

NO-BAKE PEANUT BUTTER ENERGY BITES

INGREDIENTS

- 1 cup oats
- ½ cup peanut butter
- 2 tablespoons honey
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- Optional: chocolate chips or raisins



CALORIES

120

PROTEIN

4G

DIRECTIONS

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

PESTO FRIED EGG SANDWICH

INGREDIENTS

2 slices bread

2 eggs

1 tablespoon pesto

1 tablespoon butter or oil

Salt and pepper to taste

Optional: cheese slice or tomato

CALORIES

420

PROTEIN

20g

DIRECTIONS

1. Heat butter or oil in a pan.
2. Fry eggs to your preferred doneness.
3. Toast bread slices.
4. Spread pesto on toast.
5. Add fried eggs and optional toppings.
6. Season with salt and pepper.
7. Assemble and serve warm.



TOASTED ENGLISH MUFFIN WITH ALMOND BUTTER

INGREDIENTS

- 1 English muffin, split
- 2 tablespoons almond butter
- Optional: banana slices or honey
- Optional: cinnamon

CALORIES	PROTEIN
320	11g

DIRECTIONS

1. Toast English muffin until golden.
2. Spread almond butter evenly on halves.
3. Add banana slices or honey if desired.
4. Sprinkle cinnamon if using.
5. Serve warm.



HEARTY BLACK BEAN WRAP

INGREDIENTS

- 1 tortilla wrap
- 1 cup black beans
- 1 teaspoon cumin
- 1 tablespoon olive oil
- Lettuce or spinach
- Salsa or hot sauce
- Salt and pepper to taste



CALORIES	PROTEIN
420	16g

DIRECTIONS

- Heat black beans with olive oil and cumin in a pan.
- Season with salt and pepper.
- Warm tortilla slightly.
- Add beans, greens, and salsa.
- Wrap tightly.
- Serve warm.

GREEN GINGER SMOOTHIE

INGREDIENTS

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

CALORIES

210

PROTEIN

6g

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.



QUICK MICROWAVE EGG MUG

INGREDIENTS

2 eggs

2 tablespoons milk

Salt and pepper to taste

2 tablespoons shredded
cheese (optional)

Optional: spinach or
diced ham



CALORIES

230

PROTEIN

17g

DIRECTIONS

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

SWEET POTATO BREAKFAST HASH

INGREDIENTS

- 1 sweet potato, diced
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 eggs
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: paprika or chili flakes

CALORIES

380

PROTEIN

16g



DIRECTIONS

1. Heat olive oil in a skillet.
2. Cook sweet potato until starting to soften.
3. Add onion and bell pepper and sauté until tender.
4. Make small wells and crack in eggs.
5. Cook until eggs are set. Season and serve warm.

BLUEBERRY ALMOND BUTTER OATMEAL

INGREDIENTS

- 1 cup oats
- 2 cups milk or water
- ½ cup blueberries
- 1–2 tablespoons almond butter
- 1 teaspoon honey or maple syrup (optional)
- Pinch of salt



CALORIES

380

PROTEIN

13g

DIRECTIONS

1. Cook oats in milk or water over medium heat. Stir occasionally until thick and creamy.
2. Add blueberries and mix gently.
3. Stir in almond butter until melted.
4. Sweeten if desired.
5. Serve warm.

SPINACH AND FETA EGG SCRAMBLE

INGREDIENTS

3 eggs

1 cup spinach

¼ cup feta cheese

1 tablespoon butter or oil

Salt and pepper to taste

CALORIES

320

PROTEIN

20g



DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Heat butter in a pan over medium heat.
3. Add spinach and cook until wilted.
4. Pour in eggs and gently scramble.
5. Add feta near the end of cooking.
6. Cook until fluffy and serve warm.

SIMPLE AVOCADO SOURDOUGH TOAST

INGREDIENTS

- 2 slices sourdough bread
- 1 ripe avocado
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Optional: chili flakes or olive oil

CALORIES 320

PROTEIN 7g

DIRECTIONS

1. Toast sourdough until golden and crisp.
2. Mash avocado with lemon juice, salt, and pepper.
3. Spread evenly over toast.
4. Add chili flakes or a drizzle of olive oil if desired.
5. Serve immediately.



MUSHROOM AND GOAT CHEESE FRITTATA

INGREDIENTS

- 6 eggs
- 1 cup mushrooms, sliced
- ¼ cup goat cheese
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: spinach or herbs

CALORIES

290

PROTEIN

18g



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Sauté mushrooms in olive oil until soft.
3. Whisk eggs with salt and pepper.
4. Add mushrooms and pour into oven-safe pan.
5. Crumble goat cheese on top.
6. Bake 15–20 minutes until set.

TURKEY BACON AND CHEESE SCRAMBLE WRAP

INGREDIENTS

- 1 tortilla wrap
- 3 eggs
- 2–3 slices turkey bacon, cooked and chopped
- ¼ cup shredded cheese
- 1 tablespoon butter or oil
- Salt and pepper to taste
- Optional: spinach or hot sauce

CALORIES

410 kcal

PROTEIN

26 g



DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Heat butter in a pan and scramble eggs gently.
3. Add turkey bacon and cheese, stirring until melted.
4. Warm tortilla slightly.
5. Add scramble mixture and optional spinach or hot sauce.
6. Roll into a wrap and serve warm.

SAVORY HUMMUS AND EGG TOAST

INGREDIENTS

2 slices bread (toasted)

½ cup hummus

2 boiled eggs, sliced

Salt and pepper to taste

Optional: paprika or olive oil drizzle

Optional: cucumber slices or greens



CALORIES

390

PROTEIN

20g

DIRECTIONS

1. Toast bread until crisp.
2. Spread hummus evenly over toast.
3. Add sliced boiled eggs on top.
4. Season with salt, pepper, and paprika.
5. Add cucumber or greens if desired.
6. Serve immediately.

TROPICAL MANGO SMOOTHIE BOWL

INGREDIENTS

1 cup frozen mango

1 banana

½ cup yogurt

¼ cup milk or juice

Granola for topping

Fresh fruit for topping

Honey (optional)



CALORIES

320

PROTEIN

10g

DIRECTIONS

1. Blend mango, banana, yogurt, and liquid until thick.
2. Pour into a bowl.
3. Top with granola and fruit.
4. Drizzle honey if desired.
5. Serve cold.

HARD-BOILED EGGS WITH FRUIT SLICES

INGREDIENTS

2–3 eggs

1 apple or banana, sliced

1 orange or handful of berries

Salt and pepper (optional)



CALORIES

310

PROTEIN

20g

DIRECTIONS

1. Boil eggs for 9–10 minutes.
2. Cool, peel, and slice if desired.
3. Wash and slice fruit.
4. Arrange eggs and fruit on a plate.
5. Season eggs lightly with salt and pepper.
6. Serve fresh.

BAKED APPLE CINNAMON OATMEAL SQUARES

INGREDIENTS

- 2 cups oats
- 1 apple, diced
- 2 eggs
- 1 cup milk
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 2 tablespoons honey or maple syrup
- Pinch of salt



CALORIES

210

PER SQUARE

PROTEIN

6g

PER SQUARE

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix oats, cinnamon, baking powder, and salt.
3. Whisk eggs, milk, and sweetener.
4. Combine wet and dry ingredients.
5. Fold in diced apple.
6. Pour into baking dish.
7. Bake 25–30 minutes, cool, and slice into squares.

COTTAGE CHEESE AND CUCUMBER RYE TOAST

INGREDIENTS

2 slices rye bread

½ cup cottage cheese

½ cucumber, sliced

Salt and pepper to taste

Optional: dill or olive oil



CALORIES

280

PROTEIN

16g

DIRECTIONS

1. Toast rye bread until crisp.
2. Spread cottage cheese evenly.
3. Add cucumber slices on top.
4. Season with salt, pepper, and optional dill.
5. Serve fresh.

BANANA OAT BLENDER PANCAKES

INGREDIENTS

- 1 banana
- 1 cup oats
- 2 eggs
- ½ cup milk
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- Butter or oil for cooking

CALORIES

320

PROTEIN

13g

DIRECTIONS

1. Blend all ingredients until smooth.
2. Heat a lightly greased 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.



SMOKED SALMON AND HERB BAGEL

INGREDIENTS

1 bagel, sliced and toasted

2–3 tablespoons cream cheese

2–3 slices smoked salmon

Fresh dill or parsley

½ teaspoon lemon juice

Black pepper to taste

Optional: capers or red onion



CALORIES

360

PROTEIN

22g

DIRECTIONS

1. Toast bagel until golden.
2. Spread cream cheese on both halves.
3. Layer smoked salmon on top.
4. Add herbs, lemon juice, and black pepper.
5. Add capers or onion if desired.
6. Serve immediately.

CINNAMON RAISIN CHIA PUDDING

INGREDIENTS

- 3 tablespoons chia seeds
- 1 cup milk (or almond milk)
- 1 teaspoon cinnamon
- 1 tablespoon honey or maple syrup
- 2 tablespoons raisins
- ½ teaspoon vanilla extract (optional)

CALORIES

250 kcal

PROTEIN

8 g

DIRECTIONS

1. Mix chia seeds, milk, cinnamon, vanilla, and sweetener in a jar.
2. Stir well and let sit for 5–10 minutes. Stir again to prevent clumping.
3. Refrigerate for at least 4 hours or overnight.
4. Top with raisins before serving.
5. Serve cold.



GREEK YOGURT BERRY BOWL

INGREDIENTS

- 1 cup Greek yogurt
- ½ cup mixed berries
(strawberries, blueberries,
raspberries)
- 1 tablespoon honey
- 2 tablespoons granola
(optional)
- 1 teaspoon chia seeds
(optional)

CALORIES

290

PROTEIN

17g

DIRECTIONS

- Add Greek yogurt to a bowl.
- Top with berries and granola.
- Drizzle honey over the top.
- Sprinkle chia seeds if using.
- Serve cold.



CRUNCHY ALMOND GRANOLA BARK

INGREDIENTS

- 1 cup granola
- ½ cup almonds, chopped
- ½ cup peanut or almond butter
- 2 tablespoons honey
- Optional: dark chocolate chips

CALORIES

210

per serving

PROTEIN

6g

per serving



DIRECTIONS

1. Mix nut butter and honey until smooth.
2. Stir in granola and almonds.
3. Spread mixture on parchment paper.
4. Press firmly into a thin layer.
5. Chill until firm (30–60 minutes).
6. Break into pieces and serve.

CLASSIC FRENCH OMELET WITH CHIVES

INGREDIENTS

3 eggs

1 tablespoon butter

Salt and pepper to taste

1 tablespoon fresh chives,
chopped



CALORIES

240

PROTEIN

16g

DIRECTIONS

1. Whisk eggs with salt and pepper until smooth.
2. Melt butter in a nonstick pan over low heat.
3. Pour in eggs and gently stir until soft curds form.
4. Let set into a smooth, tender omelet.
5. Sprinkle chives inside. Fold and serve immediately.

PEACH AND PECAN OVERNIGHT OATS

INGREDIENTS

- 1 cup oats
- 1 cup milk or almond milk
- 1 peach, diced
- 1–2 tablespoons pecans, chopped
- 1 tablespoon honey or maple syrup
- 1 teaspoon chia seeds (optional)
- ½ teaspoon cinnamon (optional)

CALORIES
330

PROTEIN
11g

DIRECTIONS

1. Mix oats, milk, honey, and chia seeds in a jar or bowl.
2. Stir well and refrigerate overnight.
3. In the morning, top with diced peach and pecans.
4. Add cinnamon if desired.
5. Serve cold or slightly warmed.



BAKED EGG IN AN AVOCADO

INGREDIENTS

1 avocado

2 eggs

Salt and pepper to taste

Optional: chili flakes or herbs

CALORIES

PROTEIN

360

17g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Cut avocado in half and remove a bit of flesh to fit egg.
3. Place halves in a baking dish.
4. Crack an egg into each half.
5. Bake 12–15 minutes until egg is set.
6. Season and serve warm.

SMOKED TURKEY AND PROVOLONE MUFFIN

INGREDIENTS

- 1 English muffin, split
- 2–3 slices smoked turkey
- 1 slice provolone cheese
- 1 egg (optional)
- 1 teaspoon butter
- Salt and pepper to taste

CALORIES

420

PROTEIN

32g

DIRECTIONS

1. Toast muffin halves until golden.
2. Cook egg if using (fried or scrambled).
3. Layer turkey, egg, and provolone on muffin.
4. Warm briefly until cheese melts.
5. Season with salt and pepper.
6. Serve warm.



RASPBERRY GREEK YOGURT PARFAIT

INGREDIENTS

1 cup Greek yogurt

½ cup raspberries

2 tablespoons granola

1 teaspoon honey

Optional: chia seeds or nuts

CALORIES

280

PROTEIN

18g



DIRECTIONS

1. Add yogurt to a bowl or glass.
2. Layer raspberries and granola.
3. Drizzle honey on top.
4. Add optional chia seeds or nuts.
5. Serve chilled.

SAVORY BREAKFAST RICE SKILLET

INGREDIENTS

- 1 cup cooked rice
- 2 eggs
- ½ cup vegetables (spinach, peppers, onions)
- 1 tablespoon soy sauce or butter
- 1 teaspoon garlic, minced
- Salt and pepper to taste



CALORIES

410

PROTEIN

18g

DIRECTIONS

1. Heat oil or butter in a skillet.
2. Sauté vegetables and garlic until soft.
3. Add rice and cook until heated.
4. Push rice aside and scramble eggs in the pan.
5. Mix everything together with soy sauce. Serve warm.

WARM QUINOA BREAKFAST BOWL

INGREDIENTS

- 1 cup cooked quinoa
- ½ cup milk (or almond milk)
- 1 tablespoon honey or maple syrup
- ½ banana, sliced
- 1 tablespoon nuts or seeds
- Cinnamon to taste

CALORIES: 320

PROTEIN: 10g

DIRECTIONS

- Warm quinoa in a small pot with milk.
- Stir until creamy and heated through.
- Add honey and cinnamon.
- Top with banana slices and nuts.
- Serve warm.



STRAWBERRY ALMOND PROTEIN SHAKE

INGREDIENTS

1 cup strawberries (fresh or frozen)

1 scoop vanilla or strawberry protein powder

1 tablespoon almond butter

1 cup milk (or almond milk)

½ banana (optional for sweetness)

Ice cubes

CALORIES

280

PROTEIN

25g

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.

