

SIMPLE GARLIC MUSHROOM AND EGG SCRAMBLE

INGREDIENTS

Eggs

Mushrooms, sliced

Garlic, minced

Butter or olive oil

Salt and pepper

Optional: spinach, cheese, herbs



CALORIES

320

PROTEIN

22g

DIRECTIONS

1. Sauté mushrooms in butter until browned.
2. Add garlic and cook briefly.
3. Pour in beaten eggs.
4. Scramble gently until cooked.
5. Season with salt and pepper.
Add herbs or cheese if desired and serve warm.

PEANUT BUTTER OATMEAL BAKE

INGREDIENTS

Rolled oats

Milk or almond milk

Peanut butter

Egg

Banana (optional)

Honey or maple syrup

Baking powder

Cinnamon

Salt

CALORIES

320

PROTEIN

12g



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix oats, milk, peanut butter, egg, and sweetener.
3. Add cinnamon, baking powder, and salt.
4. Pour into baking dish.
5. Bake 25–30 minutes until set.
6. Slice and serve warm.

SUN-DRIED TOMATO AND GOAT CHEESE EGG WHITE FRITTATA

INGREDIENTS

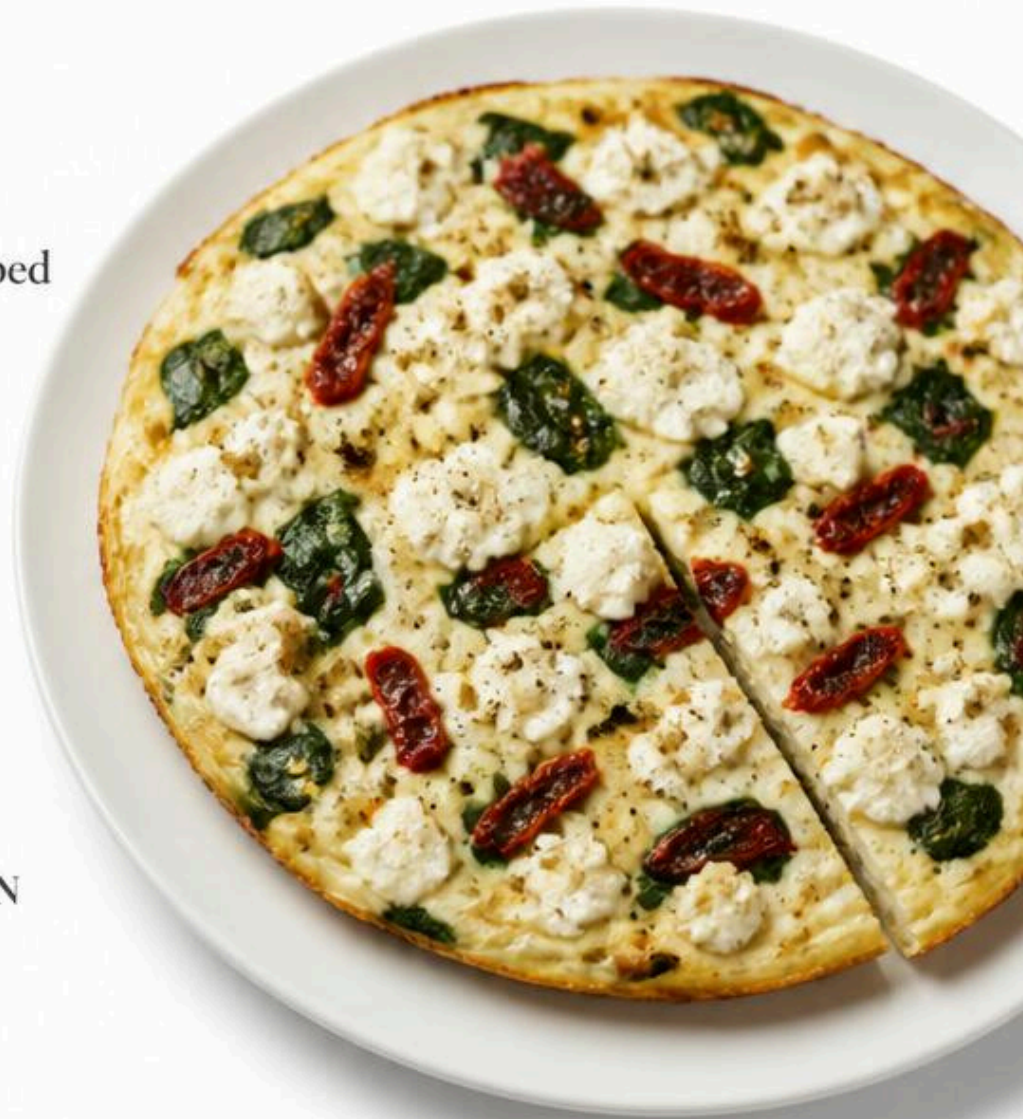
Egg whites
Sun-dried tomatoes, chopped
Goat cheese, crumbled
Spinach (optional)
Olive oil
Salt and pepper
Garlic powder

CALORIES

180

PROTEIN

21g



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Sauté spinach and sun-dried tomatoes lightly.
3. Add egg whites and season.
4. Sprinkle goat cheese on top.
5. Bake until set and slightly golden.
6. Slice and serve warm.

SIMPLE COTTAGE CHEESE AND PINEAPPLE BOWL

INGREDIENTS

Cottage cheese

Pineapple chunks (fresh or canned)

Honey (optional)

Chia seeds (optional)

Coconut flakes (optional)

CALORIES

220

PROTEIN

20g

DIRECTIONS

1. Add cottage cheese to a bowl.
2. Top with pineapple chunks.
3. Drizzle honey if desired.
4. Add chia seeds or coconut flakes for texture.
5. Mix lightly or eat layered.
6. Serve chilled.



PESTO SCRAMBLED EGGS ON ENGLISH MUFFIN

INGREDIENTS

Eggs

English muffins

Basil pesto

Butter or olive oil

Salt and pepper

Parmesan cheese (optional)



CALORIES

360

PROTEIN

22g

DIRECTIONS

1. Toast English muffins.
2. Whisk eggs with salt and pepper.
3. Cook eggs gently in butter until soft scrambled.
4. Stir in a spoon of pesto.
5. Place scrambled eggs onto muffins.
6. Top with parmesan if desired and serve warm.

SMOKED SALMON AND CAPER OPEN-FACED RYE

INGREDIENTS

Rye bread
Smoked salmon
Cream cheese
Capers
Red onion, thinly sliced
Lemon juice
Dill (optional)
Black pepper



CALORIES

320

PROTEIN

18g

DIRECTIONS

1. Toast rye bread lightly.
2. Spread cream cheese evenly.
3. Layer smoked salmon on top.
4. Add capers and red onion slices.
5. Drizzle lemon juice and add dill.
6. Finish with black pepper and serve open-faced.

WARM MAPLE WALNUT QUINOA PORRIDGE

INGREDIENTS

Cooked quinoa
Milk or almond milk
Maple syrup
Walnuts, chopped
Cinnamon
Vanilla extract (optional)
Banana slices (optional)



CALORIES

360

PROTEIN

11g

DIRECTIONS

1. Warm quinoa with milk in a pot.
2. Stir in cinnamon and vanilla.
3. Add maple syrup for sweetness.
4. Cook until creamy and porridge-like.
5. Top with walnuts and banana.
6. Serve warm.

GREEK YOGURT BERRY BOWL

INGREDIENTS

- Greek yogurt
- Mixed berries
(strawberries,
blueberries,
raspberries)
- Honey or maple syrup
- Granola (optional)
- Nuts or seeds (optional)



CALORIES

320

PROTEIN

20g

DIRECTIONS

1. Add Greek yogurt to a bowl.
2. Top with mixed berries.
3. Drizzle honey or syrup.
4. Add granola for crunch if desired.
5. Sprinkle nuts or seeds.
6. Serve chilled.

RECIPE

CREAMY ALMOND BUTTER AND BANANA TOAST

INGREDIENTS

Bread (whole grain or sourdough)

Almond butter

Banana, sliced

Honey (optional)

Cinnamon (optional)

Chia seeds (optional)

CALORIES

380

PROTEIN

11g



DIRECTIONS

1. Toast bread until crisp.
2. Spread almond butter evenly.
3. Add banana slices on top.
4. Drizzle honey if desired.
5. Sprinkle cinnamon or chia seeds.
6. Serve fresh.

SIMPLE PEANUT BUTTER BANANA SMOOTHIE

INGREDIENTS

Banana

Peanut butter

Milk or almond milk

Ice cubes

Honey (optional)

Cinnamon (optional)

Greek yogurt (optional)

CALORIES

340 kcal

PROTEIN

13 g

DIRECTIONS

1. Add all ingredients to blender.
2. Blend until smooth and creamy.
3. Adjust thickness with milk or ice.
4. Taste and sweeten if needed.
5. Pour into glass.
6. Serve immediately cold.



COZY VANILLA BERRY PORRIDGE

INGREDIENTS

Rolled oats

Milk or almond milk

Mixed berries (fresh or frozen)

Vanilla extract

Honey or maple syrup

Cinnamon (optional)

Pinch of salt



CALORIES

320

PROTEIN

11g

DIRECTIONS

1. Cook oats with milk over medium heat.
2. Stir in vanilla, cinnamon, and salt.
3. Add berries and simmer until soft and warm.
4. Sweeten with honey or syrup.
5. Stir until creamy and thick. Serve warm in a bowl.

MEDITERRANEAN TOMATO AND FETA SCRAMBLE

INGREDIENTS

Eggs
Cherry tomatoes, halved
Feta cheese
Olive oil
Salt and pepper
Oregano or basil
Spinach (optional)



CALORIES

PROTEIN

320

22

kcal

g

DIRECTIONS

1. Sauté tomatoes in olive oil until softened.
2. Add spinach if using and wilt lightly.
3. Pour in beaten eggs.
4. Scramble gently.
5. Add feta and herbs.
6. Serve warm.

CINNAMON ROASTED PEAR OATMEAL

INGREDIENTS

Rolled oats

Milk or water

Pear, sliced

Cinnamon

Honey or maple syrup

Butter (optional for roasting pears)

Nuts (optional)



CALORIES

340

PROTEIN

12g

DIRECTIONS

1. Roast pear slices with cinnamon and a little butter until soft.
2. Cook oats with milk until creamy.
3. Stir in cinnamon and sweetener.
4. Top oatmeal with roasted pears.
5. Add nuts for crunch if desired.
6. Serve warm.

HERBED RICOTTA AND SLICED RADISH TOAST

INGREDIENTS

Bread (sourdough or whole grain)

Ricotta cheese

Radishes, thinly sliced

Olive oil

Salt and pepper

Fresh herbs (parsley, dill, or chives)

Lemon zest (optional)

CALORIES

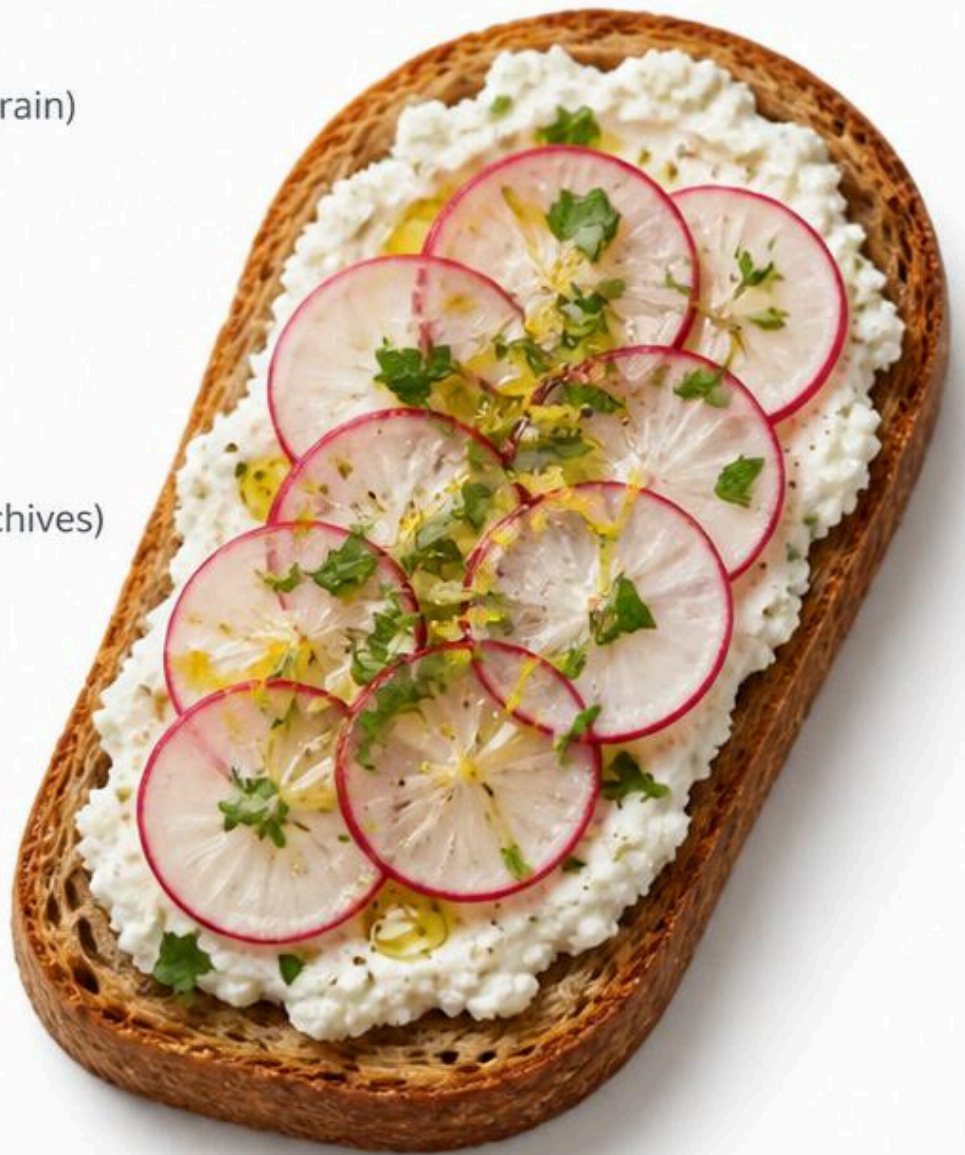
320

PROTEIN

14g

DIRECTIONS

1. Toast bread until golden.
2. Spread ricotta evenly.
3. Add sliced radishes on top.
4. Drizzle olive oil.
5. Season with salt, pepper, and herbs.
6. Add lemon zest and serve.



CLASSIC HARD-BOILED EGGS AND FRUIT PLATE

INGREDIENTS

Eggs

Mixed fruit (apple, grapes,
berries, orange)

Salt and pepper

Optional: cheese or nuts

CALORIES

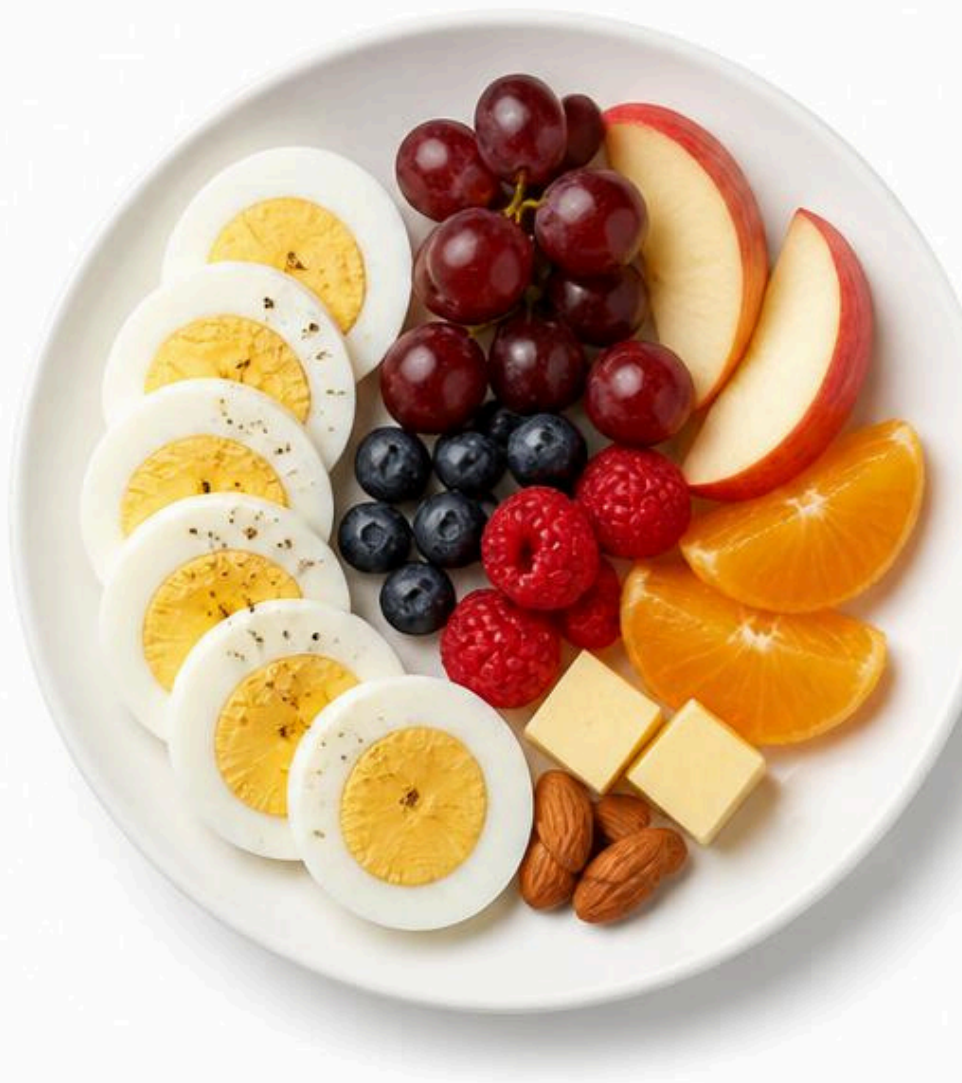
320

kcal

PROTEIN

20

g



DIRECTIONS

1. Boil eggs for 9–11 minutes.
2. Cool, peel, and slice.
3. Arrange eggs and fruit on plate.
4. Season eggs lightly with salt and pepper.
5. Add cheese or nuts if desired.
6. Serve fresh.

RASPBERRY ALMOND GREEK YOGURT PARFAIT

INGREDIENTS

Greek yogurt

Raspberries

Almonds, chopped

Honey or maple syrup

Granola (optional)

Vanilla extract (optional)



CALORIES

320

PROTEIN

17g

DIRECTIONS

1. Add yogurt to a glass or bowl.
2. Layer raspberries and almonds.
3. Drizzle honey or syrup.
4. Repeat layers if desired.
5. Top with granola.
6. Serve chilled.

TROPICAL MANGO COCONUT CHIA CUP

INGREDIENTS

Chia seeds

Coconut milk

Mango, diced

Honey or maple syrup

Vanilla extract (optional)

Shredded coconut (optional)

CALORIES

260 kcal

PROTEIN

6 g

DIRECTIONS

1. Mix chia seeds with coconut milk and sweetener.
2. Stir well and refrigerate 4+ hours or overnight.
3. Stir again to prevent clumps.
4. Top with diced mango.
5. Add shredded coconut if desired.
6. Serve chilled.



SWEET POTATO AND BLACK BEAN BREAKFAST SKILLET

INGREDIENTS

- Sweet potatoes, diced
- Black beans
- Eggs
- Onion, chopped
- Olive oil
- Salt and pepper
- Cumin or chili powder
- Optional: cheese, avocado

CALORIES

410

PROTEIN

18g

DIRECTIONS

1. Heat oil in skillet and cook sweet potatoes until tender.
2. Add onion and black beans; stir well.
3. Season with salt, pepper, and spices.
4. Create wells and crack eggs into pan.
5. Cook until eggs are set.
6. Top with cheese or avocado and serve warm.



BAKED AVOCADO EGG BOATS

INGREDIENTS

Avocados, halved and pitted

Eggs

Salt and pepper

Chili flakes (optional)

Cheese (optional)

Herbs (optional: parsley, chives)

CALORIES

280

PROTEIN

13g

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Scoop a little avocado flesh out to make room for eggs.
3. Place avocado halves in a baking dish.
4. Crack one egg into each avocado half.
5. Season with salt, pepper, and optional toppings.
6. Bake 12–15 minutes until eggs are set.



GREEN GARDEN SPINACH SMOOTHIE

INGREDIENTS

Spinach

Banana

Apple or pear

Almond milk or water

Honey or maple syrup (optional)

Chia seeds or flax seeds (optional)

Ice cubes

CALORIES

210

PROTEIN

5g

DIRECTIONS

1. Add all ingredients to blender.
2. Blend until smooth and green.
3. Adjust liquid for desired thickness.
4. Add sweetener if needed.
5. Pour into glass.
6. Serve immediately cold.



BAKED WESTERN OMELET MUFFINS

INGREDIENTS

Eggs
Bell peppers, diced
Onion, diced
Ham or turkey, chopped
Cheese (cheddar or mozzarella)
Salt and pepper
Milk (optional for fluffiness)

CALORIES

120 kcal

PROTEIN

10 g

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Whisk eggs with salt, pepper, and milk.
3. Add peppers, onion, meat, and cheese.
4. Pour mixture into muffin tin.
5. Bake 15–20 minutes until set.
6. Cool slightly and serve.



NUTTY CHIA SEED PUDDING PARFAIT

INGREDIENTS

Chia seeds

Milk or almond milk

Honey or maple syrup

Vanilla extract (optional)

Yogurt (optional layering)

Nuts (almonds, walnuts, pecans)

Fruit (berries or banana)

CALORIES

320

PROTEIN

12g



DIRECTIONS

1. Mix chia seeds with milk and sweetener.
2. Refrigerate at least 4 hours or overnight.
3. Stir once to prevent clumps.
4. Layer chia pudding with yogurt, nuts, and fruit.
5. Repeat layers if desired.
6. Serve chilled.

GOLDEN TURMERIC GINGER SMOOTHIE

INGREDIENTS

Banana

Milk or almond milk

Turmeric powder

Fresh ginger or ginger powder

Honey or maple syrup

Greek yogurt (optional)

Ice cubes

Cinnamon (optional)



CALORIES

210

PROTEIN

10g

DIRECTIONS

1. Add all ingredients to blender.
2. Blend until smooth and creamy.
3. Adjust sweetness if needed.
4. Add ice for thicker texture.
5. Pour into glass.
6. Serve immediately cold.

SAVORY AVOCADO AND HARD-BOILED EGG TOAST

INGREDIENTS

- Bread (whole grain or sourdough)
- Avocado
- Hard-boiled eggs
- Salt and pepper
- Chili flakes (optional)
- Lemon juice (optional)

CALORIES

320

kcal

PROTEIN

13

g



DIRECTIONS

1. Toast bread until golden.
2. Mash avocado and season lightly.
3. Spread avocado on toast.
4. Slice hard-boiled eggs and place on top.
5. Add salt, pepper, and chili flakes.
6. Serve immediately.

TRADITIONAL

Apple Cinnamon Overnight Oats

INGREDIENTS

Rolled oats

Milk or almond milk

Apple, diced

Cinnamon

Honey or maple syrup

Chia seeds (optional)

Greek yogurt (optional for creaminess)

CALORIES

320

PROTEIN

13 g

DIRECTIONS

1. Combine oats, milk, and cinnamon in a jar.
2. Add diced apples and sweetener.
3. Stir in chia seeds if using.
4. Refrigerate overnight (at least 6 hours).
5. Stir before serving.
6. Top with extra apple or cinnamon if desired.



HERBED EGG WHITE AND SPINACH SCRAMBLE

INGREDIENTS

Egg whites

Spinach

Olive oil or butter

Salt and pepper

Garlic powder or fresh garlic

Italian herbs (optional)

CALORIES

PROTEIN

180

kcal

24

g



DIRECTIONS

1. Heat oil in a pan.
2. Add spinach and sauté until wilted.
3. Pour in egg whites. Scramble gently until cooked.
4. Season with salt, pepper, and herbs.
5. Serve warm.

Savory Turkey Bacon and Spinach Wrap

INGREDIENTS

Flour tortilla
Turkey bacon, cooked
Eggs or turkey slices
(optional add)
Spinach leaves
Cheese (optional)
Salt and pepper
Mayo or mustard (optional)

CALORIES

380

PROTEIN

28g



DIRECTIONS

1. Cook turkey bacon until crispy.
2. Warm tortilla slightly.
3. Layer spinach, turkey bacon, and eggs or turkey slices.
4. Add cheese if desired.
5. Season lightly with salt and pepper.
6. Roll tightly into wrap and serve.

ZUCCHINI HERB EGG WHITE FRITTATA

INGREDIENTS

Egg whites

Zucchini, sliced or grated

Olive oil

Salt and pepper

Garlic, minced

Fresh herbs (parsley, basil, or dill)

Optional: cheese

CALORIES

160

PROTEIN

20g

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Sauté zucchini and garlic in olive oil until soft.
3. Add egg whites and herbs.
4. Stir gently and let edges set.
5. Transfer to oven and bake until fully cooked.
6. Slice and serve warm.

