

# MAPLE WALNUT FRENCH TOAST

## INGREDIENTS

Bread slices (thick cut preferred)

Eggs

Milk

Cinnamon

Vanilla extract

Maple syrup

Walnuts, chopped

Butter

Pinch of salt

## CALORIES

420

## PROTEIN

14g

## DIRECTIONS

1. Whisk eggs, milk, cinnamon, vanilla, and salt.
2. Dip bread slices into mixture.
3. Cook on buttered pan until golden on both sides.
4. Warm maple syrup slightly.
5. Top French toast with walnuts and syrup.
6. Serve warm.



# DOUBLE CHEESE AND HAM CROISSANT SANDWICH

## INGREDIENTS

Croissants

Ham slices

Cheese (cheddar + Swiss  
or mozzarella)

Butter (optional)

Mustard or mayo (optional)



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CALORIES

520

PROTEIN

28g

## DIRECTIONS

1. Slice croissant in half.
2. Layer ham and both cheeses inside.
3. Toast or bake until warm and melted.
4. Add mustard or mayo if desired.
5. Close sandwich and serve warm.
6. Optional: brush croissant with butter before heating.

# DARK CHOCOLATE AND PEANUT BUTTER BAKED OATS

## INGREDIENTS

Rolled oats  
Milk (or almond milk)  
Peanut butter  
Dark chocolate chunks  
Banana (optional for sweetness)  
Baking powder  
Honey or maple syrup  
Vanilla extract  
Pinch of salt

CALORIES

**380**

PROTEIN

**15g**



## DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix oats, milk, baking powder, vanilla, and sweetener.
3. Stir in peanut butter and banana if using.
4. Fold in dark chocolate chunks.
5. Pour into baking dish or ramekin.
6. Bake 20–25 minutes until set.

# MEDITERRANEAN OLIVE OIL SCRAMBLED EGGS

## INGREDIENTS

Eggs

Olive oil (generous amount)

Cherry tomatoes

Spinach or arugula

Feta cheese (optional)

Salt and pepper

Oregano or basil

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380  
CALORIES

22g  
PROTEIN

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## DIRECTIONS

1. Heat olive oil in a pan.
2. Add tomatoes and cook until soft.
3. Add spinach and wilt.
4. Pour in beaten eggs and scramble gently.
5. Add feta and herbs.
6. Serve warm with toast.



# WHOLE MILK RICOTTA AND BERRY PANCAKES

## INGREDIENTS

Pancake batter (or flour, eggs,  
milk, baking powder)

Whole milk ricotta

Mixed berries

Sugar or honey

Vanilla extract

Butter for cooking



CALORIES

430

PROTEIN

16g

## DIRECTIONS

1. Mix pancake batter and fold in ricotta.
2. Cook pancakes on a buttered pan until golden.
3. Warm berries slightly in a pan or microwave.
4. Stack pancakes and top with berries.
5. Drizzle honey or syrup. Serve warm.

# COCONUT MILK AND CASHEW OVERNIGHT OATS

## INGREDIENTS

Rolled oats

Coconut milk

Cashews, chopped

Honey or maple syrup

Chia seeds (optional)

Vanilla extract

Pinch of salt

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CALORIES

**360**

PROTEIN

**10g**



## DIRECTIONS

1. Mix oats, coconut milk, vanilla, and salt in a jar.
2. Stir in honey and chia seeds.
3. Refrigerate overnight.
4. In the morning, stir well.
5. Top with cashews. Serve cold.

# GREEK YOGURT AND MIXED NUT PARFAIT

## INGREDIENTS

Greek yogurt

Mixed nuts (almonds, walnuts, cashews)

Honey or maple syrup

Berries (optional)

Granola (optional)

Vanilla extract (optional)

CALORIES

320

PROTEIN

17g



## DIRECTIONS

1. Add yogurt to a glass or bowl.
2. Add a layer of nuts.
3. Drizzle honey or syrup.
4. Add berries or granola if using.
5. Repeat layers if desired.
6. Serve chilled.

# LOADED AVOCADO AND EGG SOURDOUGH TOAST

## INGREDIENTS

Sourdough bread

Avocado

Eggs (fried, poached, or scrambled)

Olive oil

Salt and pepper

Chili flakes (optional)

Lemon juice

**CALORIES** 380

**PROTEIN** 16g

## DIRECTIONS

1. Toast sourdough until crispy.
2. Mash avocado with lemon juice, salt, and pepper.
3. Spread avocado on toast.
4. Cook eggs to preferred style.
5. Place eggs on top of toast.
6. Finish with chili flakes and olive oil.



# LOADED AVOCADO AND EGG SOURDOUGH TOAST

## INGREDIENTS

Sourdough bread

Avocado

Eggs (fried, poached, or scrambled)

Olive oil

Salt and pepper

Chili flakes (optional)

Lemon juice

**CALORIES** 380

**PROTEIN** 16g

## DIRECTIONS

1. Toast sourdough until crispy.
2. Mash avocado with lemon juice, salt, and pepper.
3. Spread avocado on toast.
4. Cook eggs to preferred style.
5. Place eggs on top of toast.
6. Finish with chili flakes and olive oil.



# PEANUT BUTTER BANANA OAT BOWL

## INGREDIENTS

Rolled oats

Milk or water

Peanut butter

Banana, sliced

Honey or maple syrup (optional)

Cinnamon

Chia seeds or flax seeds (optional)

Pinch of salt

## CALORIES

430 kcal

## PROTEIN

16 g

## DIRECTIONS

1. Cook oats with milk or water until creamy.
2. Stir in cinnamon and a pinch of salt.
3. Add peanut butter and mix until melted in.
4. Top with sliced banana.
5. Drizzle honey if desired.
6. Sprinkle seeds and serve warm.



# CREAMY PEANUT BUTTER PROTEIN SHAKE

## INGREDIENTS

Protein powder (vanilla or chocolate)

Peanut butter

Milk or almond milk

Banana (optional)

Ice cubes

Honey (optional)

Cinnamon (optional)



## CALORIES

390

## PROTEIN

30g

## 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.

# HONEY CASHEW BUTTER TOAST

## INGREDIENTS

- Bread (toasted)
- Cashew butter
- Honey
- Sea salt
- Cinnamon (optional)
- Chopped cashews (optional)

## CALORIES

310

## PROTEIN

9G

## DIRECTIONS

1. Toast bread until golden.
2. Spread cashew butter evenly.
3. Drizzle honey on top.
4. Sprinkle sea salt and cinnamon.
5. Add chopped cashews if desired.
6. Serve immediately.



# CHORIZO AND POTATO EGG SKILLET

## INGREDIENTS

Chorizo, sliced or crumbled

Potatoes, diced

Eggs

Onion, chopped

Olive oil

Salt and pepper

Paprika (optional)

Optional: cheese, cilantro



CALORIES

**520**

PROTEIN

**28g**

## DIRECTIONS

1. Cook potatoes in skillet until golden and soft.
2. Add chorizo and cook until browned.
3. Add onion and sauté until soft.
4. Crack eggs into pan or scramble in.
5. Cook until eggs are set.
6. Season and serve hot.

# SAUSAGE AND MUSHROOM CRUSTLESS QUICHE

## INGREDIENTS

- Eggs
- Sausage, cooked and crumbled
- Mushrooms, sliced
- Milk or cream
- Cheese (optional)
- Salt and pepper
- Olive oil or butter
- Onion (optional)

## CALORIES

**310**

PER SERVING

## PROTEIN

**22g**

PER SERVING



## DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Sauté sausage, mushrooms, and onion.
3. Whisk eggs with milk, salt, and pepper.
4. Add cooked mixture into egg blend.
5. Pour into greased baking dish.
6. Bake 25–30 minutes until set.

# CREAMY CHIA SEED HEMP PUDDING

## INGREDIENTS

Chia seeds  
Hemp seeds  
Milk or almond milk  
Honey or maple syrup  
Vanilla extract  
Cinnamon (optional)  
Nuts or fruit for topping



CALORIES	PROTEIN
290	11g

## DIRECTIONS

1. Mix chia seeds, hemp seeds, milk, and vanilla.
2. Stir well and let sit 5–10 minutes.
3. Stir again to prevent clumping.
4. Refrigerate overnight until thick.
5. Stir before serving. Top with fruit or nuts.

# STEAK AND EGG POTATO HASH

## INGREDIENTS

Steak (sirloin or ribeye), diced

Potatoes, diced

Eggs

Onion, chopped

Bell pepper, chopped (optional)

Olive oil or butter

Salt and pepper

Paprika or garlic powder

Optional: parsley, hot sauce



CALORIES

620

PROTEIN

42g

## DIRECTIONS

1. Cook diced potatoes in oil until golden and crispy.
2. Add onion and bell pepper; sauté until soft.
3. Add steak and cook to desired doneness.
4. Season with salt, pepper, and spices.
5. In a separate pan, fry or scramble eggs.
6. Serve hash topped with eggs.

# SUNFLOWER SEED AND RAISIN GRANOLA BOWL

## INGREDIENTS

Granola

Sunflower seeds

Raisins

Milk or yogurt

Honey or maple syrup (optional)

Cinnamon (optional)

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CALORIES

380

PROTEIN

12g

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## DIRECTIONS

1. Add granola to a bowl.
2. Mix in sunflower seeds and raisins.
3. Pour milk or add yogurt.
4. Drizzle honey if desired.
5. Sprinkle cinnamon for flavor.
6. Serve immediately.

# BACON AND CHEDDAR EGG BISCUIT SANDWICHES

## INGREDIENTS

Biscuits (store-bought or homemade)

Eggs

Bacon strips

Cheddar cheese slices or shredded

Butter or oil

Salt and pepper

Optional: hot sauce, mayonnaise

**520**

CALORIES

**28g**

PROTEIN



## DIRECTIONS

1. Cook bacon until crispy and set aside.
2. Scramble or fry eggs with salt and pepper.
3. Split and toast biscuits lightly.
4. Assemble with egg, bacon, and cheddar cheese.
5. Melt cheese slightly with warm eggs.
6. Serve warm with sauce if desired.

# ALMOND BUTTER AND DATE SMOOTHIE

## INGREDIENTS

Almond butter

Dates (pitted)

Banana

Milk or almond milk

Ice cubes

Cinnamon (optional)

Vanilla extract (optional)

CALORIES

360

PROTEIN

11g

## 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.



# SAVORY SAUSAGE AND POTATO BREAKFAST BURRITO

## INGREDIENTS

Flour tortilla  
Breakfast sausage  
Potatoes, diced  
Eggs  
Cheese (optional)  
Salt and pepper  
Olive oil  
Optional: salsa, hot sauce

## CALORIES

560

## PROTEIN

26g

## DIRECTIONS

1. Cook diced potatoes until crispy.
2. Cook sausage in a skillet until browned.
3. Scramble eggs in same pan or separately.
4. Warm tortilla.
5. Fill with sausage, potatoes, eggs, and cheese.
6. Wrap and serve warm with salsa.



# AVOCADO AND BACON SCRAMBLED EGGS

## INGREDIENTS

Eggs

Bacon strips

Avocado, sliced or mashed

Butter or olive oil

Salt and pepper

Optional: cheese, chili flakes,  
toast



## CALORIES

520 kcal

## PROTEIN

28 g

## DIRECTIONS

1. Cook bacon until crispy and set aside.
2. Whisk eggs with salt and pepper.
3. Scramble eggs in butter until soft and fluffy.
4. Slice or mash avocado.
5. Add bacon pieces into scrambled eggs.
6. Serve topped with avocado.

# SPICY SAUSAGE AND CHEESE BISCUIT BAKE

## INGREDIENTS

Sausage (breakfast or spicy), cooked

Biscuit dough (store-bought or homemade)

Cheddar cheese, shredded

Eggs

Milk (optional)

Hot sauce (optional)

Salt and pepper



CALORIES

420

PROTEIN

25g

## DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Cook sausage and set aside.
3. Cut biscuit dough into pieces and place in baking dish.
4. Add sausage and cheese evenly.
5. Whisk eggs with milk, salt, and pepper; pour over mixture.
6. Bake 25–30 minutes until golden and set.

# FULL-FAT COTTAGE CHEESE AND WALNUT BOWL

## INGREDIENTS

Full-fat cottage cheese

Walnuts, chopped

Honey

Cinnamon (optional)

Berries (optional)

Flax or chia seeds (optional)



CALORIES

420

PROTEIN

28g

## DIRECTIONS

1. Add cottage cheese to a bowl.
2. Top with walnuts.
3. Drizzle honey.
4. Add cinnamon or seeds if desired.
5. Add berries for freshness.
6. Serve chilled.

# TAHINI AND BANANA TOAST

## INGREDIENTS

Bread (whole grain or sourdough)

Tahini

Banana, sliced

Honey or maple syrup

Cinnamon (optional)

Sesame seeds (optional)



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CALORIES

320

PROTEIN

9g

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## DIRECTIONS

1. Toast bread until golden.
2. Spread tahini evenly.
3. Add banana slices on top.
4. Drizzle honey or syrup.
5. Sprinkle cinnamon or sesame seeds.
6. Serve immediately.

# PULLED PORK BREAKFAST HASH

## INGREDIENTS

- Pulled pork (cooked)
- Potatoes, diced
- Eggs
- Onion, chopped
- Bell pepper, chopped (optional)
- Olive oil
- Salt and pepper
- Paprika or chili powder
- Optional: cheese, hot sauce

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**CALORIES**

**520**

**PROTEIN**

**32g**

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## DIRECTIONS

1. Cook potatoes in oil until golden and crispy.
2. Add onion and bell pepper; sauté until soft.
3. Add pulled pork and warm through.
4. Season with salt, pepper, and spices.
5. Cook eggs separately or in same pan.
6. Top hash with eggs and serve hot.



# CREAMY SEED AND NUT BUTTER BOWL

## INGREDIENTS

Greek yogurt or milk of choice  
Almond butter or peanut butter  
Chia seeds  
Flax seeds  
Honey or maple syrup  
Banana slices (optional)  
Nuts (almonds, walnuts)  
Pinch of salt

## CALORIES

420

## PROTEIN

21g

## DIRECTIONS

1. Add yogurt or base liquid to a bowl.
2. Stir in nut butter until creamy.
3. Add chia and flax seeds.
4. Drizzle honey or maple syrup.
5. Top with nuts and banana slices.
6. Serve immediately or chilled.



# PESTO AND FRIED EGG BAGEL SANDWICH

## INGREDIENTS

Bagel

Eggs

Basil pesto

Olive oil or butter

Salt and pepper

Optional: cheese, tomato

CALORIES

420

PROTEIN

20g



## DIRECTIONS

1. Toast bagel until golden.
2. Heat pan with oil and fry eggs.
3. Spread pesto on bagel halves.
4. Place fried eggs inside sandwich.
5. Add cheese or tomato if desired.
6. Serve warm.

# TURKEY BACON AND SWISS EGG BITES

## INGREDIENTS

Eggs

Turkey bacon, cooked  
and chopped

Swiss cheese, shredded

Milk (optional)

Salt and pepper

Olive oil or cooking spray



CALORIES

110

PROTEIN

9g

## DIRECTIONS

1. Preheat oven to 180°C (350°F). Grease muffin tin.
2. Whisk eggs with milk, salt, and pepper.
3. Mix in turkey bacon and Swiss cheese.
4. Pour into muffin cups.
5. Bake 18–22 minutes until set.

# ECAN PIE OATMEAL

## INGREDIENTS

Rolled oats

Milk or water

Pecans, chopped

Maple syrup or brown sugar

Cinnamon

Vanilla extract

Butter (optional)

Pinch of salt



CALORIES

**320**

PROTEIN

**8g**

## DIRECTIONS

1. Cook oats with milk until creamy.
2. Stir in cinnamon, vanilla, and salt.
3. Add maple syrup or brown sugar.
4. Mix in pecans for crunch.
5. Simmer 1–2 more minutes.
6. Serve warm.

# GROUND BEEF AND CHEESE SCRAMBLE

## INGREDIENTS

Ground beef

Eggs (or egg whites)

Cheddar cheese, shredded

Onion, chopped (optional)

Garlic powder

Salt and pepper

Olive oil or butter

Optional: salsa, hot sauce



**CALORIES:** 420

**PROTEIN:** 28g

## DIRECTIONS

1. Cook ground beef in a skillet until browned.
2. Drain excess fat if needed.
3. Add onion and cook until soft.
4. Whisk eggs with salt and pepper.
5. Pour eggs into pan and scramble with beef.
6. Add cheese and let melt before serving.

# TURKEY SAUSAGE AND POTATO EGG WRAP

## INGREDIENTS

- Flour tortilla
- Turkey sausage, cooked
- Potatoes, diced and cooked
- Eggs
- Cheese (optional)
- Salt and pepper
- Oil or butter
- Optional: salsa or hot sauce

**CALORIES**      **PROTEIN**

**480**              **27g**

## DIRECTIONS

1. Cook potatoes until golden.
2. Cook turkey sausage and set aside.
3. Scramble eggs in same pan.
4. Warm tortilla.
5. Fill with sausage, potatoes, eggs, and cheese.
6. Wrap tightly and serve warm.



# CHEESY BACON BREAKFAST PIZZA

## INGREDIENTS

Pizza crust or naan bread

Eggs

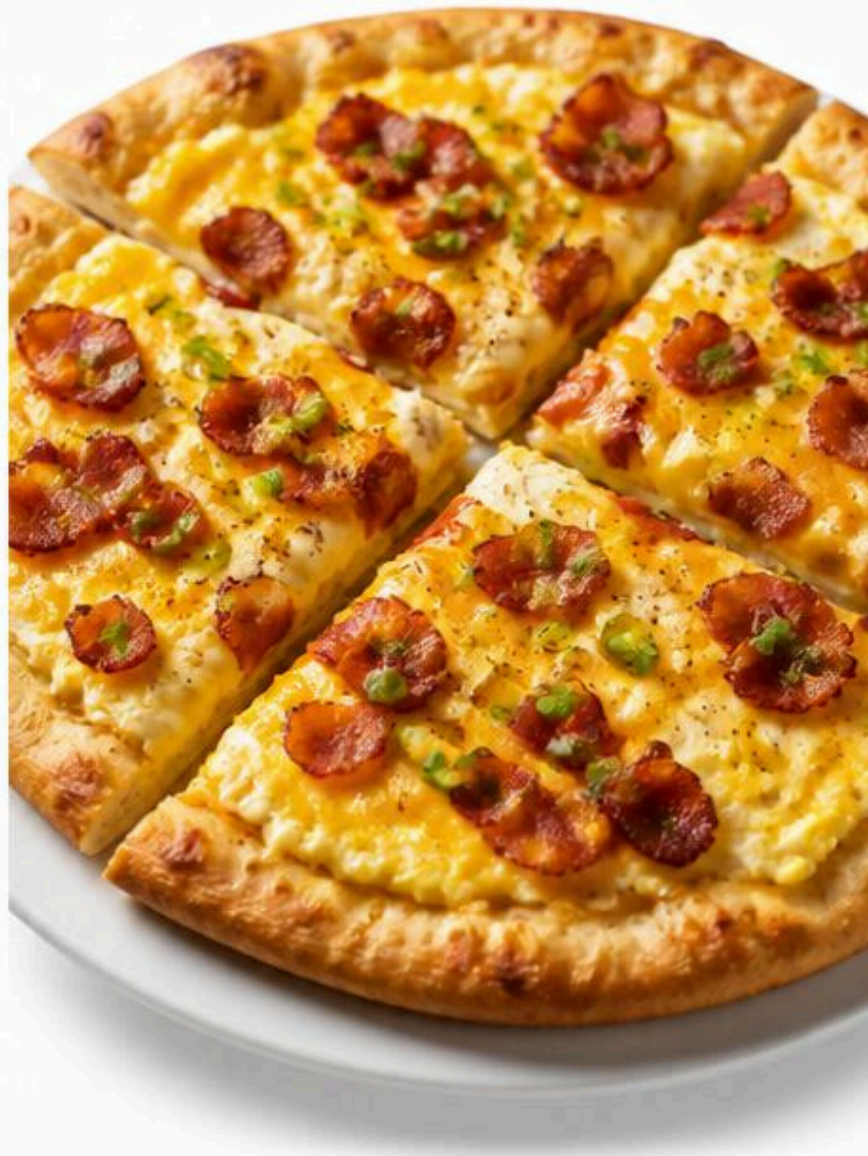
Bacon, cooked and chopped

Cheddar or mozzarella cheese

Olive oil

Salt and pepper

Optional: green onions, hot sauce



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CALORIES

410

PROTEIN

24g

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Brush crust with olive oil.
3. Scramble or crack eggs onto crust.
4. Add bacon and cheese evenly.
5. Bake until eggs are set and cheese melts.
6. Slice and serve warm.

# DRIED FRUIT AND CASHEW PORRIDGE

## INGREDIENTS

Rolled oats

Milk or water

Cashews, chopped

Dried fruit (raisins, dates, apricots)

Honey or maple syrup

Cinnamon

Pinch of salt



CALORIES

370

kcal

PROTEIN

13

g

## DIRECTIONS

1. Cook oats with milk until creamy.
2. Stir in cinnamon and salt.
3. Add dried fruit and cashews.
4. Simmer 2–3 minutes.
5. Add sweetener if needed.
6. Serve warm.

# ALMOND BUTTER AND BLUEBERRY RICE CAKE STACK

## INGREDIENTS

Rice cakes  
Almond butter  
Fresh blueberries  
Honey or maple syrup (optional)  
Chia seeds (optional)  
Cinnamon (optional)

## CALORIES

270

## PROTEIN

8g

## DIRECTIONS

1. Spread almond butter over rice cakes.
2. Layer blueberries on top.
3. Stack multiple rice cakes if desired.
4. Drizzle honey or syrup.
5. Sprinkle chia seeds or cinnamon.
6. Serve immediately.



# PUMPKIN SEED AND GRANOLA YOGURT CUP

## INGREDIENTS

Greek yogurt

Granola

Pumpkin seeds

Honey or maple syrup

Berries (optional)

Cinnamon (optional)

## CALORIES

320

## PROTEIN

16g

## DIRECTIONS

1. Add yogurt to a cup or bowl.
2. Layer granola and pumpkin seeds.
3. Drizzle honey or syrup.
4. Add berries if desired.
5. Sprinkle cinnamon on top.
6. Serve chilled.



# HAM AND POTATO BREAKFAST QUESADILLA

## INGREDIENTS

Flour tortillas  
Ham slices, chopped  
Potatoes, diced and cooked  
Cheese (cheddar or mozzarella)  
Eggs (optional)  
Butter or oil  
Salt and pepper

CALORIES

**520**

PROTEIN

**28g**



## DIRECTIONS

1. Cook potatoes until crispy and golden.
2. Warm ham in a skillet.
3. Fill tortilla with potatoes, ham, and cheese.
4. Fold and cook in pan until crispy and melted.
5. Slice into wedges.
6. Serve warm with salsa or sauce.

# DOUBLE BUTTER French Toast Sticks

## INGREDIENTS

Bread slices (cut into sticks)

Eggs

Milk

Butter

Cinnamon

Vanilla extract

Maple syrup

Pinch of salt



CALORIES

**420**

kcal

PROTEIN

**15**

g

## DIRECTIONS

1. Whisk eggs, milk, cinnamon, vanilla, and salt.
2. Dip bread sticks into mixture.
3. Cook in buttered pan until golden on all sides.
4. Add extra butter while cooking for richness.
5. Serve with maple syrup for dipping.
6. Enjoy warm and crispy.

# HEAVY BERRY CREAM OATMEAL

## INGREDIENTS

Rolled oats

Milk or heavy cream

Mixed berries (strawberries,  
blueberries, raspberries)

Honey or maple syrup

Vanilla extract

Pinch of salt

Cinnamon (optional)



## CALORIES

390

## PROTEIN

13g

## DIRECTIONS

1. Cook oats with milk or cream until thick and creamy.
2. Stir in vanilla, salt, and sweetener.
3. Add half the berries while cooking lightly.
4. Simmer until berries soften slightly.
5. Top with remaining fresh berries.
6. Serve warm.

# SMOKED SALMON AND CREAM CHEESE BAGEL

## INGREDIENTS

Bagel  
Cream cheese  
Smoked salmon  
Red onion, thinly sliced  
Capers (optional)  
Lemon juice  
Dill (optional)

## CALORIES

420

## PROTEIN

24g

## DIRECTIONS

1. Toast bagel if desired.
2. Spread cream cheese evenly.
3. Layer smoked salmon on top.
4. Add onion, capers, and dill.
5. Squeeze lemon juice lightly.
6. Serve fresh.



# PEANUT BUTTER AND JELLY WAFFLE STACK

## INGREDIENTS

Waffles (fresh or frozen)

Peanut butter

Jelly or jam (strawberry or grape)

Banana slices (optional)

Honey (optional)

## CALORIES

520

## PROTEIN

16g

## DIRECTIONS

1. Toast waffles until crisp.
2. Spread peanut butter on one waffle.
3. Spread jelly on another.
4. Stack waffles together.
5. Add banana slices if using.
6. Drizzle honey and serve warm.

