

BLUEBERRY VANILLA GREEK YOGURT PARFAIT

INGREDIENTS

- 1 cup Greek yogurt
- ½ cup blueberries
- 1 teaspoon vanilla extract
- 2 tablespoons granola
- 1 teaspoon honey (optional)



DIRECTIONS

1. Mix yogurt with vanilla extract.
2. Layer yogurt, blueberries, and granola in a glass.
3. Repeat layers if desired.
4. Drizzle honey on top.
5. Serve cold.

ALMOND BUTTER PROTEIN SMOOTHIE

INGREDIENTS

1 banana

1 tablespoon almond butter

1 cup milk (or almond milk)

1 scoop protein powder (optional)

½ cup Greek yogurt
(optional for thickness)

Ice cubes



DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Adjust thickness with more milk if needed.
4. Pour into a glass.
5. Serve cold.

PESTO SCRAMBLED EGG SANDWICH

INGREDIENTS

2 slices bread

2-3 eggs

1 tablespoon pesto

1 tablespoon butter

Salt and pepper to taste



DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Heat butter in a pan and scramble eggs gently.
3. Stir in pesto near the end of cooking.
4. Toast bread slices.
5. Fill bread with scrambled eggs.
6. Serve warm.

SAVORY COTTAGE CHEESE BOWL WITH TOMATOES

INGREDIENTS

- 1 cup cottage cheese
- ½ cup cherry tomatoes, halved
- ½ cucumber, chopped (optional)
- Salt and pepper to taste
- Olive oil drizzle
- Everything bagel seasoning (optional)



DIRECTIONS

1. Add cottage cheese to a bowl.
2. Top with tomatoes (and cucumber if using).
3. Drizzle olive oil.
4. Season with salt, pepper, and seasoning.
5. Mix lightly or eat as layered bowl.
6. Serve chilled.

SILKEN TOFU SCRAMBLE WITH TURMERIC

INGREDIENTS

- 1 block silken tofu
- 1 tablespoon olive oil
- ½ teaspoon turmeric
- 1 garlic clove, minced
- ½ onion, chopped
- Salt and pepper to taste
- Optional: spinach or tomatoes



DIRECTIONS

1. Heat olive oil in a pan and cook onion and garlic until soft.
2. Add tofu and gently break it apart.
3. Stir in turmeric, salt, and pepper.
4. Cook for 5–7 minutes until heated through.
5. Add spinach or tomatoes if using. Serve warm.

BLACK BEAN AND AVOCADO EGG SKILLET

INGREDIENTS

1 cup black beans

2 eggs

1 avocado, sliced

1 tablespoon olive oil

1 teaspoon cumin

Salt and pepper to taste

Optional: salsa



DIRECTIONS

1. Heat olive oil in a skillet and warm black beans with cumin.
2. Make small wells and crack eggs into the pan.
3. Cook until eggs reach desired doneness.
4. Add salt and pepper.
5. Top with sliced avocado.
6. Serve warm, optionally with salsa.

RICOTTA AND HONEY FRUIT TOAST

INGREDIENTS

2 slices bread (toasted)

½ cup ricotta cheese

1-2 tablespoons honey

½ cup mixed fruit
(berries, banana, or figs)

Optional: cinnamon or
chopped nuts



DIRECTIONS

1. Toast bread until golden.
2. Spread ricotta evenly over toast.
3. Top with fresh fruit.
4. Drizzle honey over the top.
5. Add cinnamon or nuts if desired.
6. Serve immediately.

LEFTOVER STEAK AND POTATO BREAKFAST HASH

INGREDIENTS

- 1 cup cooked steak, chopped
- 2 cups cooked potatoes, diced
- 1 onion, chopped
- 1 tablespoon olive oil or butter
- 2 eggs (optional)
- Salt and pepper to taste



DIRECTIONS

1. Heat oil in a skillet.
2. Cook onion until soft.
3. Add potatoes and crisp slightly.
4. Add steak and heat through.
5. Make wells and add eggs if using.
6. Cook until eggs are set.
7. Season and serve warm.

HARD-BOILED EGGS WITH HUMMUS AND PITA

INGREDIENTS

2–3 eggs

½ cup hummus

1 pita bread

Salt and pepper to taste

Optional: paprika or olive oil



DIRECTIONS

1. Boil eggs for 9–10 minutes, then cool and peel.
2. Warm the pita bread.
3. Spread hummus inside or on the pita.
4. Slice eggs and add on top.
5. Season with salt, pepper, and paprika if desired.
6. Serve warm or cold.

CHOCOLATE BANANA PROTEIN OATS

INGREDIENTS

- 1 cup oats
- 1 banana, sliced or mashed
- 1 tablespoon cocoa powder
- 1 scoop chocolate protein powder (optional)
- 2 cups milk or water
- 1 teaspoon honey (optional)



DIRECTIONS

1. Cook oats in milk or water over medium heat.
2. Stir in cocoa powder and protein powder.
3. Add banana and mix well.
4. Cook until thick and creamy.
5. Sweeten with honey if desired.
6. Serve warm.

PUMPKIN SEED AND GRANOLA YOGURT CUP

INGREDIENTS

- 1 cup Greek yogurt
- 2 tablespoons granola
- 2 tablespoons pumpkin seeds
- 1 teaspoon honey
- Optional: berries



DIRECTIONS

- Add yogurt to a cup or bowl.
- Top with granola and pumpkin seeds.
- Drizzle honey over the top.
- Add berries if desired.
- Serve cold.

PROSCIUTTO AND PARMESAN SOFT SCRAMBLE

INGREDIENTS

3 eggs

2 tablespoons milk or cream

2–3 slices prosciutto, torn

2 tablespoons Parmesan cheese,
grated

1 tablespoon butter

Salt and pepper to taste



DIRECTIONS

1. Whisk eggs with milk, salt, and pepper.
2. Melt butter in a pan over low heat.
3. Pour in eggs and cook slowly, stirring gently.
4. Add prosciutto and let it warm through.
5. Stir in Parmesan at the end for creaminess.
6. Serve soft and warm.

TWO EGGS, FRUIT, AND SIMPLE SEA SALT

INGREDIENTS

2 eggs

Mixed fresh fruit
(apple, berries, banana,
orange, etc.)

Sea salt to taste

Optional: black pepper



DIRECTIONS

1. Boil eggs for 9–10 minutes (or cook as preferred).
2. Cool, peel, and serve eggs.
3. Prepare fresh fruit on the side.
4. Sprinkle sea salt over eggs.
5. Add black pepper if desired.
6. Serve simple and fresh.

SIMPLE

Peanut Butter Rice Cakes

INGREDIENTS

2–3 rice cakes

2 tablespoons peanut butter

1 banana, sliced (optional)

Honey or cinnamon (optional)



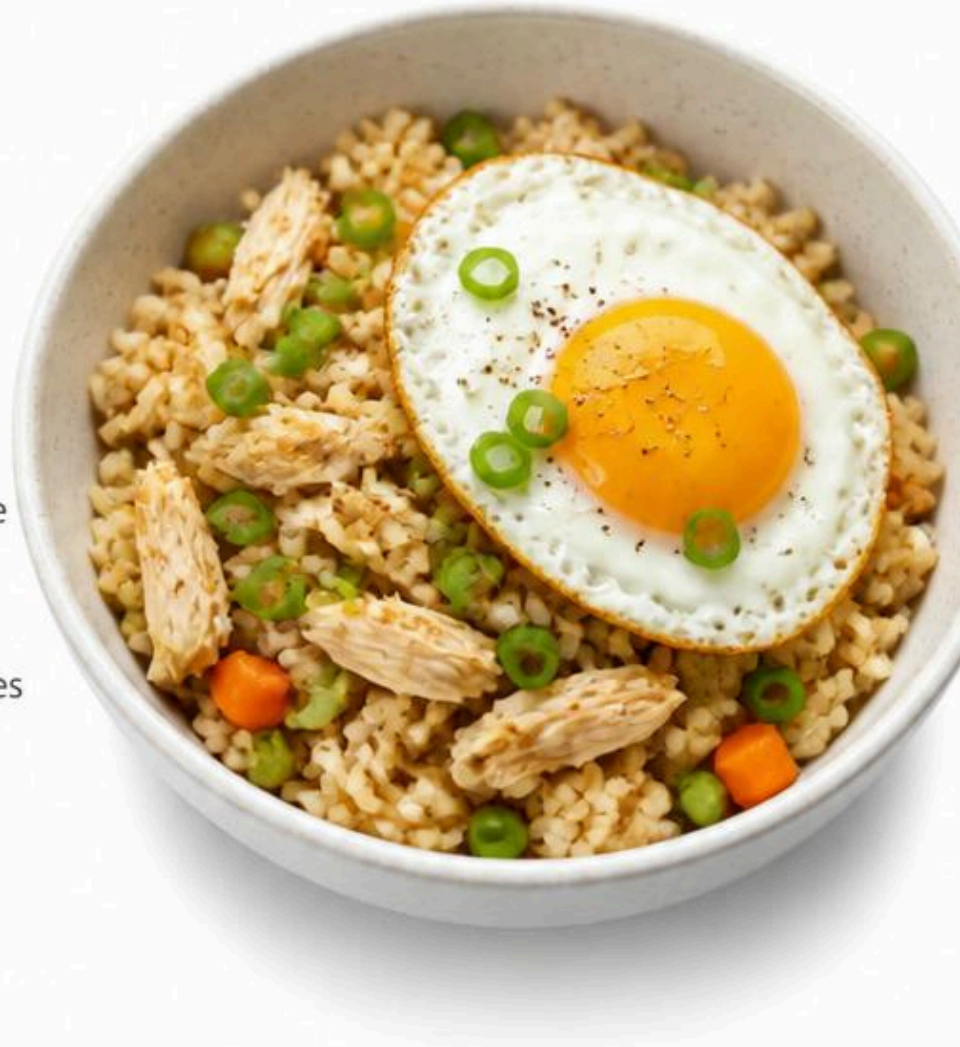
DIRECTIONS

1. Spread peanut butter evenly over rice cakes.
2. Top with banana slices if using.
3. Drizzle honey or sprinkle cinnamon if desired.
4. Serve immediately.

LEFTOVER CHICKEN AND RICE MORNING BOWL

INGREDIENTS

- 1 cup cooked rice
- 1 cup cooked chicken, shredded
- 1 egg (optional)
- 1 tablespoon soy sauce or hot sauce
- 1 teaspoon olive oil
- Optional: green onions or vegetables



DIRECTIONS

1. Heat oil in a pan.
2. Warm chicken and rice together.
3. Add soy sauce or seasoning.
4. Fry or scramble egg if using and add on top.
5. Add optional vegetables or green onions.
6. Serve warm.

BACON AND SPINACH CRUSTLESS QUICHE

INGREDIENTS

4 eggs

½ cup milk

4 slices bacon, cooked and chopped

1 cup spinach

½ cup shredded cheese

Salt and pepper to taste



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Whisk eggs, milk, salt, and pepper.
3. Stir in bacon, spinach, and cheese.
4. Pour into a greased baking dish.
5. Bake for 25–30 minutes until set.
6. Slice and serve warm.

MEDITERRANEAN EGG SCRAMBLE WITH CHICKPEAS

INGREDIENTS

3 eggs

½ cup chickpeas

½ cup spinach

¼ cup feta cheese

1 tablespoon olive oil

Salt and pepper to taste

Optional: cherry tomatoes
or olives



DIRECTIONS

1. Heat olive oil in a pan.
2. Add chickpeas and cook for 2–3 minutes.
3. Add spinach and cook until wilted.
4. Pour in whisked eggs.
5. Scramble gently.
6. Add feta and season with salt and pepper.
7. Serve warm.

PEANUT BUTTER AND JELLY YOGURT BOWL

INGREDIENTS

- 1 cup Greek yogurt
- 1 tablespoon peanut butter
- 1–2 tablespoons jam or berries
- 2 tablespoons granola
- Optional: honey



DIRECTIONS

1. Add yogurt to a bowl.
2. Swirl in peanut butter.
3. Top with jam or berries.
4. Add granola on top.
5. Drizzle honey if desired.
6. Serve cold.

APPLE CINNAMON COTTAGE CHEESE BOWL

INGREDIENTS

1 cup cottage cheese

1 apple, diced

½ teaspoon cinnamon

1 tablespoon honey or
maple syrup

Optional: walnuts or granola



DIRECTIONS

1. Add cottage cheese to a bowl.
2. Top with diced apple.
3. Sprinkle cinnamon.
4. Drizzle honey or syrup.
5. Add nuts or granola if desired.
6. Mix lightly and serve cold.

SMOKED TURKEY AND SWISS OMELET

INGREDIENTS

3 eggs

3 slices smoked turkey

2 slices Swiss cheese

1 tablespoon butter

Salt and pepper to taste

Optional: spinach or onions



DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Melt butter in a pan over medium heat.
3. Pour in eggs and cook gently.
4. Add turkey and cheese on one half.
5. Fold omelet and cook until cheese melts.
6. Serve warm.

HIGH PROTEIN OAT FLOUR PANCAKES

INGREDIENTS

1 cup oat flour

2 eggs

½ cup Greek yogurt

½ cup milk

1 scoop protein powder (optional)

1 teaspoon baking powder

1 teaspoon vanilla extract



DIRECTIONS

1. Mix all ingredients into a smooth batter.
2. Heat a nonstick pan over medium heat.
3. Pour batter into small pancakes.
4. Cook 2–3 minutes per side until golden.
5. Serve warm with fruit or syrup.

CHIA SEED PUDDING WITH VANILLA PROTEIN

INGREDIENTS

- 3 tablespoons chia seeds
- 1 cup milk (or almond milk)
- 1 scoop vanilla protein powder
- 1 teaspoon honey or maple syrup (optional)
- ½ teaspoon vanilla extract
- Fruit or nuts for topping



DIRECTIONS

1. In a jar or bowl, mix milk, protein powder, vanilla, and sweetener.
2. Stir in chia seeds thoroughly.
3. Let sit for 5–10 minutes, then stir again to prevent clumping.
4. Refrigerate for at least 4 hours or overnight.
5. Top with fruit or nuts before serving.
6. Serve cold.

MEAL-PREP TURKEY SAUSAGE BREAKFAST CASSEROLE

INGREDIENTS

- 300g turkey sausage, crumbled
- 6 eggs
- 1 cup milk
- 1 cup spinach, chopped
- 1 cup diced potatoes or hash browns
- ½ cup shredded cheese
- Salt and pepper to taste



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Cook turkey sausage until browned.
3. Whisk eggs, milk, salt, and pepper.
4. Mix sausage, potatoes, and spinach in a baking dish.
5. Pour egg mixture over everything.
6. Top with cheese.
7. Bake 30–40 minutes until set.
8. Cool slightly, slice, and store for meal prep.

TURKEY BACON AND EGG WHITE BREAKFAST WRAP

INGREDIENTS

1 tortilla wrap

3–4 egg whites

2 slices turkey bacon

1 tablespoon olive oil or butter

Salt and pepper to taste

Optional: spinach or cheese



DIRECTIONS

1. Cook turkey bacon until crispy.
2. Scramble egg whites in a pan with oil or butter.
3. Warm tortilla slightly.
4. Add egg whites, turkey bacon, and optional toppings.
5. Wrap tightly. Serve warm.

PEANUT BUTTER AND BANANA OATMEAL BOWLS

INGREDIENTS

1 cup oats

2 cups milk or water

1 banana, sliced

1–2 tablespoons
peanut butter

Honey or maple syrup
(optional)

Pinch of salt



DIRECTIONS

1. Cook oats in milk or water until thick.
2. Stir in peanut butter until creamy.
3. Top with banana slices.
4. Drizzle honey or syrup if desired.
5. Serve warm.

SMOKED SALMON AND CREAM CHEESE SCRAMBLE

INGREDIENTS

3 eggs

2 tablespoons cream cheese

2–3 slices smoked salmon

1 tablespoon butter

Salt and pepper to taste

Optional: chives or dill



DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Melt butter in a pan over medium heat.
3. Pour in eggs and gently scramble.
4. Add cream cheese and stir until melted.
5. Fold in smoked salmon.
6. Cook until just set.
7. Garnish with herbs and serve warm.

CLASSIC

Cottage Cheese and Everything Bagel Toast

INGREDIENTS

- 2 slices bread or bagel
- ½–1 cup cottage cheese
- 1 teaspoon everything bagel seasoning
- ½ avocado (optional)
- Salt and pepper to taste



DIRECTIONS

1. Toast bread or bagel until crisp.
2. Spread cottage cheese evenly on top.
3. Sprinkle everything bagel seasoning.
4. Add avocado if desired.
5. Season lightly with salt and pepper.
6. Serve immediately.

SPINACH AND FETA BAKED EGG CUPS

INGREDIENTS

4 eggs

1 cup spinach, chopped

¼ cup feta cheese

2 tablespoons milk

Salt and pepper to taste



DIRECTIONS

1. Preheat oven to 180°C (350°F). Grease a muffin tin.
2. Whisk eggs, milk, salt, and pepper.
3. Divide spinach and feta into cups.
4. Pour egg mixture over filling.
5. Bake 15–18 minutes until set.
6. Serve warm.