

PESTO SCRAMBLED EGG BISCUIT

INGREDIENTS

- 1 biscuit (split)
- 2–3 eggs
- 1 tablespoon pesto
- 1 tablespoon butter
- Salt and pepper to taste

CALORIES

410

PROTEIN

20g

DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Heat butter in a pan and scramble eggs gently.
3. Stir in pesto at the end.
4. Split and toast biscuit lightly.
5. Fill with pesto eggs. Serve warm.



HARD-BOILED EGGS WITH HUMMUS AND CUCUMBER

INGREDIENTS

2–3 eggs

½ cup hummus

½ cucumber, sliced

Salt and pepper to taste

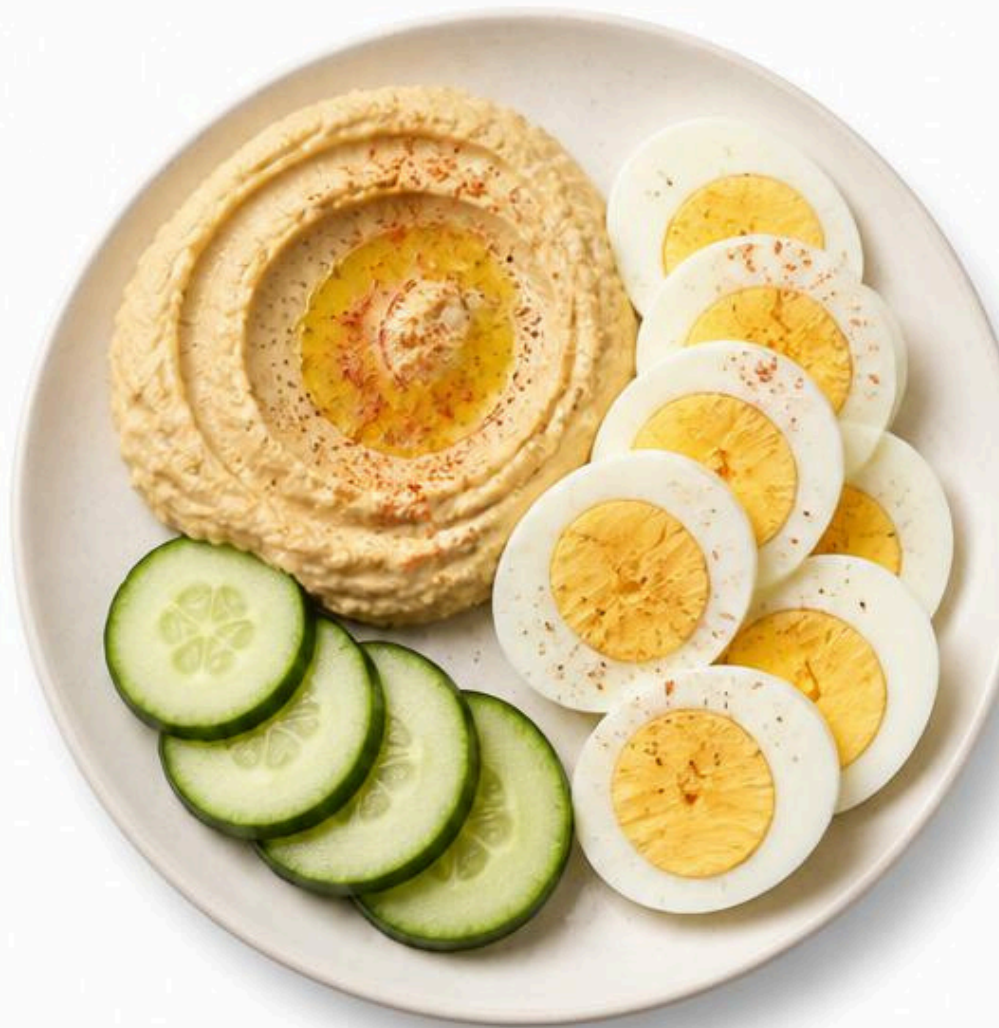
Paprika or olive oil (optional)

CALORIES

360

PROTEIN

18g



DIRECTIONS

1. Boil eggs for 9–10 minutes, then cool and peel.
2. Slice eggs and cucumber.
3. Spread hummus on a plate or serve as dip.
4. Arrange eggs and cucumber together.
5. Season with salt, pepper, and paprika if desired.
6. Serve chilled or at room temperature.

PEANUT BUTTER AND STRAWBERRY RICE CAKES

INGREDIENTS

2–3 rice cakes

2 tablespoons peanut butter

½ cup strawberries, sliced

Honey (optional)

CALORIES

250

PROTEIN

8g

DIRECTIONS

1. Spread peanut butter on rice cakes.
2. Top with sliced strawberries.
3. Drizzle honey if desired.
4. Serve immediately.



SMOKED SALMON AND HERB CREAM CHEESE BAGEL THINS

INGREDIENTS

- 2 bagel thins
- 2–3 tablespoons cream cheese
- 2–3 slices smoked salmon
- Fresh dill or parsley
- Lemon juice (optional)
- Black pepper

CALORIES

270 kcal

PROTEIN

16 g

DIRECTIONS

1. Toast bagel thins lightly.
2. Spread herb cream cheese on each half.
3. Add smoked salmon slices.
4. Sprinkle herbs and black pepper.
5. Add lemon juice if desired.
6. Serve immediately.



GREEN PROTEIN POWER SMOOTHIE

INGREDIENTS

1 cup spinach

1 banana

1 scoop protein powder
(vanilla or unflavored)

1 tablespoon peanut or
almond butter (optional)

1 cup milk or almond milk

Ice cubes



CALORIES

310

PROTEIN

24g

DIRECTIONS

Add all ingredients to a blender.

Blend until smooth and creamy.

Adjust thickness with more liquid if needed.

Pour into a glass.

Serve cold.

COTTAGE CHEESE AND AVOCADO CRISPBREADS

INGREDIENTS

2–3 crispbreads

½ cup cottage cheese

½ avocado, sliced or mashed

Salt and pepper to taste

Chili flakes or lemon juice
(optional)

CALORIES

280

PROTEIN

16g

DIRECTIONS

1. Spread cottage cheese evenly over crispbreads.
2. Top with avocado slices or mashed avocado.
3. Season with salt and pepper.
4. Add chili flakes or lemon juice if desired.
5. Serve immediately.



SIMPLE FRIED EGGS WITH FRUIT PLATE

INGREDIENTS

- 2–3 eggs
- 1 tablespoon butter or oil
- Mixed fresh fruit (banana, berries, apple, orange, etc.)
- Salt and pepper to taste

CALORIES

350 kcal

PROTEIN

18 g



DIRECTIONS

1. Heat butter in a pan.
2. Fry eggs to desired doneness.
3. Season with salt and pepper.
4. Wash and slice fresh fruit.
5. Arrange eggs and fruit on a plate. Serve fresh and simple.

SMOKED TURKEY AND PROVOLONE BREAKFAST SANDWICH

INGREDIENTS

2 slices bread or English muffin

2–3 slices smoked turkey

1 slice provolone cheese

1–2 eggs

1 tablespoon butter or oil

Salt and pepper to taste



CALORIES

450

PROTEIN

29g

DIRECTIONS

1. Cook eggs to your preference (fried or scrambled).
2. Toast bread or muffin.
3. Layer turkey, eggs, and provolone on bread.
4. Close sandwich and warm briefly in pan if desired.
5. Season with salt and pepper. Serve warm.

HUMMUS AND BOILED EGG PITA POCKET

INGREDIENTS

- 1 pita bread
- ½ cup hummus
- 2 boiled eggs, sliced
- Lettuce or spinach
- Salt and pepper to taste



CALORIES

380

PROTEIN

20g

DIRECTIONS

1. Warm pita slightly and open pocket.
2. Spread hummus inside.
3. Add sliced eggs and greens.
4. Season with salt and pepper.
5. Fold and serve.

MAPLE WALNUT PROTEIN OMELET

INGREDIENTS

- 3 eggs
- 1 scoop vanilla protein powder
(optional)
- 1 tablespoon milk
- 1 tablespoon maple syrup
- 2 tablespoons chopped walnuts
- 1 tablespoon butter
- Pinch of salt



410 | **28g**
CALORIES | PROTEIN

DIRECTIONS

1. Whisk eggs, milk, protein powder, and salt until smooth.
2. Heat butter in a pan over medium-low heat.
3. Pour in egg mixture and cook gently.
4. Drizzle maple syrup lightly over the omelet as it sets.
5. Sprinkle walnuts on one side.
6. Fold and cook until just set.
7. Serve warm.

VANILLA ALMOND

Overnight Chia Pudding

INGREDIENTS

- 3 tablespoons chia seeds
- 1 cup almond milk
- 1 teaspoon vanilla extract
- 1 tablespoon honey or maple syrup
- 1 tablespoon sliced almonds

CALORIES	PROTEIN
250	8g

DIRECTIONS

- Mix chia seeds, almond milk, vanilla, and sweetener.
- Stir well and let sit for 5 minutes, then stir again.
- Refrigerate overnight (or at least 4 hours).
- Stir before serving. Top with sliced almonds.
- Serve cold.



SAVORY TOMATO AND OLIVE

Cottage Cheese Bowl

INGREDIENTS

1 cup cottage cheese

½ cup cherry tomatoes, halved

¼ cup olives, sliced

Olive oil drizzle

Salt and pepper to taste

Oregano or basil (optional)

CALORIES

280

PROTEIN

24g

DIRECTIONS

1. Add cottage cheese to a bowl.
2. Top with tomatoes and olives.
3. Drizzle olive oil.
4. Season with salt, pepper, and herbs.



RASPBERRY HEMP SEED OATMEAL

Ingredients

- 1 cup oats
- 2 cups milk or water
- ½ cup raspberries
- 1 tablespoon hemp seeds
- 1 teaspoon honey or maple syrup
- Pinch of salt



CALORIES

320

PROTEIN

12g

Directions

1. Cook oats in milk or water over medium heat. Stir occasionally until thickened.
2. Add raspberries and gently mix.
3. Stir in hemp seeds and sweetener. Cook 1–2 more minutes.
4. Serve warm.

SOUTHWESTERN SCRAMBLED EGG WHITE WRAP

INGREDIENTS

- 1 tortilla wrap
- 4 egg whites
- ½ cup black beans
- ½ cup corn
- 1 teaspoon chili powder
- 1 teaspoon cumin
- Salt and pepper to taste
- Salsa (optional)

CALORIES	PROTEIN
310	24g

DIRECTIONS

1. Whisk egg whites with salt, pepper, and spices.
2. Scramble in a pan until set.
3. Warm black beans and corn together.
4. Fill tortilla with egg whites, beans, and corn.
5. Add salsa if desired.
6. Roll into a wrap and serve warm.



OVERNIGHT APPLE CINNAMON OATS

INGREDIENTS

1 cup oats

1 apple, diced

1 cup milk or yogurt

1 teaspoon cinnamon

1 tablespoon honey or maple syrup

1 teaspoon chia seeds (optional)

CALORIES

320

PROTEIN

11g



DIRECTIONS

Mix oats, milk, cinnamon, honey, and chia seeds in a jar.

Stir well. Add diced apple and mix again.

Refrigerate overnight. Stir before serving.

Eat cold or warmed.

BLUEBERRY VANILLA GREEK YOGURT BOWL

INGREDIENTS

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

CALORIES

270

PROTEIN

20g

DIRECTIONS

1. Mix yogurt with vanilla extract.
2. Add yogurt to a bowl.
3. Top with blueberries and granola.
4. Drizzle honey if desired.
5. Serve cold.



MEAL-PREP

Turkey Sausage Burritos

INGREDIENTS

- 4 large tortillas
- 300g turkey sausage, cooked and crumbled
- 6 eggs, scrambled
- 1 cup shredded cheese
- 1 cup potatoes (optional, diced and cooked)
- Salt and pepper to taste

540

CALORIES

34g

PROTEIN



DIRECTIONS

1. Cook sausage until browned.
2. Scramble eggs in a pan.
3. Warm tortillas slightly.
4. Fill each tortilla with sausage, eggs, cheese, and potatoes.
5. Roll tightly into burritos.
6. Wrap in foil for meal prep and refrigerate or freeze.

ALMOND BUTTER AND BANANA CHIA TOAST

INGREDIENTS

- 2 slices bread (toasted)
- 1 tablespoon almond butter
- 1 banana, sliced
- 1 teaspoon chia seeds
- Honey or cinnamon (optional)

CALORIES

350

PROTEIN

10g



DIRECTIONS

1. Toast bread until golden.
2. Spread almond butter evenly on toast.
3. Add banana slices on top.
4. Sprinkle chia seeds over bananas.
5. Add honey or cinnamon if desired.
6. Serve immediately.

SPINACH AND FETA SHEET PAN EGGS

INGREDIENTS

6 eggs

1 cup spinach, chopped

½ cup feta cheese

¼ cup milk

Salt and pepper to taste

Optional: cherry tomatoes

CALORIES

210 kcal per serving

PROTEIN

14 g per serving

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Whisk eggs, milk, salt, and pepper.
3. Pour into greased baking dish.
4. Sprinkle spinach and feta evenly on top.
5. Add optional tomatoes.
6. Bake 15–20 minutes until set.
7. Slice and serve warm.



CINNAMON RAISIN RICOTTA TOAST

INGREDIENTS

- 2 slices bread (toasted)
- ½ cup ricotta cheese
- 2 tablespoons raisins
- ½ teaspoon cinnamon
- 1 teaspoon honey or maple syrup

CALORIES

320

PROTEIN

13g

DIRECTIONS

1. Toast bread until golden.
2. Spread ricotta evenly on toast.
3. Sprinkle raisins and cinnamon on top.
4. Drizzle honey or syrup.
5. Serve immediately.



WARM BERRY AND PUMPKIN SEED YOGURT BOWL

INGREDIENTS

1 cup Greek yogurt

½ cup mixed berries

1–2 tablespoons pumpkin seeds

1 teaspoon honey

Optional: granola or cinnamon

CALORIES

290

PROTEIN

20g

DIRECTIONS

Add yogurt to a bowl.

Top with berries and pumpkin seeds.

Drizzle honey over the top.

Add granola or cinnamon if desired.

Serve cold or slightly room temperature.



LEFTOVER POTATO AND TURKEY BACON HASH

INGREDIENTS

- 2 cups cooked potatoes, diced
- 3–4 slices turkey bacon, chopped
- 1 onion, chopped
- 1 tablespoon olive oil
- 2 eggs (optional)
- Salt and pepper to taste



CALORIES

350

PROTEIN

22g

DIRECTIONS

1. Heat olive oil in a skillet.
2. Cook onion until soft.
3. Add potatoes and crisp slightly.
4. Stir in turkey bacon and heat through.
5. Optional: make wells and add eggs. Cook until eggs are set.
6. Season and serve warm.

COCOA BANANA PROTEIN OATS

INGREDIENTS

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

CALORIES

390

PROTEIN

24g



DIRECTIONS

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

QUICK BANANA ALMOND BUTTER ROLL-UP

INGREDIENTS

- 1 large tortilla
- 1 banana
- 2 tablespoons almond butter
- Cinnamon (optional)
- Honey (optional)



340

CALORIES

9g

PROTEIN

DIRECTIONS

1. Spread almond butter evenly on tortilla.
2. Place banana in the center.
3. Sprinkle cinnamon or drizzle honey if desired.
4. Roll tightly into a wrap.
5. Slice and serve immediately.

PEACH AND PECAN GREEK YOGURT PARFAIT

INGREDIENTS

- 1 cup Greek yogurt
- 1 peach, sliced
- 2 tablespoons pecans
- 1 teaspoon honey
- 2 tablespoons granola (optional)

CALORIES

280

PROTEIN

16g

DIRECTIONS

- Add yogurt to a bowl or glass.
- Layer peaches and granola.
- Sprinkle pecans on top.
- Drizzle honey.
- Serve cold.

