heat, until cooked through to your liking. Season with salt and pepper.
- 5 Lay the tortilla on a flat surface and layer with eggs, bacon, mushrooms, and spinach. Roll or fold the tortilla together and enjoy!

Notes

No Baby Spinach: Use another type of green, such as kale.