

ALMOND MILK BERRY SMOOTHIE

INGREDIENTS

- 1 cup mixed berries (fresh or frozen)
- 1 banana
- 1 cup almond milk
- ½ cup yogurt (optional for creaminess)
- 1 teaspoon honey or maple syrup (optional)
- Ice cubes (optional)

CALORIES

210

PROTEIN

6g



DIRECTIONS

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

5-MINUTE MICROWAVE OATMEAL

INGREDIENTS

½ cup oats

1 cup milk or water

1 teaspoon honey or maple syrup

½ banana or berries (optional)

Pinch of salt



CALORIES

290

PROTEIN

10g

DIRECTIONS

1. Combine oats, liquid, and salt in a microwave-safe bowl.
2. Microwave 1½–2½ minutes, stirring halfway.
3. Stir well and add sweetener.
4. Top with fruit if desired.
5. Serve warm.

PEANUT BUTTER BANANA RICE CAKES

INGREDIENTS

- 2–3 rice cakes
- 2 tablespoons peanut butter
- 1 banana, sliced
- Optional: honey or cinnamon

CALORIES

290–350 kcal

PROTEIN

8–10 g

DIRECTIONS

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



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
or nuts (optional)



CALORIES	PROTEIN
260	20g

DIRECTIONS

1. Add Greek yogurt to a bowl.
2. Top with berries.
3. Drizzle honey over the top.
4. Add granola and optional seeds or nuts.
5. Serve cold.

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

9g



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 olive oil if desired.
5. Serve immediately.

WARM CINNAMON RAISIN ENGLISH MUFFIN

INGREDIENTS

- 1 English muffin, split
- 1 tablespoon butter
- 1 tablespoon honey or cream cheese (optional)
- Optional: extra cinnamon

CALORIES

210

PROTEIN

6g

DIRECTIONS

1. Toast English muffin until golden.
2. Spread butter while warm so it melts in.
3. Add honey or cream cheese if desired.
4. Sprinkle extra cinnamon on top.
5. Serve warm.



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 or nuts
(optional)

CALORIES

280

PROTEIN

20g

DIRECTIONS

1. Add Greek yogurt to a bowl.
2. Top with berries.
3. Drizzle honey over the top.
4. Add granola and optional seeds or nuts.
5. Serve cold.



HONEY ALMOND BUTTER RICE CAKES

INGREDIENTS

- 2–3 rice cakes
- 2 tablespoons almond butter
- 1–2 teaspoons honey
- Optional: cinnamon or banana slices

CALORIES

190–250

PROTEIN

5–7g

DIRECTIONS

1. Spread almond butter on rice cakes.
2. Drizzle with honey.
3. Add optional cinnamon or banana slices.
4. Serve immediately.



CASHEW BUTTER AND PEAR SLICES

INGREDIENTS

1 pear, sliced

2 tablespoons cashew butter

Optional: cinnamon or honey

CALORIES

230

PROTEIN

6G

DIRECTIONS

Slice pear into wedges.

Serve with cashew butter for dipping or spreading.

Add cinnamon or honey if desired.

Enjoy fresh.



QUICK EGG AND CHEESE TORTILLA MELT

INGREDIENTS

- 1 tortilla
- 2 eggs
- ½ cup shredded cheese
- 1 tablespoon butter or oil
- Salt and pepper to taste
- Optional: hot sauce or spinach

CALORIES

450

PROTEIN

23g

DIRECTIONS

1. Heat butter in a pan over medium heat.
2. Scramble eggs with salt and pepper until just set.
3. Place tortilla in the pan.
4. Add eggs and cheese to one half of the tortilla.
5. Fold over and cook until golden and cheese is melted.
6. Slice and serve warm.



SUNFLOWER BUTTER JAM ENGLISH MUFFIN

INGREDIENTS

- 1 English muffin, split and toasted
- 2 tablespoons sunflower seed butter
- 1–2 tablespoons jam (strawberry or raspberry)



CALORIES	PROTEIN
350	12g

DIRECTIONS

1. Toast English muffin halves until golden.
2. Spread sunflower butter on both halves.
3. Add jam on top or layer it.
4. Serve immediately.

PEANUT BUTTER BLUEBERRY TOAST

INGREDIENTS

2 slices bread (toasted)

2 tablespoons peanut butter

½ cup blueberries

Optional: honey or cinnamon

CALORIES

360

PROTEIN

14g



DIRECTIONS

1. Toast bread until golden.
2. Spread peanut butter evenly.
3. Top with blueberries.
4. Drizzle honey or sprinkle cinnamon if desired.
5. Serve immediately.

RICOTTA AND HONEY FIG TOAST

INGREDIENTS

2 slices bread (toasted)

½ cup ricotta cheese

2–3 fresh figs, sliced
(or dried figs)

1–2 teaspoons honey

Optional: cinnamon or
chopped nuts

CALORIES

330

PROTEIN

13g

DIRECTIONS

1. Toast bread until golden.
2. Spread ricotta evenly on toast.
3. Add fig slices on top.
4. Drizzle honey over everything.
5. Add cinnamon or nuts if desired.
6. Serve immediately.



WARM TOMATO BAGEL SANDWICH

INGREDIENTS

1 bagel, sliced

1–2 tomatoes, sliced

2 tablespoons cream cheese

or butter

Salt and pepper to taste

Optional: mozzarella, basil,
or olive oil

CALORIES

360

PROTEIN

13g



DIRECTIONS

1. Toast bagel halves lightly.
2. Spread cream cheese or butter.
3. Add tomato slices on top.
4. Season with salt and pepper.
5. Optional: add cheese and warm briefly until melted.
6. Serve warm.

GREEN MANGO SPINACH SHAKE

INGREDIENTS

- 1 cup spinach
- 1 cup mango (fresh or frozen)
- 1 banana
- 1 cup almond milk or water
- ½ cup yogurt (optional)
- Ice cubes

CALORIES

220

PROTEIN

8g

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.



TURKEY AND CHEESE TORTILLA WRAP

INGREDIENTS

- 1 large tortilla
- 3–4 slices turkey
- 1–2 slices cheese
- Lettuce or spinach
- 1 tablespoon mayo or mustard (optional)
- Salt and pepper to taste

CALORIES

380

PROTEIN

28g



DIRECTIONS

1. Warm tortilla slightly.
2. Spread mayo or mustard if using.
3. Layer turkey, cheese, and greens.
4. Season lightly with salt and pepper.
5. Roll tightly into a wrap.
6. Slice and serve.

SMOKED SALMON AND CREAM CHEESE CRISPBREAD

INGREDIENTS

- 2–3 crispbreads
- 2–3 tablespoons cream cheese
- 2–3 slices smoked salmon
- Lemon juice (optional)
- Black pepper
- Optional: dill or capers

CALORIES

190

PROTEIN

10g

DIRECTIONS

1. Spread cream cheese over crispbreads.
2. Add smoked salmon on top.
3. Season with black pepper and optional lemon juice.
4. Garnish with dill or capers if desired.
5. Serve immediately.



CINNAMON APPLE CHIA PUDDING

INGREDIENTS

- 3 tablespoons chia seeds
- 1 cup milk (dairy or plant-based)
- 1 apple, diced or grated
- 1 teaspoon cinnamon
- 1 tablespoon honey or maple syrup
- ½ teaspoon vanilla extract (optional)



CALORIES

260

PROTEIN

8g

DIRECTIONS

1. Mix chia seeds, milk, cinnamon, vanilla, and sweetener.
2. Stir well and let sit 5–10 minutes, then stir again.
3. Refrigerate at least 4 hours or overnight.
4. Stir before serving.
5. Top with apple pieces. Serve cold.

SPINACH AND FETA SCRAMBLED EGGS

INGREDIENTS

3 eggs

1 cup spinach

¼ cup feta cheese

1 tablespoon butter or oil

Salt and pepper to taste

CALORIES

350

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.
6. Cook until fluffy and serve warm.



SIMPLE HARD-BOILED EGGS WITH PEPPER

INGREDIENTS

2–3 eggs

Salt to taste

Freshly ground
black pepper

CALORIES

143

kcal

PROTEIN

13

g



DIRECTIONS

1. Boil eggs for 9–10 minutes until fully set.
2. Cool under cold water and peel.
3. Slice or serve whole.
4. Sprinkle with salt and black pepper.
5. Serve chilled or at room temperature.

ICY STRAWBERRY BANANA SMOOTHIE

INGREDIENTS

- 1 banana
- 1 cup strawberries (fresh or frozen)
- 1 cup milk or almond milk
- ½ cup yogurt (optional for creaminess)
- 1 teaspoon honey (optional)
- 1 cup ice cubes

CALORIES 220

PROTEIN 7g

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and icy.
3. Adjust thickness with more milk or ice as needed.
4. Pour into a glass.
5. Serve immediately cold.



CRISPY TOMATO BASIL TOAST

INGREDIENTS

2 slices bread (sourdough or rustic)

1 tomato, sliced

1 tablespoon olive oil

Fresh basil leaves

Salt and pepper to taste

Optional: mozzarella or
balsamic glaze

CALORIES

260

PROTEIN

8g

DIRECTIONS

1. Toast bread until golden and crisp.
2. Rub lightly with olive oil if desired.
3. Top with tomato slices and basil.
4. Season with salt and pepper.
5. Add mozzarella or balsamic glaze if using.
6. Serve immediately.



COLD BLUEBERRY ALMOND OVERNIGHT OATS

INGREDIENTS

1 cup oats

1 cup milk (or almond milk)

½ cup blueberries

1 tablespoon almond butter

1 teaspoon honey or maple syrup

Optional: chia seeds or cinnamon



340

CALORIES

13g

PROTEIN

DIRECTIONS

Mix oats, milk, and sweetener in a jar.

Stir well and refrigerate overnight.

In the morning, stir again and top with blueberries.

Add almond butter on top or swirl in.

Serve cold.

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

SIMPLE HERB AND CHEESE OMELET

INGREDIENTS

- 3 eggs
- 1 tablespoon butter
- ¼ cup shredded cheese
(cheddar, Swiss, or mozzarella)
- 1 tablespoon fresh herbs
(chives, parsley, or dill)
- Salt and pepper to taste

CALORIES

320

PROTEIN

20g



DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Heat butter in a nonstick pan over medium-low heat.
3. Pour in eggs and gently cook until edges set.
4. Sprinkle cheese and herbs over one side.
5. Fold omelet and cook until just set and melted.
6. Serve warm.

WARM WHITE BEAN AND GARLIC TOAST

INGREDIENTS

2 slices bread (sourdough or rustic)

1 cup white beans, drained

2 garlic cloves, minced

1 tablespoon olive oil

Salt and pepper to taste

Optional: lemon juice or parsley

CALORIES

340

PROTEIN

13g

DIRECTIONS

1. Heat olive oil in a pan and sauté garlic until fragrant.
2. Add white beans and warm through, lightly mashing some.
3. Season with salt, pepper, and optional lemon juice.
4. Toast bread until crisp.
5. Spoon warm beans over toast. Garnish with parsley and serve warm.



CREAMY CHOCOLATE BANANA PROTEIN SHAKE

INGREDIENTS

- 1 banana
- 1 scoop chocolate protein powder
- 1 tablespoon peanut butter (optional)
- 1 cup milk or almond milk
- 1 teaspoon cocoa powder (optional)
- Ice cubes

CALORIES

280

PROTEIN

24g

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.



SHARP CHEDDAR AND APPLE SLICES

INGREDIENTS

- 1 apple, sliced
- 2–3 slices sharp cheddar cheese
- Optional: crackers or nuts

CALORIES

250

PROTEIN

10g



DIRECTIONS

1. Slice apple into wedges.
2. Pair each slice with cheddar cheese.
3. Arrange on a plate with optional crackers or nuts.
4. Serve fresh and chilled.

COLD PEACH AND PECAN OVERNIGHT OATS

INGREDIENTS

1 cup oats

1 cup milk (or almond milk)

1 peach, diced

2 tablespoons pecans, chopped

1 tablespoon honey or maple syrup

½ teaspoon cinnamon (optional)

320

CALORIES

11g

PROTEIN



DIRECTIONS

Mix oats, milk, and honey in a jar.

Stir well and refrigerate overnight.

In the morning, top with peaches and pecans.

Add cinnamon if desired. Serve cold.

TROPICAL PINEAPPLE COCONUT YOGURT

INGREDIENTS

- 1 cup Greek yogurt
- ½ cup pineapple chunks
- 2 tablespoons shredded coconut
- 1 teaspoon honey
- Optional: chia seeds or granola

CALORIES: 210

PROTEIN: 15G

DIRECTIONS

1. Add yogurt to a bowl.
2. Top with pineapple and coconut.
3. Drizzle honey over the top.
4. Add optional chia seeds or granola.
5. Serve cold.



SOUTHWEST BLACK BEAN SCRAMBLE

INGREDIENTS

- 3 eggs
- ½ cup black beans
- ¼ cup corn
- ½ bell pepper, diced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon oil or butter
- Salt and pepper to taste
- Optional: salsa or avocado

CALORIES

320

PROTEIN

22g



DIRECTIONS

1. Heat oil in a pan and sauté bell pepper until soft.
2. Add black beans and corn; warm through.
3. Whisk eggs with spices, salt, and pepper.
4. Pour eggs into pan and scramble gently.
5. Cook until fluffy and set. Serve with salsa or avocado if desired.

QUICK SMOKED TURKEY BREAKFAST SANDWICH

INGREDIENTS

- 1 English muffin or bread roll
- 2-3 slices smoked turkey
- 1 egg
- 1 slice cheese (optional)
- 1 teaspoon butter or oil
- Salt and pepper to taste

CALORIES

360

PROTEIN

26g

DIRECTIONS

1. Cook egg (fried or scrambled) in a pan.
2. Toast English muffin or bread.
3. Layer turkey, egg, and cheese.
4. Season with salt and pepper.
5. Assemble and serve warm.



QUICK TURKEY BACON AND EGG MUG

INGREDIENTS

2 eggs

2–3 slices turkey bacon,
cooked and chopped

2 tablespoons milk

Salt and pepper to taste

2 tablespoons shredded
cheese (optional)



CALORIES

310

PROTEIN

24g

DIRECTIONS

1. Whisk eggs, milk, salt, and pepper in a microwave-safe mug.
2. Stir in turkey bacon and cheese.
3. Microwave 45–90 seconds, stirring halfway.
4. Cook until fully set.
5. Let cool slightly and serve.

FRIED EGG AND AVOCADO RICE BOWL

INGREDIENTS

- 1 cup cooked rice
- 1 avocado, sliced
- 2 eggs
- 1 tablespoon oil or butter
- Salt and pepper to taste
- Optional: soy sauce or chili flakes

CALORIES: 520

PROTEIN: 18g



DIRECTIONS

1. Cook rice and place in a bowl.
2. Fry eggs to desired doneness.
3. Slice avocado.
4. Top rice with eggs and avocado.
5. Season with salt, pepper, and optional soy sauce.
6. Serve warm.

NUTELLA AND STRAWBERRY RICE CAKES

INGREDIENTS

2-3 rice cakes

2 tablespoons Nutella

½ cup strawberries, sliced

CALORIES

210

PROTEIN

4g

DIRECTIONS

1. Spread Nutella evenly over rice cakes.
2. Top with sliced strawberries.
3. Serve immediately for best texture.



CREAMY ALMOND BUTTER AND HONEY OATS

INGREDIENTS

1 cup oats

2 cups milk or water

1-2 tablespoons almond butter

1 tablespoon honey

Pinch of salt

Optional: banana slices or cinnamon

CALORIES

380

PROTEIN

13g



DIRECTIONS

1. Cook oats in milk or water over medium heat.
2. Stir until thick and creamy.
3. Mix in almond butter and honey.
4. Add a pinch of salt.
5. Top with banana or cinnamon if desired.
6. Serve warm.

PESTO FRIED EGG TOAST

INGREDIENTS

2 slices bread (sourdough or whole grain)

2 eggs

1–2 tablespoons pesto

1 tablespoon butter or olive oil

Salt and pepper to taste

Optional: chili flakes or Parmesan

CALORIES

390

kcal

PROTEIN

18

g

DIRECTIONS

1. Toast bread until golden.
2. Heat butter or oil in a pan and fry eggs to your liking.
3. Spread pesto over toasted bread.
4. Top with fried eggs.
5. Season with salt, pepper, and optional chili flakes.
6. Serve immediately.



QUICK HUMMUS AND FRIED EGG SANDWICH

INGREDIENTS

- 2 slices bread
- ½ cup hummus
- 2 eggs
- 1 tablespoon oil or butter
- Salt and pepper to taste
- Optional: spinach or hot sauce

CALORIES 450

PROTEIN 18g

DIRECTIONS

1. Heat oil in a pan and fry eggs to desired doneness.
2. Toast bread if desired.
3. Spread hummus on both slices.
4. Add fried eggs and optional greens.
5. Season with salt and pepper.
6. Assemble and serve warm.



COTTAGE CHEESE AND CUCUMBER RYE

INGREDIENTS

2 slices rye bread

½ cup cottage cheese

½ cucumber, sliced

Salt and pepper to taste

Optional: dill or olive oil

CALORIES

250

PROTEIN

14g

DIRECTIONS

1. Toast rye bread if desired.
2. Spread cottage cheese evenly on each slice.
3. Top with cucumber slices.
4. Season with salt, pepper, and optional dill.
5. Serve immediately.

