

GREEN GINGER SMOOTHIE

INGREDIENTS

- 1 cup spinach
- 1 banana
- 1 teaspoon fresh ginger, grated
- 1 cup apple juice or water
- ½ cup yogurt (optional)
- 1 teaspoon honey (optional)
- Ice cubes (optional)



DIRECTIONS

1. Add spinach, banana, ginger, and liquid to a blender.
2. Blend until smooth.
3. Add yogurt or honey if desired and blend again.
4. Pour into a glass.
5. Serve cold.

HEARTY BLACK BEAN AND EGG WRAP

INGREDIENTS

- 1 tortilla wrap
- ½ cup black beans (cooked)
- 2 eggs
- 1 tablespoon oil or butter
- 2 tablespoons salsa
- Salt and pepper to taste



DIRECTIONS

1. Heat oil in a pan and cook eggs scrambled or fried.
2. Warm black beans in the same pan.
3. Season with salt and pepper.
4. Place eggs and beans onto tortilla.
5. Add salsa.
6. Wrap tightly and serve warm.

QUICK MICROWAVE EGG MUG

INGREDIENTS

2 eggs

2 tablespoons milk

Salt and pepper to taste

2 tablespoons cheese (optional)

Chopped veggies (optional)



DIRECTIONS

1. Whisk eggs, milk, salt, and pepper in a mug.
2. Add cheese or vegetables if using.
3. Microwave for 45–90 seconds, stirring halfway.
4. Cook until eggs are fully set.
5. Let cool slightly and serve.

COOL BERRY YOGURT BOWL

INGREDIENTS

1 cup yogurt

½ cup mixed berries

1 tablespoon honey

2 tablespoons granola

1 tablespoon chia seeds
(optional)



DIRECTIONS

1. Add yogurt to a bowl.
2. Top with berries and granola.
3. Drizzle honey over the top.
4. Sprinkle chia seeds if using.
5. Serve cold.

SPINACH AND FETA SCRAMBLED EGGS

INGREDIENTS

3 eggs

1 cup spinach, chopped

¼ cup feta cheese

1 tablespoon butter

Salt and pepper to taste



DIRECTIONS

1. Beat eggs with salt and pepper.
2. Melt butter in a pan over medium heat.
3. Add spinach and cook until wilted.
4. Pour in eggs and stir gently.
5. Add feta cheese and cook until eggs are softly set.

SIMPLE PEANUT BUTTER AND BANANA TOAST

INGREDIENTS

2 slices bread (toasted)

2 tablespoons peanut butter

1 banana, sliced

Honey (optional)

Cinnamon (optional)



DIRECTIONS

1. Toast the bread until golden.
2. Spread peanut butter evenly on each slice.
3. Top with banana slices.
4. Drizzle honey if desired.
5. Sprinkle cinnamon for extra flavor.
6. Serve immediately.

HUMMUS AND FRIED EGG TOAST

INGREDIENTS

2 slices bread

2 eggs

2 tablespoons hummus

1 tablespoon olive oil or butter

Salt and pepper to taste



DIRECTIONS

1. Toast the bread slices.
2. Spread hummus on warm toast.
3. Fry eggs in a pan with oil or butter.
4. Place eggs on top of hummus toast.
5. Season with salt and pepper.
6. Serve immediately.

TURKEY AND CHEESE BREAKFAST WRAP

INGREDIENTS

- 1 tortilla wrap
- 2 slices turkey
- 1 slice cheese
- 2 eggs
- 1 tablespoon butter or oil
- Salt and pepper to taste



DIRECTIONS

1. Scramble or fry eggs in a pan.
2. Warm tortilla slightly.
3. Add turkey, eggs, and cheese.
4. Wrap tightly.
5. Heat wrap in pan for 1–2 minutes if desired.
6. Serve warm.

WARM CINNAMON RAISIN ENGLISH MUFFIN

INGREDIENTS

- 1 English muffin
- 1 tablespoon butter
- 1 tablespoon raisins
- ½ teaspoon cinnamon
- 1 teaspoon honey or jam (optional)



DIRECTIONS

1. Slice and toast the English muffin.
2. Spread butter while warm.
3. Sprinkle cinnamon and raisins on top.
4. Add honey or jam if desired.
5. Serve warm.

TROPICAL MANGO SMOOTHIE BOWL

INGREDIENTS

1 cup frozen mango chunks

1 banana

½ cup yogurt

¼ cup milk or juice

Granola for topping

Fresh fruit (banana, kiwi, berries)

Honey (optional)



DIRECTIONS

Blend mango, banana, yogurt, and liquid until thick and smooth.

Pour into a bowl. Top with granola and fresh fruit.

Drizzle honey if desired. Serve cold.

COTTAGE CHEESE AND CUCUMBER RYE TOAST

INGREDIENTS

2 slices rye bread

½ cup cottage cheese

½ cucumber, sliced

Salt and pepper to taste

Dill (optional)

Olive oil (optional drizzle)



DIRECTIONS

1. Toast rye bread until crisp.
2. Spread cottage cheese evenly on top.
3. Add cucumber slices.
4. Season with salt, pepper, and dill.
5. Drizzle olive oil if desired.
6. Serve immediately.

FLUFFY BANANA OAT PANCAKES

INGREDIENTS

1 banana, mashed

1 cup oats

2 eggs

½ cup milk

1 teaspoon baking powder

1 teaspoon vanilla extract

Butter or oil for cooking



DIRECTIONS

1. Blend oats into a flour-like texture.
2. Mix banana, eggs, milk, vanilla, and baking powder.
3. Combine with oat flour until smooth.
4. Heat pan with butter or oil.
5. Pour batter into small pancakes.
6. Cook 2–3 minutes per side until golden.
7. Serve warm.

SMOKED SALMON BAGEL

INGREDIENTS

- 1 bagel, sliced and toasted
- 2–3 slices smoked salmon
- 2 tablespoons cream cheese
- 2–3 slices red onion
- 1 tablespoon capers (optional)
- Lemon juice (optional)



DIRECTIONS

1. Toast the bagel until crisp.
2. Spread cream cheese on both halves.
3. Layer smoked salmon on top.
4. Add red onion and capers.
5. Squeeze a little lemon juice if desired.
6. Serve immediately.

OVERNIGHT CHIA SEED PUDDING

INGREDIENTS

3 tablespoons chia seeds

1 cup milk (or plant milk)

1 teaspoon honey or maple syrup

½ teaspoon vanilla extract

Fresh fruit for topping



DIRECTIONS

1. Mix chia seeds, milk, honey, and vanilla in a jar.
2. Stir well to avoid clumps.
3. Refrigerate overnight (or at least 4 hours).
4. Stir again before serving.
5. Top with fresh fruit. Serve cold.

BLUEBERRY ALMOND BUTTER OATMEAL

INGREDIENTS

- 1 cup oats
- 2 cups milk or water
- 1 tablespoon almond butter
- ½ cup blueberries
- 1 teaspoon honey
- Pinch of salt



DIRECTIONS

1. Heat milk or water in a pot.
2. Add oats and cook for 5–7 minutes until thick.
3. Stir in almond butter.
4. Add blueberries on top.
5. Drizzle honey if desired.
6. Serve warm.

CLASSIC AVOCADO SOURDOUGH TOAST

INGREDIENTS

2 slices sourdough bread
(toasted)

1 ripe avocado

1 teaspoon lemon juice

Salt and pepper to taste

Chili flakes (optional)



DIRECTIONS

1. Toast sourdough slices until crisp.
2. Mash avocado with lemon juice, salt, and pepper.
3. Spread avocado mixture on toast.
4. Sprinkle chili flakes if desired.
5. Serve immediately.

SWEET POTATO BREAKFAST SKILLET

INGREDIENTS

- 1 sweet potato, diced
- 2 eggs
- 1 onion, chopped
- 1 tablespoon oil
- Salt and pepper to taste
- Optional: spinach or bell peppers



DIRECTIONS

1. Heat oil in a skillet.
2. Cook sweet potato and onion until soft.
3. Add optional vegetables if using.
4. Create space and crack eggs into the pan.
5. Cook until eggs are set.
6. Season with salt and pepper.
7. Serve warm.

STRAWBERRY ALMOND PROTEIN SHAKE

INGREDIENTS

1 cup strawberries

1 banana

1 cup milk or almond milk

1 tablespoon almond butter

1 scoop protein powder (optional)

Ice cubes



DIRECTIONS

Add all ingredients to a blender.

Blend until smooth and creamy.

Adjust thickness with more milk if needed.

Pour into a glass. Serve cold.

SIMPLE HARD-BOILED EGGS AND FRUIT

INGREDIENTS

2–3 eggs

Mixed fruit
(apple, banana, berries,
orange)

Salt and pepper
(optional)



DIRECTIONS

1. Place eggs in boiling water.
2. Cook for 9–10 minutes.
3. Cool, peel, and slice eggs.
4. Serve with fresh fruit on the side.
5. Add salt and pepper if desired.

NO-BAKE ALMOND BUTTER ENERGY BITES

INGREDIENTS

- 1 cup oats
- ½ cup almond butter
- 2 tablespoons honey
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 2 tablespoons chocolate chips
(optional)



DIRECTIONS

1. Mix all ingredients in a bowl until sticky.
2. Roll mixture into small bite-sized balls.
3. Chill in refrigerator for 30–60 minutes.
4. Store in an airtight container.
5. Serve cold or room temperature.

PESTO EGG SANDWICH

INGREDIENTS

- 2 slices bread
- 2 eggs
- 1 tablespoon pesto
- 1 tablespoon butter or oil
- Salt and pepper to taste
- Optional: cheese slice



DIRECTIONS

1. Heat butter in a pan and cook eggs as desired (fried or scrambled).
2. Toast bread slices.
3. Spread pesto on one or both slices.
4. Place eggs on bread and add cheese if using.
5. Season with salt and pepper.
6. Close sandwich and serve warm.

BAKED CINNAMON APPLE OATS

INGREDIENTS

- 1 cup oats
- 1 apple, diced
- 1 cup milk
- 1 egg
- 1 teaspoon cinnamon
- 1 tablespoon honey or maple syrup
- 1 teaspoon baking powder
- Pinch of salt



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix oats, cinnamon, baking powder, and salt.
3. In another bowl, whisk milk, egg, and honey.
4. Combine wet and dry ingredients.
5. Fold in diced apple.
6. Pour into a baking dish.
7. Bake for 25–30 minutes until set.
8. Serve warm.