

SIMPLE GARLIC AND HERB OMELET

INGREDIENTS

Eggs

Garlic, minced

Butter or olive oil

Salt and pepper

Fresh herbs (parsley, chives, basil)

Cheese (optional)

CALORIES

320 kcal

PROTEIN

20 g

DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Sauté garlic in butter until fragrant.
3. Pour in eggs and cook gently.
4. Add herbs (and cheese if using).
5. Fold omelet and cook until set.
6. Serve warm.



SMOKED TURKEY AND CHEDDAR BREAKFAST WRAP

INGREDIENTS

Flour tortilla
Smoked turkey slices
Cheddar cheese
Eggs (optional)
Spinach or lettuce
Mustard or mayo (optional)
Salt and pepper

CALORIES

420

PROTEIN

28g

DIRECTIONS

1. Warm tortilla slightly.
2. Add turkey, cheddar, and spinach.
3. Add scrambled egg if using.
4. Season lightly with salt and pepper.
5. Roll tightly into wrap.
6. Toast lightly if desired and serve warm.



SAUTÉED MUSHROOM AND SPINACH SCRAMBLE

INGREDIENTS

Eggs

Mushrooms, sliced

Spinach

Olive oil or butter

Garlic, minced

Salt and pepper

Optional: cheese or herbs

CALORIES

320

PROTEIN

22g

DIRECTIONS

1. Sauté mushrooms in oil until browned.
2. Add garlic and cook briefly.
3. Add spinach and wilt.
4. Pour in beaten eggs.
5. Scramble until cooked and fluffy.
6. Season and serve warm.



GREEN APPLE AND GINGER ZING SMOOTHIE

INGREDIENTS

- Green apple, chopped
- Banana (optional for creaminess)
- Fresh ginger (small piece or grated)
- Spinach (optional)
- Almond milk or water
- Honey or maple syrup (optional)
- Ice cubes

CALORIES

180 kcal

PROTEIN

3 g

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and frothy.
3. Adjust liquid for desired thickness.
4. Taste and sweeten if needed.
5. Pour into glass.
6. Serve immediately chilled.



TROPICAL MANGO CHIA SEED PUDDING

INGREDIENTS

Chia seeds

Coconut milk or almond milk

Mango, diced

Honey or maple syrup

Vanilla extract (optional)

Shredded coconut (optional)

CALORIES

280

PROTEIN

6g



DIRECTIONS

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

TURKEY AND SWISS HARD-BOILED EGG SNACK PLATE

INGREDIENTS

Hard-boiled eggs

Turkey slices

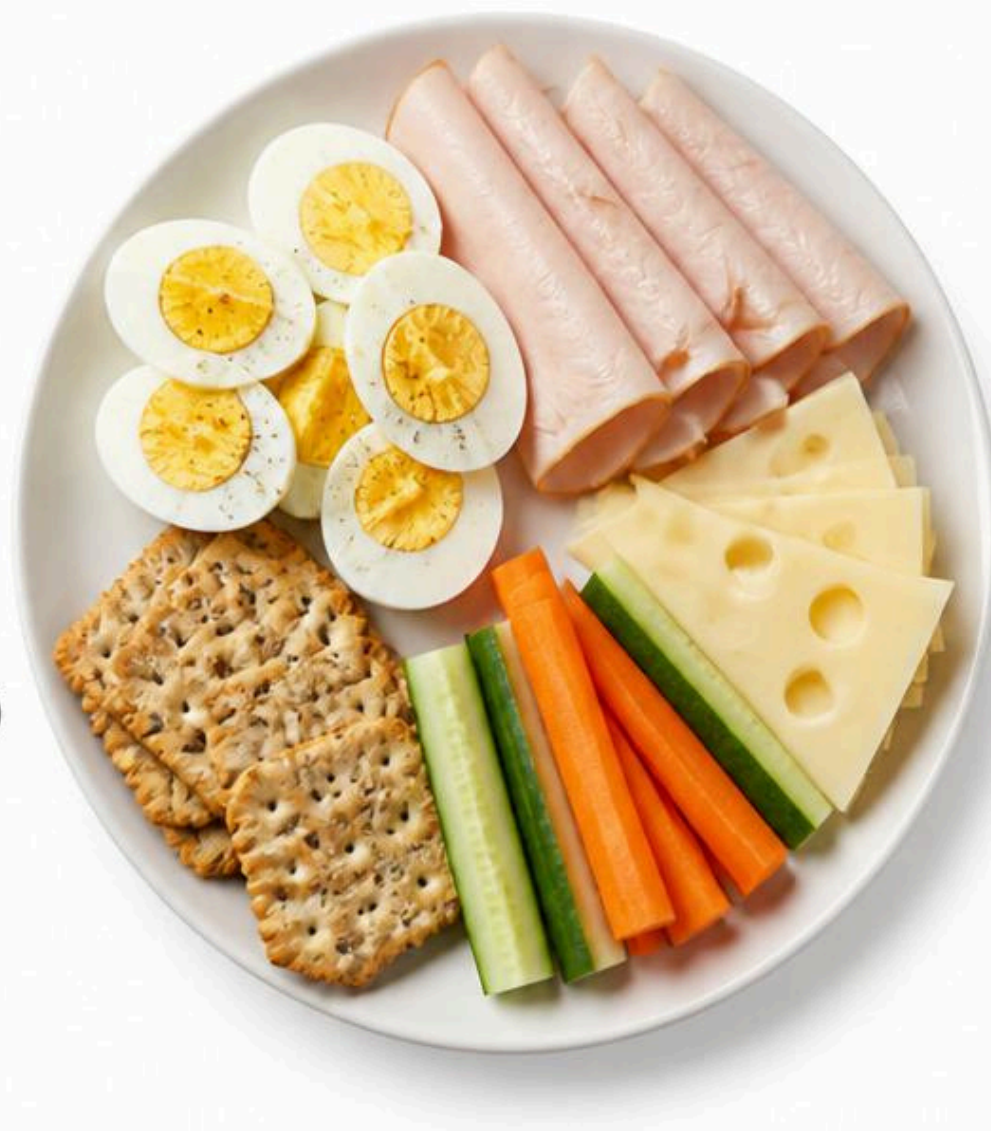
Swiss cheese

Crackers or whole grain
bread (optional)

Cucumber or carrot sticks

Salt and pepper

Mustard or mayo (optional)



CALORIES

320

PROTEIN

24g

DIRECTIONS

1. Boil eggs for 9–11 minutes, then peel.
2. Slice eggs in halves or quarters.
3. Arrange eggs, turkey, Swiss cheese, and veggies on a plate.
4. Add crackers or bread if desired.
5. Season eggs lightly with salt and pepper.
6. Serve chilled or fresh.

SMASHED WHITE BEAN AND AVOCADO TOAST

INGREDIENTS

- Bread (whole grain or sourdough)
- White beans (cannellini or navy beans)
- Avocado
- Lemon juice
- Olive oil
- Salt and pepper
- Garlic powder (optional)
- Chili flakes (optional)

CALORIES

380

PROTEIN

14g



DIRECTIONS

1. Mash white beans and avocado together.
2. Add lemon juice, salt, and pepper.
3. Toast bread until golden.
4. Spread mixture over toast.
5. Drizzle olive oil and add chili flakes if desired.
6. Serve immediately.

FROZEN BANANA AND PEANUT BUTTER PROTEIN SMOOTHIE

INGREDIENTS

Frozen banana

Peanut butter

Milk or almond milk

Protein powder (optional)

Ice cubes

Honey (optional)

Cinnamon (optional)

CALORIES

PROTEIN

320

22g



DIRECTIONS

1. Add all ingredients to blender.
2. Blend until thick and creamy.
3. Adjust liquid for desired texture.
4. Taste and sweeten if needed.
5. Pour into glass.
6. Serve immediately cold.

HUMMUS AND SLICED CUCUMBER OPEN-FACED RYE

INGREDIENTS

Rye bread

Hummus

Cucumber, thinly sliced

Olive oil

Salt and pepper

Lemon juice (optional)

Dill or parsley (optional)

CALORIES

280

PROTEIN

10g

DIRECTIONS

1. Toast rye bread lightly.
2. Spread hummus evenly over bread.
3. Layer sliced cucumber on top.
4. Drizzle olive oil and lemon juice.
5. Season with salt, pepper, and herbs.
6. Serve open-faced.



ALMOND BUTTER AND BLUEBERRY RICE CAKES

INGREDIENTS

Rice cakes

Almond butter

Blueberries

Honey (optional)

Cinnamon (optional)

Chia seeds (optional)



190

CALORIES

6g

PROTEIN

DIRECTIONS

1. Spread almond butter over rice cakes.
2. Top with blueberries.
3. Drizzle honey if desired.
4. Sprinkle cinnamon or chia seeds.
5. Press lightly so toppings stick.
6. Serve immediately.

PESTO AND SHAVED PARMESAN SCRAMBLED EGG WRAP

INGREDIENTS

Eggs

Flour tortilla

Basil pesto

Parmesan cheese, shaved

Butter or olive oil

Salt and pepper

Optional: spinach

CALORIES

420

PROTEIN

23g



DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Scramble gently in butter until soft.
3. Stir in a spoon of pesto.
4. Warm tortilla slightly.
5. Add eggs and parmesan shavings.
6. Roll tightly into a wrap and serve.

CLASSIC CINNAMON APPLE OVERNIGHT OATS

INGREDIENTS

Rolled oats

Milk or almond milk

Apple, diced

Cinnamon

Honey or maple syrup

Chia seeds (optional)

Greek yogurt (optional)



CALORIES

320

PROTEIN

13g

DIRECTIONS

1. Add oats, milk, cinnamon, and sweetener to a jar.
2. Stir in diced apples and chia seeds if using.
3. Mix well and refrigerate overnight (6+ hours).
4. Stir before serving. Add extra apple or cinnamon on top if desired.
5. Serve cold.

CREAMY CASHEW BUTTER AND PEAR TOAST

INGREDIENTS

- Bread (whole grain or sourdough)
- Cashew butter
- Pear, thinly sliced
- Honey (optional)
- Cinnamon (optional)
- Chia seeds or crushed nuts (optional)

CALORIES

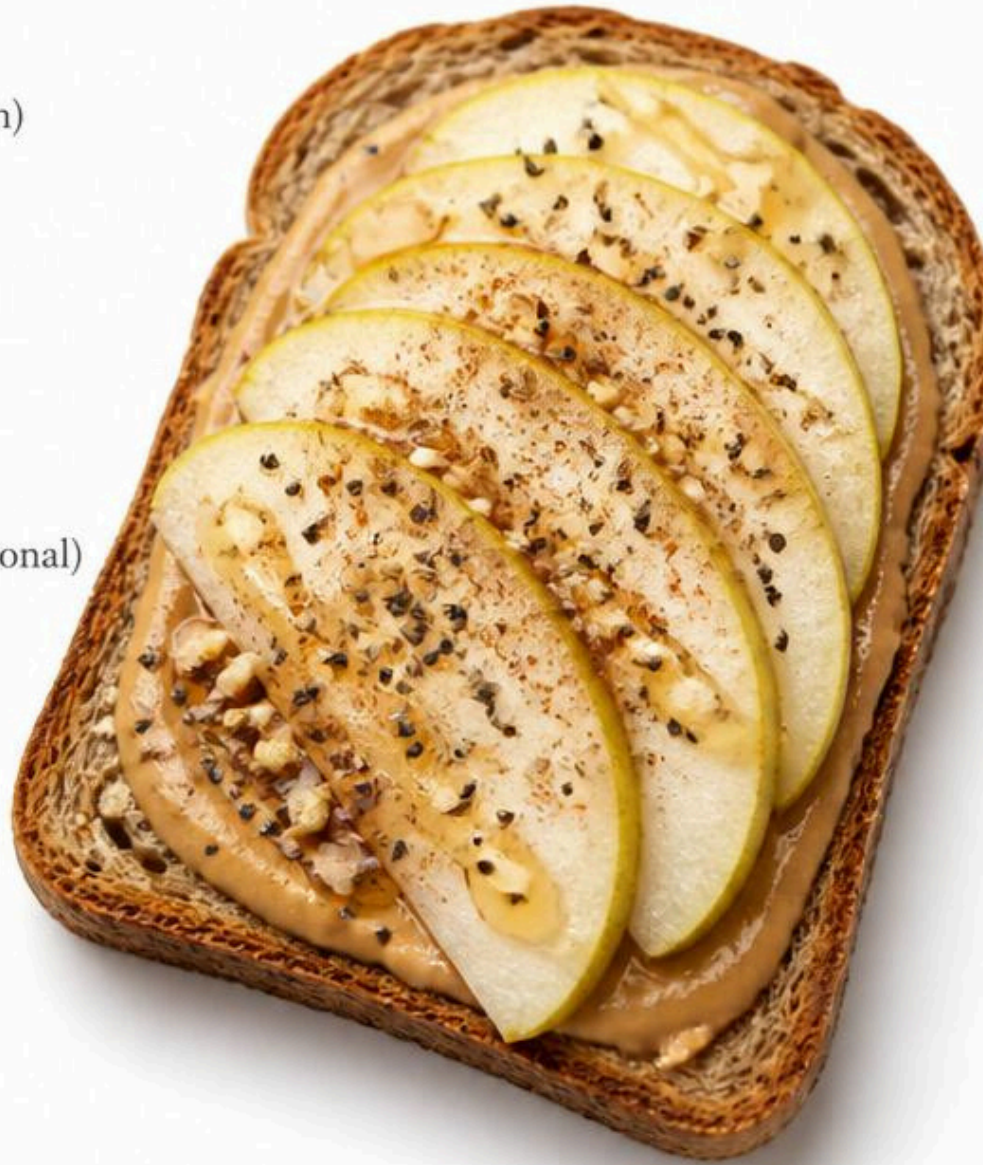
350

kcal

PROTEIN

9g

per serving



DIRECTIONS

1. Toast bread until crisp.
2. Spread cashew butter evenly.
3. Add sliced pear on top.
4. Drizzle honey if desired.
5. Sprinkle cinnamon and seeds/nuts.
6. Serve immediately.

PEACH AND PECAN GREEK YOGURT PARFAIT

INGREDIENTS

Greek yogurt

Peaches, sliced

Pecans, chopped

Honey or maple syrup

Granola (optional)

Cinnamon (optional)

CALORIES

290

PROTEIN

17g

DIRECTIONS

1. Add Greek yogurt to a bowl or glass.
2. Layer sliced peaches.
3. Sprinkle pecans on top.
4. Drizzle honey or syrup.
5. Add granola or cinnamon if desired.
6. Serve chilled.



BLUEBERRY GINGER DEFENSE SMOOTHIE

INGREDIENTS

Blueberries

Banana

Fresh ginger (small piece)

Spinach (optional)

Almond milk or water

Honey (optional)

Ice cubes

CALORIES

180

PROTEIN

4g

DIRECTIONS

Add all ingredients to a blender.

Blend until smooth and creamy.

Adjust liquid for thickness.

Taste and sweeten if needed.

Pour into glass.

Serve immediately cold.



RASPBERRY ALMOND OVERNIGHT CHIA JAR

INGREDIENTS

Chia seeds

Almond milk

Raspberries

Honey or maple syrup

Vanilla extract (optional)

Sliced almonds or granola

320

CALORIES

12g

PROTEIN

DIRECTIONS

1. Mix chia seeds with almond milk and sweetener.
2. Refrigerate 4+ hours or overnight.
3. Stir well before serving.
4. Layer with raspberries.
5. Top with almonds or granola.
6. Serve chilled.



PEANUT BUTTER AND STRAWBERRY OATMEAL BAKE

INGREDIENTS

Rolled oats
Milk or almond milk
Peanut butter
Egg
Strawberries, sliced
Honey or maple syrup
Baking powder
Cinnamon
Salt

CALORIES

310

PROTEIN

12g

DIRECTIONS

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



HERBED COTTAGE CHEESE AND SLICED RADISH TOAST

INGREDIENTS

Bread (sourdough or whole grain)
Cottage cheese
Radishes, thinly sliced
Olive oil
Salt and pepper
Fresh herbs (chives, dill, parsley)
Lemon zest (optional)

CALORIES

280

PROTEIN

16g

DIRECTIONS

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



SWEET POTATO AND BLACK BEAN BREAKFAST BURRITO

INGREDIENTS

Flour tortilla
Sweet potatoes, diced and roasted
Black beans
Eggs (optional)
Cheese (optional)
Salsa
Cumin, chili powder
Salt and pepper
Avocado (optional)

CALORIES

480

PROTEIN

18g



DIRECTIONS

1. Roast sweet potatoes with spices until tender.
2. Warm black beans in a pan.
3. Scramble eggs if using.
4. Layer tortilla with sweet potatoes, beans, eggs, and cheese.
5. Add salsa and avocado.
6. Roll tightly into burrito and serve warm.

SUN-DRIED TOMATO AND GOAT CHEESE EGG TOAST

INGREDIENTS

Bread (sourdough or whole grain)

Eggs

Sun-dried tomatoes, chopped

Goat cheese

Olive oil or butter

Salt and pepper

Spinach (optional)



CALORIES

390

PROTEIN

18g

DIRECTIONS

1. Toast bread until golden.
2. Sauté sun-dried tomatoes (and spinach if using).
3. Cook eggs to preference (scrambled or fried).
4. Place eggs on toast.
5. Add goat cheese and tomatoes on top.
6. Season and serve warm.

WARM MAPLE WALNUT QUINOA PORRIDGE

INGREDIENTS

Cooked quinoa

Milk or almond milk

Maple syrup

Walnuts, chopped

Cinnamon

Vanilla extract (optional)

Pinch of salt



CALORIES

320

PROTEIN

10g

DIRECTIONS

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

CREAMY VANILLA BERRY GREEK YOGURT BOWL

INGREDIENTS

Greek yogurt

Mixed berries (strawberries, blueberries, raspberries)

Vanilla extract

Honey or maple syrup

Granola (optional)

Nuts or seeds (optional)



CALORIES

310

PROTEIN

20g

DIRECTIONS

1. Add Greek yogurt to a bowl.
2. Stir in vanilla extract and sweetener.
3. Top with mixed berries.
4. Add granola for crunch if desired.
5. Sprinkle nuts or seeds on top.
6. Serve chilled.

SPINACH AND FETA BAKED EGG MUFFINS

INGREDIENTS

Eggs
Spinach, chopped
Feta cheese
Milk (optional)
Salt and pepper
Garlic powder (optional)
Olive oil or spray



CALORIES

120

PROTEIN

9g

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Whisk eggs with milk, salt, and pepper.
3. Stir in spinach and feta.
4. Pour into greased muffin tin.
5. Bake 15–20 minutes until set.
6. Cool slightly and serve.

SMOKED SALMON AND HERB CREAM CHEESE BAGEL THINS

INGREDIENTS

Bagel thins
Smoked salmon
Cream cheese
Fresh dill or chives
Lemon juice
Capers (optional)
Black pepper



CALORIES	PROTEIN
260	18g

DIRECTIONS

1. Toast bagel thins lightly.
2. Spread herb cream cheese evenly.
3. Layer smoked salmon on top.
4. Add dill, lemon juice, and capers.
5. Season with black pepper.
6. Serve fresh.

SIMPLE WARM

Milk and Honey Oatmeal

INGREDIENTS

Rolled oats

Milk

Honey

Cinnamon

Pinch of salt

Butter (optional)

Banana or nuts
(optional toppings)



CALORIES

320

PROTEIN

11g

DIRECTIONS

1. Heat milk in a pot.
2. Stir in oats and cook until creamy.
3. Add cinnamon and salt.
4. Sweeten with honey.
5. Top with banana or nuts if desired.
6. Serve warm.

TANGY BALSAMIC SLICED EGG TOAST

INGREDIENTS

Bread (sourdough or whole grain)

Eggs, hard-boiled

Balsamic glaze

Olive oil

Salt and pepper

Arugula or spinach (optional)

Chili flakes (optional)

CALORIES

320

PROTEIN

16g

DIRECTIONS

1. Toast bread until golden.
2. Slice hard-boiled eggs.
3. Arrange egg slices on toast.
4. Drizzle balsamic glaze and olive oil.
5. Season with salt, pepper, and chili flakes.
6. Add greens and serve.



ORANGE BLOSSOM YOGURT AND PISTACHIO BOWL

INGREDIENTS

Greek yogurt

Orange blossom honey
or regular honey

Pistachios, chopped

Orange zest or
orange slices

Vanilla extract (optional)

Granola (optional)



CALORIES

310

PROTEIN

15g

DIRECTIONS

1. Add yogurt to a bowl.
2. Stir in honey and vanilla.
3. Top with pistachios.
4. Add orange zest or slices.
5. Sprinkle granola if desired.
6. Serve chilled.

BANANA NUT WHOLE WHEAT MUFFINS

INGREDIENTS

Whole wheat flour
Ripe bananas, mashed
Eggs
Milk or almond milk
Honey or maple syrup
Baking powder
Cinnamon
Walnuts or mixed nuts
Butter or oil

CALORIES

210

PER MUFFIN

PROTEIN

5g

PER MUFFIN



DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix mashed bananas, eggs, milk, and sweetener.
3. Add flour, baking powder, cinnamon, and nuts.
4. Stir until just combined.
5. Pour into muffin tray.
6. Bake 18–25 minutes until golden and set.

HARD-BOILED EGG AND HUMMUS PITA POCKET

INGREDIENTS

Pita bread

Hard-boiled eggs

Hummus

Lettuce or spinach

Cucumber slices

Salt and pepper

Paprika (optional)



CALORIES

340

PROTEIN

20g

DIRECTIONS

1. Boil eggs for 9–11 minutes, then peel and slice.
2. Cut pita in half to form pockets.
3. Spread hummus inside.
4. Add eggs, lettuce, and cucumber.
5. Season lightly with salt, pepper, and paprika.
6. Serve chilled or fresh.

SAVORY RICOTTA AND CHERRY TOMATO TOAST

INGREDIENTS

Bread (sourdough or whole grain)

Ricotta cheese

Cherry tomatoes, halved

Olive oil

Salt and pepper

Fresh basil or oregano

Garlic powder (optional)

CALORIES

360 kcal

PROTEIN

14 g

DIRECTIONS

1. Toast bread until golden.
2. Spread ricotta evenly on toast.
3. Top with cherry tomatoes.
4. Drizzle olive oil lightly.
5. Season with salt, pepper, and herbs.
6. Serve fresh.



BLACKBERRY COCONUT OVERNIGHT OATS

INGREDIENTS

Rolled oats

Milk or coconut milk

Blackberries

Shredded coconut

Honey or maple syrup

Chia seeds (optional)

Vanilla extract (optional)



CALORIES **PROTEIN**

320

11g

DIRECTIONS

1. Combine oats, milk, and sweetener in a jar.
2. Stir in chia seeds and vanilla if using.
3. Refrigerate overnight (6+ hours).
4. Stir before serving.
5. Top with blackberries and coconut.
6. Serve chilled.

PINEAPPLE AND MINT COTTAGE CHEESE BOWL

INGREDIENTS

Cottage cheese

Pineapple chunks

Fresh mint leaves

Honey (optional)

Lime juice (optional)

Chia seeds or shredded
coconut (optional)

CALORIES

290

PROTEIN

24g

DIRECTIONS

1. Add cottage cheese to a bowl.
2. Top with pineapple chunks.
3. Chop or tear fresh mint and sprinkle on top.
4. Drizzle honey or lime juice if desired.
5. Add chia seeds or coconut for texture.
6. Serve chilled.



TURKEY BACON AND SPINACH SCRAMBLE SKILLET

INGREDIENTS

Eggs

Turkey bacon, cooked and chopped

Spinach

Olive oil or butter

Salt and pepper

Garlic powder (optional)

Cheese (optional)

CALORIES

320

PROTEIN

26g

DIRECTIONS

1. Cook turkey bacon until crispy and set aside.
2. Sauté spinach in the same pan until wilted.
3. Add beaten eggs and scramble gently.
4. Stir in turkey bacon.
5. Season with salt, pepper, and garlic powder.
6. Add cheese if desired and serve warm.



COLD ROAST BEEF AND MUSTARD ROLL-UPS

INGREDIENTS

Roast beef slices

Mustard (Dijon or yellow)

Pickles or cucumber (optional)

Cream cheese (optional)

Lettuce (optional)

CALORIES 150

PROTEIN 13g

DIRECTIONS

1. Lay roast beef slices flat.
2. Spread mustard lightly.
3. Add pickles or lettuce if using.
4. Roll tightly into wraps.
5. Secure with toothpicks if needed.
6. Serve chilled.



SIMPLE FRIED EGG AND AVOCADO ENGLISH MUFFIN

INGREDIENTS

English muffin

Eggs

Avocado

Butter or olive oil

Salt and pepper

Chili flakes (optional)

Lemon juice (optional)



CALORIES PROTEIN

360 16g

DIRECTIONS

1. Toast English muffin until golden.
2. Fry egg to desired doneness.
3. Mash avocado and season lightly.
4. Spread avocado on muffin halves.
5. Add fried egg on top.
6. Season and serve warm.