

# PEANUT BUTTER BANANA RICE CAKES

## INGREDIENTS

Rice cakes

Peanut butter

Banana, sliced

Honey (optional)

Chia seeds or granola (optional)

Cinnamon (optional)

## CALORIES

**210**

## PROTEIN

**6g**

## DIRECTIONS

1. Spread peanut butter over rice cakes.
2. Top with banana slices.
3. Drizzle honey if desired.
4. Sprinkle chia seeds or granola.
5. Add cinnamon for flavor.
6. Serve immediately.



# EVERYTHING BAGEL SMOKED SALMON TOAST

## INGREDIENTS

- Bread (bagel or sourdough)
- Smoked salmon
- Cream cheese
- Everything bagel seasoning
- Lemon juice
- Capers (optional)
- Red onion, thinly sliced
- Dill (optional)

CALORIES

380

PROTEIN

22g

## DIRECTIONS

1. Toast bread until crisp.
2. Spread cream cheese evenly.
3. Add smoked salmon slices.
4. Sprinkle everything bagel seasoning.
5. Top with onion, capers, and dill.
6. Finish with a squeeze of lemon.



# ZUCCHINI HERB SCRAMBLED EGGS

## INGREDIENTS

Eggs (or egg whites)

Zucchini, grated or diced

Olive oil or butter

Fresh herbs (parsley, basil, or dill)

Salt and pepper

Optional: cheese, onion

CALORIES

**280**

PROTEIN

**22g**

## DIRECTIONS

1. Sauté zucchini in oil until soft.
2. Whisk eggs with salt and pepper.
3. Pour eggs into pan with zucchini.
4. Stir gently until scrambled and cooked.
5. Add fresh herbs and optional cheese.
6. Serve warm.



# VANILLA ALMOND CHIA SEED PUDDING

## INGREDIENTS

Chia seeds

Almond milk

Vanilla extract

Honey or maple syrup

Almonds (sliced or chopped)

Optional: berries, granola

**CALORIES:** 280

**PROTEIN:** 8g

## DIRECTIONS

1. Mix chia seeds, almond milk, vanilla, and sweetener.
2. Stir well and let sit for 5–10 minutes.
3. Stir again to prevent clumps.
4. Refrigerate at least 4 hours or overnight.
5. Stir before serving. Top with almonds and fruit.



# SPINACH AND FETA EGG WHITE OMELET

## INGREDIENTS

Egg whites

Fresh spinach

Feta cheese, crumbled

Olive oil or butter

Salt and pepper

Optional: onion, tomatoes



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CALORIES

**210**

kcal

PROTEIN

**24**

g

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## DIRECTIONS

1. Heat pan with olive oil or butter.
2. Sauté spinach until wilted.
3. Pour in egg whites evenly.
4. Cook until edges set.
5. Add feta cheese and fold omelet.
6. Cook 1–2 more minutes and serve.

# BERRY GREEK YOGURT BOWL

## INGREDIENTS

Greek yogurt

Mixed berries (strawberries,  
blueberries, raspberries)

Honey or maple syrup

Granola

Chia seeds (optional)

Nuts (almonds or walnuts,  
optional)

**CALORIES** 310

**PROTEIN** 20g



## DIRECTIONS

1. Spoon Greek yogurt into a bowl.
2. Top with mixed berries.
3. Drizzle honey or maple syrup.
4. Add granola for crunch.
5. Sprinkle chia seeds or nuts if desired.
6. Serve immediately.

# CINNAMON APPLE OVERNIGHT OATS

## INGREDIENTS

Rolled oats

Milk (or almond milk)

Apple, diced

Cinnamon

Honey or maple syrup

Chia seeds (optional)

Yogurt (optional)

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CALORIES

340

PROTEIN

12g

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## DIRECTIONS

1. Mix oats, milk, cinnamon, and sweetener in a jar.
2. Add diced apples and chia seeds.
3. Stir well and refrigerate overnight.
4. In the morning, stir again.
5. Top with yogurt or extra apples if desired.  
Serve cold.



# STRAWBERRY PROTEIN SHAKE

## INGREDIENTS

Strawberries

Protein powder (vanilla or strawberry)

Milk or almond milk

Banana (optional)

Ice cubes

Honey (optional)

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CALORIES

250

PROTEIN

20g

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## DIRECTIONS

1. Add all ingredients to a 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.

# GRAPEFRUIT AND HONEY RICOTTA BOWL

## INGREDIENTS

Ricotta cheese

Grapefruit, segmented

Honey

Vanilla extract (optional)

Chia seeds or nuts (optional)

Mint leaves (optional)

## CALORIES

290

## PROTEIN

16g



## DIRECTIONS

1. Spoon ricotta into a bowl.
2. Top with grapefruit segments.
3. Drizzle honey over the top.
4. Add vanilla if desired.
5. Sprinkle chia seeds or nuts.
6. Garnish with mint and serve chilled.

# TURKEY SAUSAGE AND TOMATO SCRAMBLE

## INGREDIENTS

- Eggs (or egg whites)
- Turkey sausage, sliced or crumbled
- Tomatoes, diced
- Onion, chopped (optional)
- Olive oil or butter
- Salt and pepper
- Optional: cheese, herbs



## CALORIES

**340**

## PROTEIN

**28g**

## DIRECTIONS

1. Cook turkey sausage in a skillet until browned.
2. Add onion and tomatoes and sauté until soft.
3. Whisk eggs with salt and pepper.
4. Pour eggs into the pan and scramble gently.
5. Cook until eggs are set.
6. Serve warm.

# SMOKED TURKEY AND ASPARAGUS EGG BAKE

## INGREDIENTS

Eggs

Smoked turkey, chopped

Asparagus, chopped

Milk (optional)

Salt and pepper

Cheese (optional)

Olive oil or cooking spray



**CALORIES**

290

**PROTEIN**

22g

## DIRECTIONS

1. Preheat oven to 180°C (350°F). Lightly grease baking dish.
2. Whisk eggs with milk, salt, and pepper.
3. Add turkey and asparagus.
4. Pour into dish and top with cheese if using.
5. Bake 20–25 minutes until set.

# HARD-BOILED EGGS WITH EVERYTHING SEASONING

## INGREDIENTS

Eggs  
Everything bagel seasoning  
Salt (optional)  
Pepper (optional)

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## CALORIES

78

## PROTEIN

6g

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## DIRECTIONS

1. Boil eggs for 9–11 minutes.
2. Cool in ice water and peel.
3. Slice or serve whole.
4. Sprinkle everything seasoning generously.
5. Add salt/pepper if needed.
6. Serve as snack or breakfast.



# BELL PEPPER EGG RINGS

## INGREDIENTS

- Eggs
- Large bell peppers (sliced into rings)
- Olive oil or butter
- Salt and pepper
- Optional: cheese, herbs

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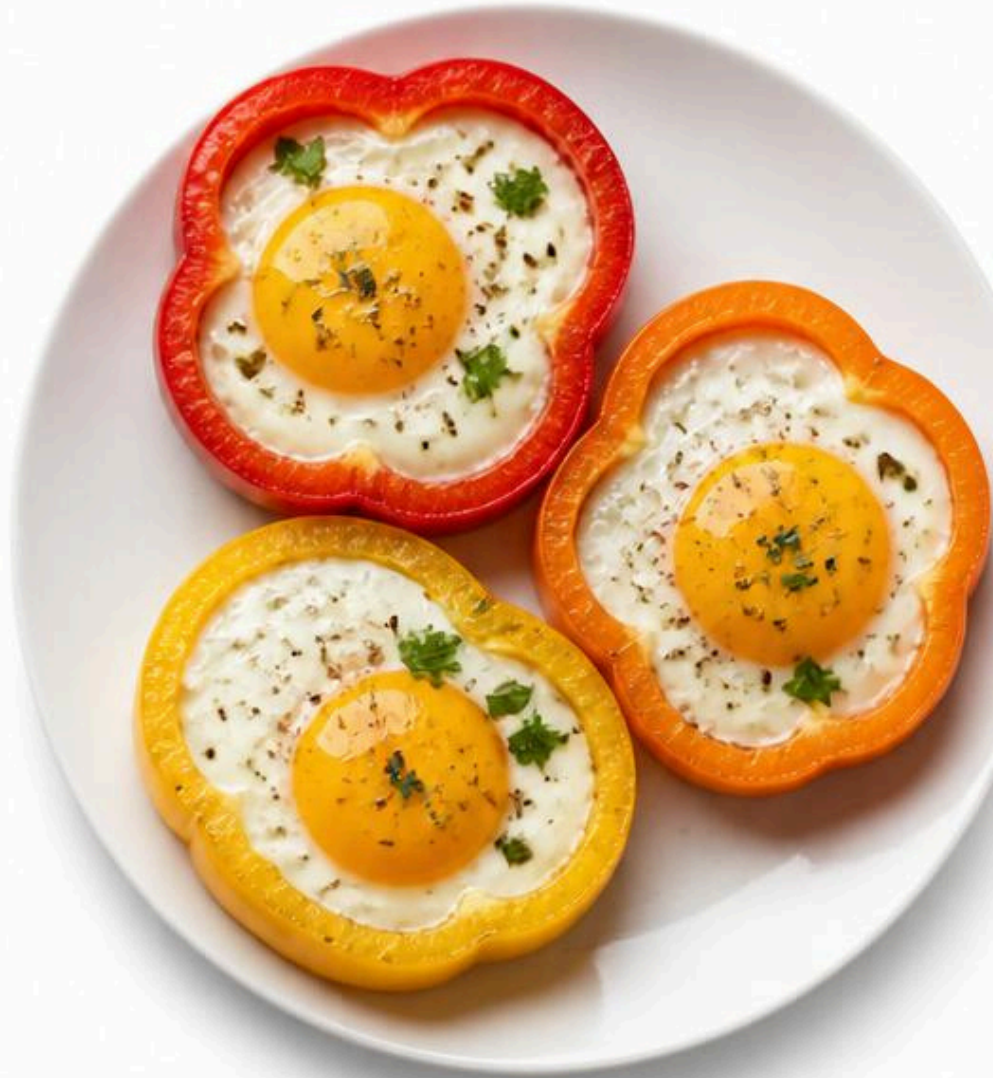
CALORIES

**180**

PROTEIN

**12g**

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## DIRECTIONS

1. Heat pan and lightly oil it.
2. Place bell pepper rings in the pan.
3. Crack an egg into each ring.
4. Season with salt and pepper.
5. Cook until eggs are set, flip if desired.
6. Serve warm.

# WARM BERRY OATMEAL SKILLET

## INGREDIENTS

Rolled oats

Milk or water

Mixed berries (fresh or frozen)

Honey or maple syrup

Cinnamon

Butter (optional)

Chia seeds or nuts (optional)

**320**

CALORIES

**12g**

PROTEIN



## DIRECTIONS

1. Heat oats with milk or water in a skillet.
2. Stir until oats become creamy.
3. Add cinnamon and sweetener.
4. Fold in berries and cook until warm and soft.
5. Simmer until thickened.
6. Serve warm with toppings.

# TROPICAL MANGO COTTAGE CHEESE BOWL

## INGREDIENTS

Cottage cheese

Mango, diced

Pineapple chunks (optional)

Honey or agave (optional)

Coconut flakes

Chia seeds or granola

Lime zest (optional)



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CALORIES

**340**

PROTEIN

**24g**

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## DIRECTIONS

1. Spoon cottage cheese into a bowl.
2. Top with mango and pineapple.
3. Drizzle honey if desired.
4. Add coconut flakes and chia seeds.
5. Mix lightly or keep layered.
6. Serve cold and fresh.

# BAKED TURKEY BACON EGG MUFFINS

## INGREDIENTS

- Eggs (6–10)
- Turkey bacon, cooked and chopped
- Bell peppers, diced
- Spinach, chopped
- Milk (optional, for fluffiness)
- Salt and pepper
- Cheese (optional)
- Olive oil or cooking spray

## CALORIES

**120**

PER MUFFIN

## PROTEIN

**9g**

PER MUFFIN



## DIRECTIONS

1. Preheat oven to 180°C (350°F). Grease a muffin tray lightly.
2. Whisk eggs with salt, pepper, and milk.
3. Stir in turkey bacon, veggies, and cheese.
4. Pour mixture into muffin cups evenly.
5. Bake 18–22 minutes until set and golden.

# GREEN ZING GINGER SMOOTHIE

## INGREDIENTS

Spinach or kale

Banana

Green apple

Fresh ginger

Lemon juice

Greek yogurt or milk (optional)

Ice cubes

Honey (optional)

## CALORIES

220

## PROTEIN

10g

## DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Adjust sweetness with honey if needed.
4. Add more liquid if too thick.
5. Pour into glass and serve cold.
6. Best served fresh.



# SAVORY TOMATO AND COTTAGE CHEESE TOAST

## INGREDIENTS

Bread (whole grain or sourdough)

Cottage cheese

Tomatoes, sliced or chopped

Olive oil

Salt and pepper

Basil or oregano

Optional: chili flakes



## CALORIES

290 kcal

## PROTEIN

16 g

## DIRECTIONS

1. Toast bread until crispy.
2. Spread cottage cheese evenly.
3. Add fresh tomatoes on top.
4. Drizzle olive oil.
5. Season with salt, pepper, basil or oregano.
6. Add chili flakes if desired and serve.

# SIMPLE HONEYDEW AND LIME BOWL

## INGREDIENTS

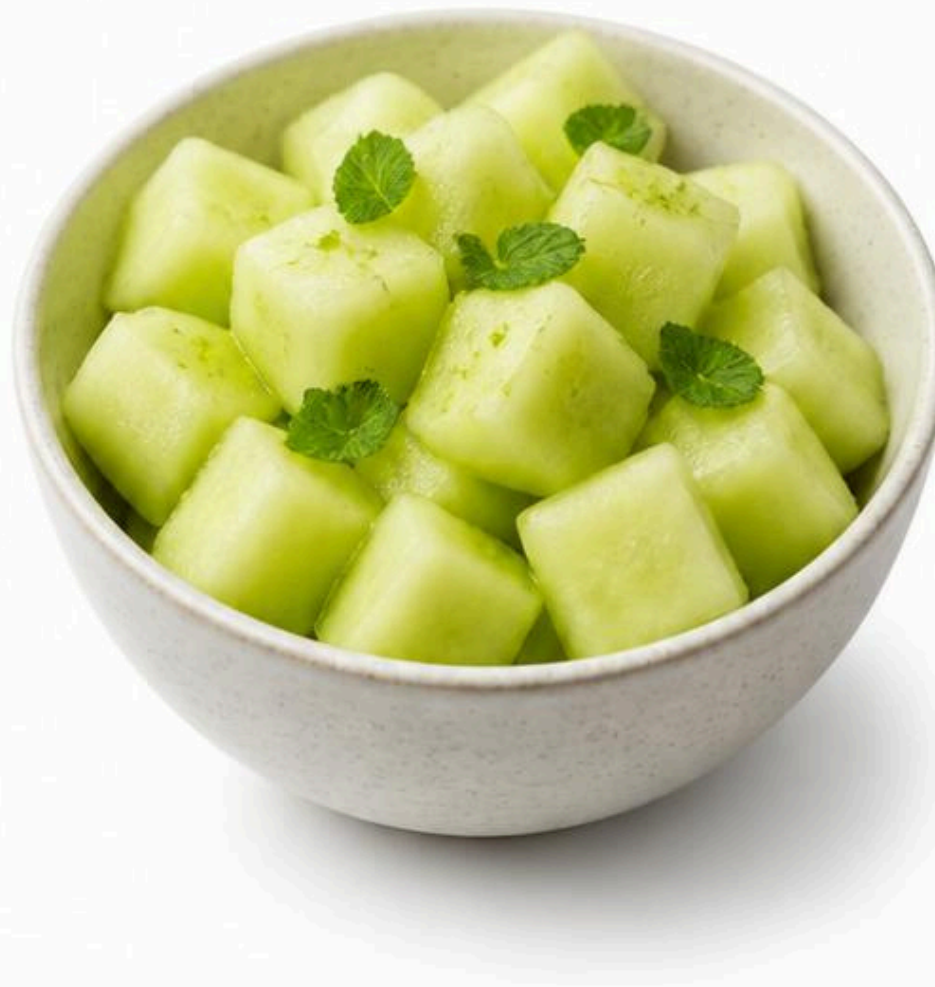
Honeydew melon, cubed

Fresh lime juice

Mint leaves (optional)

Honey (optional)

Pinch of salt



## CALORIES

90 CALORIES

## PROTEIN

1 G PROTEIN

## DIRECTIONS

1. Cube honeydew and place in a bowl.
2. Squeeze fresh lime juice over fruit.
3. Add a small pinch of salt to enhance flavor.
4. Drizzle honey if desired.
5. Toss gently to combine.
6. Garnish with mint and serve chilled.

# BLACKBERRY AND FLAX SEED YOGURT BOWL

## INGREDIENTS

Greek yogurt

Fresh blackberries

Flax seeds

Honey or maple syrup

Granola (optional)

Nuts (optional)



CALORIES

PROTEIN

330

18g

## DIRECTIONS

1. Spoon yogurt into a bowl.
2. Top with blackberries.
3. Sprinkle flax seeds.
4. Drizzle honey.
5. Add granola or nuts if desired.
6. Serve chilled.

# CLEAN CUCUMBER MINT LIME SMOOTHIE

## INGREDIENTS

Cucumber

Fresh mint leaves

Lime juice

Green apple or banana (optional)

Water or coconut water

Ice cubes

Honey (optional)

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CALORIES

**110**

PROTEIN

**2g**

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## DIRECTIONS

1. Add all ingredients to blender.
2. Blend until smooth and refreshing.
3. Adjust thickness with water or ice.
4. Taste and sweeten if needed.
5. Pour into glass.
6. Serve chilled.

# CLEAN GREEN APPLE CELERY JUICE BLEND

## INGREDIENTS

Green apple  
Celery stalks  
Cucumber (optional)  
Lemon juice  
Ginger (optional)  
Water or ice



## CALORIES

70 kcal

## PROTEIN

2 g

## DIRECTIONS

1. Wash and chop all ingredients.
2. Blend with water until smooth.
3. Strain if you prefer juice texture.
4. Add lemon and ginger for flavor.
5. Chill or serve over ice.
6. Drink fresh immediately.

# COTTAGE CHEESE AND PINEAPPLE RING TOAST

## INGREDIENTS

Bread (whole grain or sourdough)

Cottage cheese

Pineapple slices (rings)

Honey (optional)

Cinnamon (optional)

Chia seeds or nuts (optional)

**320**

CALORIES

**18g**

PROTEIN



## DIRECTIONS

1. Toast bread until golden.
2. Spread cottage cheese evenly.
3. Place pineapple ring on top.
4. Drizzle honey if desired.
5. Sprinkle cinnamon or chia seeds.
6. Serve immediately.

# CREAMY PUMPKIN SPICE OATMEAL

## INGREDIENTS

Rolled oats

Milk or almond milk

Pumpkin purée

Cinnamon

Nutmeg

Maple syrup or honey

Vanilla extract

Salt

Optional: pecans, chia seeds



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## CALORIES

350

## PROTEIN

11g

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## DIRECTIONS

1. Cook oats with milk until soft.
2. Stir in pumpkin purée and spices.
3. Add vanilla and sweetener.
4. Mix until creamy and thick.
5. Top with nuts or seeds. Serve warm.

# RASPBERRY CHIA YOGURT PARFAIT

## INGREDIENTS

Greek yogurt

Fresh raspberries

Chia seeds

Granola

Honey or maple syrup

Optional: vanilla extract, nuts



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**290**

CALORIES

**18g**

PROTEIN

## DIRECTIONS

1. Add a layer of yogurt in a glass or bowl.
2. Add raspberries and drizzle honey.
3. Sprinkle chia seeds and granola.
4. Repeat layers if desired.
5. Top with extra berries.
6. Serve chilled.

# SPICY SALSA EGG SCRAMBLE

## INGREDIENTS

Eggs (or egg whites)

Salsa (mild or spicy)

Onion, chopped (optional)

Bell pepper, diced (optional)

Olive oil or butter

Salt and pepper

Optional: cheese, avocado



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CALORIES

**320**

PROTEIN

**22g**

## DIRECTIONS

1. Heat oil in a skillet.
2. Sauté onion and peppers if using.
3. Whisk eggs with salt and pepper.
4. Pour eggs into pan and scramble.
5. Add salsa and mix until combined.
6. Cook until set and serve warm.

MICROWAVE RECIPE

# Blueberry Muffin Mug Cake

## INGREDIENTS

Flour

Baking powder

Sugar or honey

Milk

Egg (or egg white)

Blueberries

Vanilla extract

Butter or oil

## CALORIES

320

## PROTEIN

9g

## DIRECTIONS

1. Mix flour, baking powder, and sugar in a mug.
2. Add milk, egg, vanilla, and butter; stir well.
3. Fold in blueberries.
4. Microwave 1–2 minutes until risen and cooked.
5. Let cool slightly before eating. Serve warm.



# HUMMUS AND CUCUMBER RICE CAKES

## INGREDIENTS

Rice cakes

Hummus

Cucumber, sliced

Olive oil (optional)

Salt and pepper

Chili flakes or paprika (optional)

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CALORIES

150

PROTEIN

6g

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## DIRECTIONS

1. Spread hummus over rice cakes.
2. Add cucumber slices on top.
3. Drizzle olive oil if desired.
4. Season lightly with salt and pepper.
5. Add chili flakes for spice.
6. Serve immediately.



# BAKED CINNAMON PEAR OATMEAL

## INGREDIENTS

Rolled oats

Milk (or almond milk)

Pear, sliced or diced

Cinnamon

Maple syrup or honey

Baking powder (optional, for fluffiness)

Vanilla extract

Salt

Optional: walnuts, chia seeds



## CALORIES

310

## PROTEIN

9g

## DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix oats, cinnamon, baking powder, salt, and milk.
3. Stir in diced pears, vanilla, and sweetener.
4. Pour into baking dish.
5. Bake 25–30 minutes until set and golden.
6. Serve warm with toppings.

SIMPLE

# Hard-Boiled Eggs with Cucumber

## INGREDIENTS

Eggs

Cucumber, sliced

Salt and pepper

Optional: olive oil,  
chili flakes, lemon juice

## CALORIES

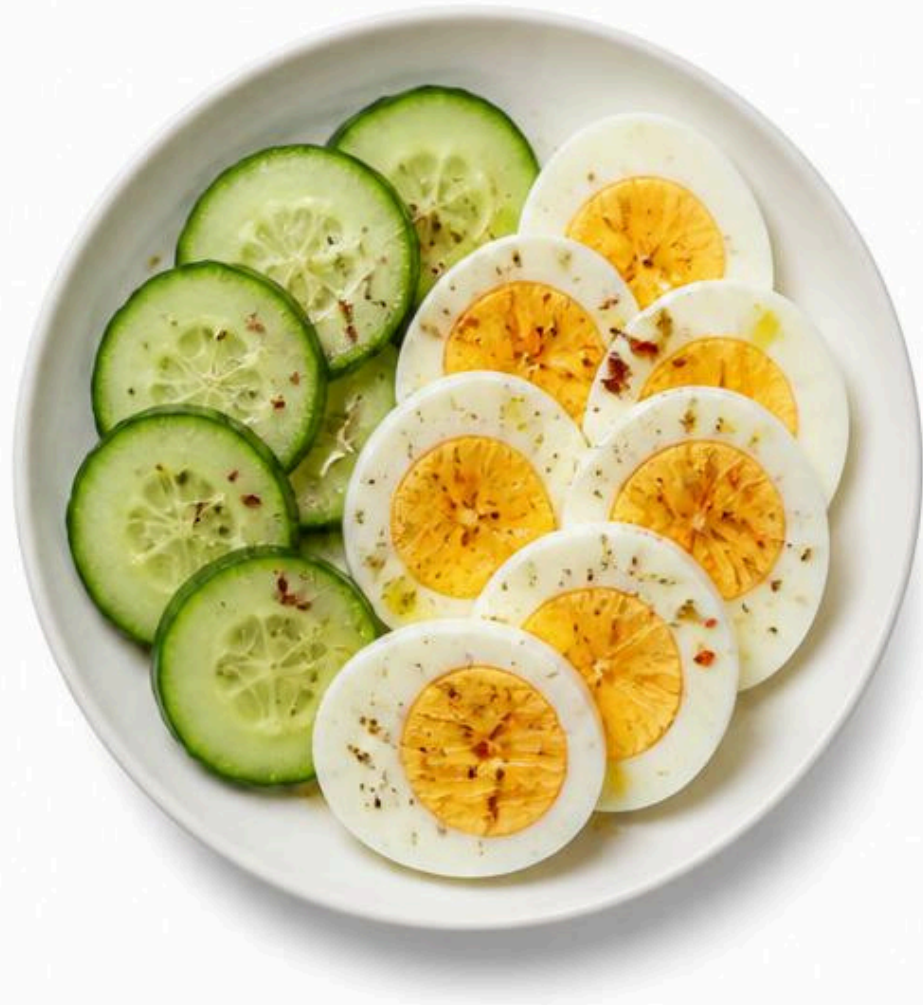
210

## PROTEIN

13g

## DIRECTIONS

1. Boil eggs for 9–11 minutes.
2. Cool and peel eggs.
3. Slice eggs and cucumbers.
4. Season with salt and pepper.
5. Drizzle olive oil or lemon if desired.
6. Serve fresh as a light meal.



# SAVORY MUSHROOM AND SPINACH OMELET

## INGREDIENTS

Eggs (or egg whites)  
Mushrooms, sliced  
Spinach  
Olive oil or butter  
Salt and pepper  
Garlic (optional)  
Cheese (optional)

## CALORIES

320

## PROTEIN

22g



## DIRECTIONS

1. Heat oil in a skillet.
2. Sauté mushrooms until browned.
3. Add spinach and cook until wilted.
4. Whisk eggs with salt and pepper.
5. Pour eggs into pan and cook until set.
6. Fold omelet and serve warm.

# RASPBERRY ALMOND YOGURT CUP

## INGREDIENTS

- Greek yogurt
- Fresh raspberries
- Almonds, sliced or chopped
- Honey or maple syrup
- Vanilla extract (optional)
- Chia seeds or granola (optional)

## CALORIES

210

## PROTEIN

15g

## DIRECTIONS

1. Add yogurt to a cup or bowl.
2. Top with raspberries.
3. Drizzle honey or syrup.
4. Sprinkle almonds and optional toppings.
5. Mix lightly or layer. Serve chilled.



# BROCCOLI AND CHEDDAR EGG SCRAMBLE

## INGREDIENTS

Eggs (or egg whites)  
Broccoli, chopped small  
Cheddar cheese, shredded  
Olive oil or butter  
Salt and pepper  
Optional: onion, milk splash

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CALORIES

**320**

PROTEIN

**22g**

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## DIRECTIONS

1. Steam or sauté broccoli until tender.
2. Whisk eggs with salt and pepper.
3. Pour eggs into pan with broccoli.
4. Scramble gently until cooked.
5. Add cheddar cheese and let melt.
6. Serve warm.



# WARM ALMOND MILK CHAI OATMEAL

## INGREDIENTS

Rolled oats

Almond milk

Chai spice (cinnamon,  
cardamom, ginger, cloves)

Honey or maple syrup

Vanilla extract

Salt

Optional: sliced almonds,  
banana



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CALORIES

**320**

PROTEIN

**9g**

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## DIRECTIONS

1. Heat almond milk in a pot.
2. Add oats and simmer until soft.
3. Stir in chai spices and vanilla.
4. Add sweetener and mix well.
5. Cook until creamy and thick.
6. Top with almonds or fruit and serve warm.

# COTTAGE CHEESE AND STRAWBERRY RICE CAKES

## INGREDIENTS

Rice cakes

Cottage cheese

Strawberries, sliced

Honey (optional)

Chia seeds (optional)

Cinnamon (optional)

## CALORIES

210

## PROTEIN

14g

## DIRECTIONS

1. Spread cottage cheese over rice cakes.
2. Top with sliced strawberries.
3. Drizzle honey if desired.
4. Sprinkle chia seeds or cinnamon.
5. Serve immediately.
6. Enjoy as light breakfast or snack.



# VANILLA PROTEIN BERRY SMOOTHIE

## INGREDIENTS

Protein powder (vanilla)

Mixed berries

Banana (optional)

Milk or almond milk

Ice cubes

Honey (optional)

## CALORIES

250

## PROTEIN

20g



## DIRECTIONS

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

# SAVORY BELL PEPPER AND ONION OMELET

## INGREDIENTS

Eggs (or egg whites)

Bell peppers, sliced

Onion, sliced

Olive oil or butter

Salt and pepper

Cheese (optional)



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CALORIES

320

PROTEIN

22g

## INSTRUCTIONS

1. Sauté onions and bell peppers until soft.
2. Whisk eggs with salt and pepper.
3. Pour eggs into pan over vegetables.
4. Cook until edges set, then fold.
5. Add cheese if using.
6. Serve warm.

# MIXED CITRUS SALAD WITH MINT

## INGREDIENTS

Oranges

Grapefruit

Lemon or lime segments (optional)

Fresh mint leaves

Honey (optional)

Olive oil (optional drizzle)

Pinch of salt

## CALORIES

180 kcal

## PROTEIN

2 g

## DIRECTIONS

1. Peel and segment all citrus fruits.
2. Combine in a bowl.
3. Tear mint leaves and add.
4. Drizzle honey or light olive oil if desired.
5. Toss gently.
6. Serve chilled.



# BAKED CINNAMON APPLE SLICES

## INGREDIENTS

- Apples, sliced
- Cinnamon
- Honey or maple syrup
- Butter (optional)
- Nutmeg (optional)

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**CALORIES:** 120

**PROTEIN:** 0.3g

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## DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Arrange apple slices on baking tray.
3. Sprinkle cinnamon and drizzle honey.
4. Add small butter pieces if using.
5. Bake 15–20 minutes until soft.
6. Serve warm.



# HARD-BOILED EGGS WITH HOT SAUCE

## INGREDIENTS

Eggs

Hot sauce

Salt and pepper

Optional: paprika,  
avocado, toast

CALORIES

**140**

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PROTEIN

**12g**



## DIRECTIONS

1. Boil eggs for 9–11 minutes.
2. Cool in ice water and peel.
3. Slice or serve whole.
4. Season with salt and pepper.
5. Drizzle hot sauce on top.
6. Serve as snack or light meal.

# Savory Spinach and Onion Egg Crepes

## INGREDIENTS

Eggs

Spinach, chopped

Onion, thinly sliced

Milk (optional, for softer crepes)

Salt and pepper

Olive oil or butter

Optional: cheese, herbs

## CALORIES

**320**  
kcal

## PROTEIN

**18**  
g



## DIRECTIONS

1. Whisk eggs with salt, pepper, and a splash of milk.
2. Cook onions in a pan until soft.
3. Add spinach and sauté until wilted.
4. Pour thin layer of egg mixture into pan.
5. Cook like a crepe, flipping gently.
6. Roll or fold and serve warm.

# BAKED ASPARAGUS EGG “NESTS”

## INGREDIENTS

Asparagus spears, trimmed

Eggs

Olive oil

Salt and pepper

Parmesan cheese (optional)

Garlic powder (optional)

CALORIES

**155**

PROTEIN

**10g**

## DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Arrange asparagus in small “nest” clusters on a baking tray.
3. Drizzle with olive oil and season.
4. Bake for 8–10 minutes until slightly tender.
5. Carefully crack an egg into each asparagus nest.
6. Bake another 8–12 minutes until eggs are set.



# ROASTED TOMATO AND BASIL EGG SCRAMBLE

## INGREDIENTS

Eggs (or egg whites)

Cherry tomatoes

Fresh basil

Olive oil

Garlic (optional)

Salt and pepper

Optional: cheese



**CALORIES:** 280

**PROTEIN:** 20g

## DIRECTIONS

1. Roast or sauté tomatoes until soft and blistered.
2. Add garlic if using.
3. Whisk eggs and pour into pan.
4. Scramble gently with tomatoes.
5. Add fresh basil at the end. Serve warm.

# MUSHROOMS AND THYME CAULIFLOWER SCRAMBLE

## INGREDIENTS

Eggs (or egg whites)  
Mushrooms, sliced  
Cauliflower, finely chopped  
or riced  
Thyme  
Garlic, minced  
Olive oil or butter  
Salt and pepper

## CALORIES

290

## PROTEIN

22g

## DIRECTIONS

1. Sauté mushrooms in oil until browned.
2. Add cauliflower and cook until tender.
3. Whisk eggs with salt and pepper.
4. Pour into pan and scramble.
5. Add thyme and cook until set.
6. Serve warm.



# PEACH AND ALMOND COTTAGE CHEESE CUP

## INGREDIENTS

Cottage cheese

Peach, sliced or diced

Almonds, chopped or sliced

Honey

Cinnamon (optional)

Chia seeds (optional)

## CALORIES

320 kcal

## PROTEIN

24 g

## DIRECTIONS

1. Spoon cottage cheese into a bowl.
2. Add fresh peach pieces on top.
3. Drizzle honey over mixture.
4. Sprinkle almonds for crunch.
5. Add cinnamon or chia seeds if desired.
6. Serve chilled.



# SOUTHWESTERN EGG WHITE MUG BAKE

## INGREDIENTS

Egg whites  
Black beans  
Corn  
Diced bell peppers  
Salsa  
Chili powder  
Salt and pepper  
Cheese (optional)

**CALORIES:** 210

**PROTEIN:** 22g



## DIRECTIONS

1. Mix all ingredients in a microwave-safe mug or bowl.
2. Stir well to combine.
3. Microwave 1–2 minutes until set.
4. Stir halfway through for even cooking.
5. Top with cheese or salsa if desired.
6. Serve hot.

# PINEAPPLE MINT GREEN SMOOTHIE

## INGREDIENTS

Spinach or kale

Pineapple chunks

Banana

Fresh mint leaves

Coconut water or milk

Ice cubes

Honey (optional)

## CALORIES

**180**

## PROTEIN

**3g**

## DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Adjust sweetness with honey if needed.
4. Add more liquid for thinner consistency.
5. Pour into glass.
6. Serve chilled and fresh.

