

ROASTED CAULIFLOWER AND TAHINI WRAP

INGREDIENTS

2 cups cauliflower florets
1 tablespoon olive oil
½ teaspoon cumin
½ teaspoon paprika
Salt and pepper to taste
2 tablespoons tahini
1 tablespoon lemon juice
1 large tortilla or wrap
Optional: spinach,
pickled onions, chili flakes

CALORIES

390

kcal

PROTEIN

14

g



DIRECTIONS

1. Roast cauliflower at 200°C (400°F) for 20–25 minutes until golden.
2. Mix tahini with lemon juice and a splash of water until creamy.
3. Warm tortilla in a pan.
4. Add roasted cauliflower and drizzle tahini sauce.
5. Add optional greens or toppings.
6. Roll tightly and serve warm.

TURKEY DELI AND AVOCADO CLUB WRAP

INGREDIENTS

- 3-4 slices turkey deli meat
- ½ avocado, sliced or mashed
- 1 large tortilla or wrap
- 2 slices tomato
- 1 cup lettuce
- 1 tablespoon mayo or mustard (optional)
- Salt and pepper to taste

CALORIES

420

PROTEIN

28g

DIRECTIONS

1. Warm tortilla slightly for flexibility.
2. Spread mayo or mustard if using.
3. Layer turkey, avocado, lettuce, and tomato.
4. Season lightly with salt and pepper.
5. Roll tightly into a wrap.
6. Slice and serve fresh or chilled.



TRIPLE BERRY AND GREEK YOGURT SWEET WRAP

INGREDIENTS

1 large tortilla or wrap

$\frac{3}{4}$ –1 cup Greek yogurt

$\frac{1}{2}$ cup mixed berries
(strawberries, blueberries, raspberries)

1 teaspoon honey (optional)

Optional: granola, chia seeds,
cinnamon

CALORIES

230

PROTEIN

12g



DIRECTIONS

1. Spread Greek yogurt over the tortilla.
2. Add berries evenly across the surface.
3. Drizzle honey if desired.
4. Sprinkle optional granola or chia seeds.
5. Roll tightly into a wrap.
6. Slice and serve chilled.

PULLED PORK AND SCRAMBLED EGG WRAP

INGREDIENTS

- 1–2 cups pulled pork (warm)
- 2–3 eggs
- 1 tablespoon butter or oil
- 1 large tortilla or wrap
- Salt and pepper to taste
- Optional: cheese, BBQ sauce, hot sauce

CALORIES: 520

PROTEIN: 31g



DIRECTIONS

1. Scramble eggs in butter until soft and fluffy.
2. Warm pulled pork in a pan or microwave.
3. Heat tortilla briefly for flexibility.
4. Layer eggs and pulled pork inside wrap.
5. Add optional sauces or cheese.
6. Roll tightly and serve warm.

MEDITERRANEAN HUMMUS AND CUCUMBER WRAP

INGREDIENTS

- ½–1 cup hummus
- 1 cucumber, thinly sliced
- 1 large tortilla or wrap
- ½ cup spinach or mixed greens
- 1 tablespoon olive oil
- Optional: feta, olives, lemon juice, tomatoes

CALORIES
360

PROTEIN
14g



DIRECTIONS

1. Warm tortilla slightly if desired.
2. Spread hummus evenly over wrap.
3. Add cucumber and greens.
4. Drizzle with olive oil and optional lemon juice.
5. Add feta or olives if using.
6. Roll tightly and serve chilled or fresh.

BUFFALO CHICKEN AND BLUE CHEESE WRAP

INGREDIENTS

- 2 cups cooked chicken, shredded
- 2–3 tablespoons buffalo sauce
- 1 tablespoon butter (optional, for richness)
- 1 large tortilla or wrap
- ¼ cup blue cheese crumbles
- 1 cup lettuce or shredded cabbage
- Optional: ranch dressing, celery, carrots

CALORIES 520

PROTEIN 36g

DIRECTIONS

1. Warm chicken in a pan with buffalo sauce (and butter if using). Stir until fully coated and heated through.
2. Warm tortilla briefly for flexibility.
3. Layer lettuce, buffalo chicken, and blue cheese.
4. Add optional ranch or veggies.
5. Roll tightly and serve.



ZUCCHINI AND GOAT CHEESE SUMMER WRAP

INGREDIENTS

- 1 zucchini, sliced into thin strips
- 1 tablespoon olive oil
- Salt and pepper to taste
- ¼ cup goat cheese, crumbled
- 1 large tortilla or wrap
- Optional: arugula, lemon juice, herbs

CALORIES

320

PROTEIN

13g

DIRECTIONS

1. Lightly sauté zucchini in olive oil until tender.
2. Season with salt and pepper.
3. Warm tortilla in a pan.
4. Spread goat cheese over wrap.
5. Add zucchini and optional greens.
6. Roll tightly and serve fresh.



HAM AND SWISS BISCUIT-STYLE WRAP

INGREDIENTS

- 2–3 slices ham
- 1–2 slices Swiss cheese
- 1 large soft tortilla or wrap
- 1 teaspoon mustard (optional)
- 1 tablespoon butter (for toasting)

CALORIES

380

PROTEIN

23g

DIRECTIONS

1. Warm tortilla in a pan until soft.
2. Layer ham, Swiss cheese, and mustard.
3. Roll tightly like a biscuit-style wrap.
4. Toast seam-side down in buttered skillet until golden.
5. Flip and crisp other side.
6. Slice and serve warm.



SWEET POTATO AND KALE VEGAN WRAP

INGREDIENTS

- 1 medium sweet potato, cubed
- 1 cup kale, chopped
- 1 tortilla or wrap
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- Salt and pepper to taste
- Optional: hummus, tahini, chili flakes

CALORIES

380

PROTEIN

10g



DIRECTIONS

1. Roast or pan-cook sweet potatoes until tender.
2. Sauté kale with olive oil until wilted.
3. Season both with garlic powder, salt, and pepper.
4. Warm tortilla.
5. Fill with sweet potato, kale, and optional hummus.
6. Roll tightly and serve warm.

SOUTHWEST BLACK BEAN AND AVOCADO WRAP

INGREDIENTS

- 1 cup black beans, drained
- 1 avocado, sliced or mashed
- 1 cup lettuce or shredded cabbage
- 1 whole wheat tortilla
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- Optional: salsa, cheese, lime juice



CALORIES: 380

PROTEIN: 14g

DIRECTIONS

1. Warm black beans with cumin, chili powder, salt, and pepper.
2. Spread avocado onto tortilla.
3. Add beans and lettuce on top.
4. Add optional salsa or cheese.
5. Roll tightly into a wrap.
6. Serve immediately.

GRILLED CHICKEN AND EGG WHITE WRAP

INGREDIENTS

- 1 chicken breast, grilled and sliced
- 3–4 egg whites
- 1 whole wheat wrap
- 1 cup spinach or lettuce
- 1 teaspoon olive oil
- Salt and pepper to taste
- Optional: mustard, avocado, hot sauce

CALORIES

340

PROTEIN

32g



DIRECTIONS

1. Cook egg whites in a lightly oiled pan until set.
2. Warm grilled chicken slices if needed.
3. Warm tortilla for flexibility.
4. Layer egg whites, chicken, and greens.
5. Add optional condiments.
6. Roll tightly into a wrap and serve.

BACON, LETTUCE, AND FRIED TOMATO WRAP

INGREDIENTS

- 2-3 slices bacon
- 1 tomato, sliced
- 1 egg (optional, for extra richness)
- 1 large tortilla or wrap
- 1 cup lettuce (romaine or iceberg)
- 1 tablespoon mayo
- Salt and pepper to taste
- Optional: hot sauce, avocado

CALORIES

450

PROTEIN

23g

DIRECTIONS

1. Cook bacon until crispy and set aside.
2. Lightly pan-fry tomato slices until just softened (optional but recommended).
3. Warm tortilla in a skillet.
4. Spread mayo over the wrap.
5. Layer lettuce, bacon, fried tomato, and optional egg.
6. Roll tightly and serve warm or fresh.



HUMMUS AND ROASTED CHICKPEA WRAP

INGREDIENTS

- 1 cup chickpeas, drained
- 1 tablespoon olive oil
- ½ teaspoon paprika
- Salt and pepper to taste
- ½ cup hummus
- 1 large tortilla or wrap
- Optional: spinach, cucumber, lemon juice

CALORIES

420

PROTEIN

16g

DIRECTIONS

1. Roast chickpeas in oven at 200°C (400°F) for 20–25 minutes until crispy.
2. Season with paprika, salt, and pepper.
3. Spread hummus over tortilla.
4. Add roasted chickpeas and optional veggies.
5. Roll tightly into a wrap.
6. Serve immediately.



PINEAPPLE AND TERIYAKI CHICKEN WRAP

INGREDIENTS

2 cups cooked chicken, sliced

½–1 cup pineapple chunks

2 tablespoons teriyaki sauce

1 teaspoon sesame oil (optional)

1 large tortilla or wrap

Optional: lettuce, cucumber,
sesame seeds

CALORIES

430

PROTEIN

32g



DIRECTIONS

1. Warm chicken in a pan and add teriyaki sauce.
2. Stir in pineapple chunks and heat briefly.
3. Warm tortilla for flexibility.
4. Add chicken mixture and optional greens.
5. Sprinkle sesame seeds if desired.
6. Roll tightly and serve warm.

BBQ JACKFRUIT VEGAN BREAKFAST WRAP

INGREDIENTS

1 can young jackfruit
(drained and shredded)

½ cup BBQ sauce

1 tablespoon olive oil

1 large tortilla or wrap

1 cup shredded cabbage
or lettuce

Optional: vegan mayo,
pickles, avocado

CALORIES: 420

PROTEIN: 18g



DIRECTIONS

1. Sauté jackfruit in olive oil until softened.
2. Add BBQ sauce and simmer until coated and sticky.
3. Warm tortilla briefly.
4. Add cabbage/lettuce and BBQ jackfruit.
5. Add optional toppings. Roll tightly and serve warm.

BROCCOLI AND CHEDDAR BREAKFAST WRAP

INGREDIENTS

2-3 eggs

1 cup broccoli florets,
finely chopped

¼-½ cup cheddar cheese,
shredded

1 large tortilla or wrap

1 tablespoon butter or oil

Salt and pepper to taste

Optional: hot sauce,
garlic powder



CALORIES

PROTEIN

420

28g

DIRECTIONS

1. Steam or sauté broccoli until tender.
2. Whisk eggs with salt and pepper.
3. Cook eggs in butter, adding broccoli halfway through.
4. Stir in cheddar until melted and creamy.
5. Warm tortilla briefly.
6. Fill, roll tightly, and serve warm.

ITALIAN SAUSAGE AND MARINARA WRAP

INGREDIENTS

2 Italian sausages,
cooked and sliced

½–1 cup marinara sauce

1 large tortilla or wrap

¼–½ cup mozzarella cheese

Optional: basil, spinach,
parmesan

CALORIES

550

PROTEIN

28g



DIRECTIONS

1. Warm sausage slices in a skillet.
2. Heat marinara sauce separately or in pan.
3. Warm tortilla for flexibility.
4. Layer sausage, marinara, and mozzarella.
5. Add optional greens or herbs.
6. Roll tightly and serve warm (or toast for crispness).

APPLE AND SHARP CHEDDAR WARM WRAP

INGREDIENTS

- 1 apple, thinly sliced
- 2–3 slices sharp cheddar cheese
- 1 large tortilla or wrap
- 1 teaspoon butter (for toasting)
- Optional: Dijon mustard, honey

CALORIES

430

calories

PROTEIN

16g

protein



DIRECTIONS

1. Warm tortilla in a skillet.
2. Layer apple slices and cheddar cheese.
3. Add optional mustard or honey.
4. Roll tightly into a wrap.
5. Toast in buttered pan until golden and melty.
Slice and serve warm.

PESTO AND SUNDRIED TOMATO EGG WRAP

INGREDIENTS

2-3 eggs

1 tablespoon pesto

2 tablespoons sundried
tomatoes, chopped

1 large tortilla or wrap

1 teaspoon olive oil or butter

Salt and pepper to taste

Optional: spinach, mozzarella

CALORIES

400

PROTEIN

22g



DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Cook in a skillet with oil until softly scrambled.
3. Stir in pesto and sundried tomatoes.
4. Warm tortilla in a dry pan.
5. Fill with egg mixture and optional cheese.
6. Roll tightly and serve warm.

MAPLE TURKEY BACON AND FRIED EGG WRAP

INGREDIENTS

2-3 slices turkey bacon
2 eggs
1 teaspoon maple syrup
1 large tortilla or wrap
Salt and pepper to taste
Optional: cheddar cheese,
spinach



CALORIES

420

kcal

PROTEIN

28

g

DIRECTIONS

1. Cook turkey bacon until crispy, brushing lightly with maple syrup.
2. Fry eggs to desired doneness.
3. Warm tortilla in a pan.
4. Layer bacon, eggs, and optional cheese.
5. Roll tightly into a wrap.
6. Serve warm.

ROASTED MUSHROOM AND FONTINA WRAP

INGREDIENTS

- 2 cups mushrooms, sliced
- 1 tablespoon olive oil
- 1 garlic clove, minced
- Salt and pepper to taste
- ¼–½ cup fontina cheese, sliced or shredded
- 1 large tortilla or wrap
- Optional: spinach, thyme, balsamic glaze

430
CALORIES

19g
PROTEIN



DIRECTIONS

1. Heat olive oil in a pan and sauté mushrooms until browned.
2. Add garlic, salt, and pepper; cook until fragrant.
3. Warm tortilla in a dry pan.
4. Layer mushrooms and fontina cheese onto wrap.
5. Add optional spinach or thyme.
6. Roll tightly and toast lightly if desired.

SHREDDED BEEF AND PICO DE GALLO WRAP

INGREDIENTS

2 cups cooked shredded beef

½–1 cup pico de gallo

1 large tortilla or wrap

Optional: avocado, cheese,
sour cream, lime

CALORIES

490

PROTEIN

32g



DIRECTIONS

1. Warm shredded beef in a skillet.
2. Heat tortilla slightly for flexibility.
3. Add beef to center of wrap.
4. Spoon pico de gallo on top.
5. Add optional toppings like avocado or cheese.
6. Roll tightly and serve.

CHORIZO AND CRISPY POTATO BREAKFAST BURRITO

INGREDIENTS

- 1 cup chorizo (crumbled)
- 2 medium potatoes, diced small
- 2 eggs (optional but recommended)
- 1 tablespoon oil
- Salt and pepper to taste
- 1 large tortilla
- Optional: cheese, salsa, avocado, sour cream

CALORIES

620

PROTEIN

27g



DIRECTIONS

1. Heat oil in a skillet and cook potatoes until golden and crispy.
2. Add chorizo and cook until browned and fully cooked.
3. Optional: scramble eggs in the same pan or separately.
4. Warm tortilla in a dry pan.
5. Fill with potato-chorizo mixture and eggs.
6. Add toppings, roll tightly, and serve.

TURKEY SAUSAGE AND GOUDA PREP WRAP

INGREDIENTS

2 turkey sausages, cooked and sliced

1 tortilla or wrap

¼–½ cup shredded or sliced gouda

1 cup spinach or greens

Optional: mustard, mayo, roasted peppers

CALORIES

410

PROTEIN

28g



DIRECTIONS

1. Warm tortilla slightly for flexibility.
2. Layer spinach, sausage slices, and gouda.
3. Add optional condiments.
4. Roll tightly into a wrap.
5. Toast in a pan if desired for crispness.
6. Slice and store or serve warm.

SIMPLE ALMOND BUTTER AND STRAWBERRY WRAP

INGREDIENTS

- 1 large tortilla or wrap
- 2-3 tablespoons almond butter
- ½-1 cup strawberries, sliced
- 1 teaspoon honey (optional)
- Optional: chia seeds, granola, banana slices

CALORIES

360

PROTEIN

11g



DIRECTIONS

1. Spread almond butter evenly over tortilla.
2. Add sliced strawberries on top.
3. Drizzle honey if desired.
4. Add optional toppings for crunch or sweetness.
5. Roll tightly into a wrap.
6. Slice and serve immediately or pack for later.

SMOKED SALMON AND HERB CREAM CHEESE WRAP

INGREDIENTS

- 1 tortilla or wrap
- 2–3 tablespoons cream cheese
- 3–4 slices smoked salmon
- 1 tablespoon fresh dill or chives
- ½ cucumber, thinly sliced
- Optional: lemon juice, capers, arugula

CALORIES	PROTEIN
320	18g

DIRECTIONS

1. Spread cream cheese over tortilla.
2. Layer smoked salmon and cucumber.
3. Sprinkle herbs over top.
4. Add optional lemon juice or capers.
5. Roll tightly into a wrap.
6. Slice and serve chilled.



SPICY SHREDDED PORK AND KIMCHI WRAP

INGREDIENTS

- 2 cups shredded cooked pork
- ½ cup kimchi
- 1 tablespoon gochujang or chili sauce (optional)
- 1 teaspoon sesame oil
- 1 large tortilla or wrap
- Optional: lettuce, cucumber, green onions

CALORIES

430

PROTEIN

28g



DIRECTIONS

1. Warm shredded pork in a skillet with sesame oil and optional chili paste. Heat until slightly crisped and flavorful.
2. Warm tortilla briefly.
3. Add pork and kimchi.
4. Add optional vegetables for crunch.
5. Roll tightly and serve.

SIMPLE CINNAMON APPLE ROLL-UP

INGREDIENTS

- 1 large tortilla or wrap
- 1 apple, thinly sliced or chopped
- 1 teaspoon butter
- ½ teaspoon cinnamon
- 1–2 teaspoons honey or maple syrup (optional)
- Optional: peanut butter, raisins, granola

CALORIES

250

PROTEIN

6g



DIRECTIONS

1. Sauté apple slices in butter until softened.
2. Sprinkle with cinnamon and sweetener if using.
3. Warm tortilla in a pan.
4. Add apples (and optional peanut butter).
5. Roll tightly into a wrap.
6. Slice and serve warm.

CURRIED EGG SALAD MORNING WRAP

INGREDIENTS

- 3–4 hard-boiled eggs, chopped
- 2 tablespoons Greek yogurt or mayo
- 1 teaspoon curry powder
- 1 teaspoon mustard (optional)
- Salt and pepper to taste
- 1 large tortilla or wrap
- Optional: celery, raisins, spinach

CALORIES

370

PROTEIN

21g



DIRECTIONS

1. Mix chopped eggs, yogurt, curry powder, mustard, salt, and pepper. Stir until creamy and well combined.
2. Warm tortilla slightly if desired.
3. Spread egg salad evenly over wrap.
4. Add optional greens or crunch ingredients.
5. Roll tightly and serve chilled or fresh.

CORN AND COTIJA FIESTA WRAP

INGREDIENTS

- 1 cup corn (grilled or canned)
- ¼–½ cup cotija cheese, crumbled
- 1 large tortilla or wrap
- 1 tablespoon mayo or Greek yogurt (optional)
- 1 teaspoon chili powder
- Juice of ½ lime
- Optional: cilantro, avocado, hot sauce

CALORIES

350

PROTEIN

13g

DIRECTIONS

1. Warm corn in a skillet until slightly charred.
2. Mix corn with chili powder and lime juice.
3. Spread mayo or yogurt on tortilla if using.
4. Add corn and cotija cheese.
5. Add optional toppings.
6. Roll tightly and serve.



CHILI CON CARNE AND EGG WRAP

INGREDIENTS

1–2 cups chili con carne
(beef + beans chili)

2 eggs

1 large tortilla or wrap

1 tablespoon oil or butter

Optional: cheese, avocado,
hot sauce, cilantro

CALORIES

520

PROTEIN

28g

DIRECTIONS

1. Warm chili in a pan until hot.
2. Scramble or fry eggs separately.
3. Warm tortilla briefly.
4. Layer chili and eggs onto wrap.
5. Add optional toppings like cheese or avocado.
6. Roll tightly and serve warm.



SPINACH AND ARTICHOKE SCRAMBLE WRAP

INGREDIENTS

2-3 eggs

1 cup spinach

½ cup artichoke hearts, chopped

2 tablespoons cream cheese
or Greek yogurt

1 tablespoon olive oil or butter

1 large tortilla or wrap

Salt and pepper to taste

Optional: parmesan, garlic
powder, hot sauce



CALORIES

420

PROTEIN

24g

DIRECTIONS

1. Heat oil or butter in a skillet.
2. Sauté spinach until wilted and add artichokes.
3. Add eggs and gently scramble.
4. Stir in cream cheese until creamy and blended.
5. Season with salt and pepper.
6. Fill wrap, roll tightly, and serve warm.

ROASTED BUTTERNUT SQUASH AND SAGE WRAP

INGREDIENTS

- 2 cups butternut squash, cubed
- 1 tablespoon olive oil
- ½ teaspoon dried sage (or fresh)
- Salt and pepper to taste
- 1 large tortilla or wrap
- Optional: feta, goat cheese, spinach, honey

CALORIES

420

PROTEIN

14g



DIRECTIONS

1. Roast squash at 200°C (400°F) for 20–25 minutes until tender.
2. Toss with sage, salt, and pepper.
3. Warm tortilla in a pan.
4. Layer squash and optional cheese or greens.
5. Drizzle lightly with olive oil or honey if desired.
6. Roll tightly and serve warm.

ROASTED RED PEPPER AND GOAT CHEESE WRAP

INGREDIENTS

1 large tortilla or wrap

½–1 cup roasted red peppers
(jarred or homemade)

¼ cup goat cheese,
softened or crumbled

1 cup spinach or arugula

1 teaspoon olive oil

Optional: balsamic glaze,
black pepper, basil

CALORIES

320

PROTEIN

12g



DIRECTIONS

1. Warm tortilla slightly for flexibility.
2. Spread goat cheese evenly over the wrap.
3. Layer roasted red peppers and greens.
4. Drizzle olive oil and optional balsamic glaze.
5. Season with black pepper.
6. Roll tightly and serve fresh or lightly toasted.

SPICY BLACKENED SHRIMP BREAKFAST WRAP

INGREDIENTS

- 200–300g shrimp,
peeled and deveined
- 1 teaspoon blackened
seasoning (or paprika,
cayenne, garlic powder mix)
- 1 tablespoon oil or butter
- 2 eggs (optional)
- 1 large tortilla or wrap
- Optional: avocado, lettuce,
hot sauce, cheese



CALORIES

520

PROTEIN

32g

DIRECTIONS

1. Toss shrimp with blackened seasoning.
2. Sear shrimp in hot pan until pink and slightly crisped.
3. Optional: scramble eggs in the same pan.
4. Warm tortilla briefly.
5. Fill with shrimp, eggs, and toppings.
6. Roll tightly and serve warm.

Refried Bean and Queso Fresco Wrap

INGREDIENTS

- 1 cup refried beans
- ¼–½ cup queso fresco, crumbled
- 1 large tortilla or wrap
- 1 tablespoon olive oil or butter
(optional for toasting)
- Optional: salsa, cilantro,
hot sauce, avocado



CALORIES

380

PROTEIN

16g

DIRECTIONS

1. Warm refried beans in a small pan until smooth and hot.
2. Heat tortilla slightly for flexibility.
3. Spread refried beans over the tortilla.
4. Sprinkle queso fresco on top.
5. Add optional toppings like salsa or cilantro.
6. Roll tightly and toast in a pan if desired.

SIMPLE PB&J BANANA ROLL-UP

INGREDIENTS

- 1 large tortilla or wrap
- 2 tablespoons peanut butter
- 1–2 tablespoons jam or jelly
- 1 banana, whole or sliced lengthwise



CALORIES

310

PROTEIN

10g

DIRECTIONS

1. Spread peanut butter evenly over tortilla.
2. Add jam on top.
3. Place banana in center.
4. Roll tightly into a wrap.
5. Slice into pinwheels if desired.
6. Serve immediately or pack for later.

LEMON HERB TOFU SCRAMBLE WRAP

INGREDIENTS

- 200g firm tofu, crumbled
- 1 cup spinach
- 1 tablespoon olive oil
- Juice of ½ lemon
- 1 teaspoon dried herbs (oregano or thyme)
- Salt and pepper to taste
- 1 large tortilla or wrap
- Optional: turmeric, nutritional yeast, chili flakes

CALORIES	PROTEIN
320	22g

DIRECTIONS

1. Heat oil in a skillet and crumble tofu into pan.
2. Cook until slightly golden.
3. Add spinach and cook until wilted.
4. Stir in lemon juice, herbs, salt, and pepper.
5. Warm tortilla and fill with mixture.
6. Roll tightly and serve warm.



ASPARAGUS AND SWISS ELEGANT SCRAMBLE

INGREDIENTS

2–3 eggs

½ cup asparagus, chopped

¼ cup Swiss cheese,
shredded or sliced

1 tablespoon butter

Salt and pepper to taste

Optional: chives, garlic powder

CALORIES 290

PROTEIN 18g

DIRECTIONS

1. Sauté asparagus in butter until tender-crisp.
2. Beat eggs with salt and pepper.
3. Pour eggs into pan and gently scramble.
4. Add Swiss cheese and stir until melted.
5. Cook until creamy and soft.
6. Serve warm, garnished with chives if desired.



BLACK BEAN AND SWEET CORN SCRAMBLE

INGREDIENTS

2–3 eggs

½ cup black beans, drained

½ cup corn

1 tablespoon olive oil or butter

¼ teaspoon cumin

Salt and pepper to taste

Optional: cheese, salsa, cilantro

hot sauce

CALORIES

330

PROTEIN

20g

DIRECTIONS

1. Heat oil in a skillet over medium heat.
2. Add corn and black beans; warm through.
3. Beat eggs with salt, pepper, and cumin.
4. Pour eggs into pan and gently scramble.
5. Cook until soft and fluffy. Top with optional cheese or salsa.



CLASSIC BACON AND CHEDDAR SCRAMBLE

INGREDIENTS

2–3 eggs

2–3 slices bacon, cooked
and chopped

¼ cup shredded
cheddar cheese

1 tablespoon butter

Salt and pepper to taste

Optional: chives, hot sauce



CALORIES

420

PROTEIN

27g

DIRECTIONS

1. Beat eggs with salt and pepper.
2. Melt butter in a skillet over medium heat.
3. Pour in eggs and gently scramble.
4. Add bacon and cheese as eggs begin to set.
5. Cook until creamy and just set.
6. Top with chives or hot sauce if desired.

SPICY JALAPEÑO AND PEPPER JACK SCRAMBLE

INGREDIENTS

2–3 eggs

1 jalapeño, finely sliced

¼ cup pepper jack cheese

1 tablespoon butter

Salt and pepper to taste

Optional: onions, cilantro,
hot sauce

CALORIES

360

PROTEIN

24g



DIRECTIONS

1. Beat eggs with salt and pepper.
2. Melt butter in a skillet over medium heat.
3. Add jalapeños and sauté briefly.
4. Pour in eggs and gently scramble.
5. Stir in pepper jack cheese until melted.
6. Cook until soft and creamy, then serve hot.