

Nutrition Guide & Recipes



Breakfast Ideas

- Yogurt with Berries and Nuts
- Eggs with Avocado & Salsa
- Omelet
- Protein Pancakes
- Smoothies
- Oatmeal
- Breakfast Toast

Recipes

Option 1

Yogurt with Berries and Nuts

- 1 cup of plain Greek Yogurt
- 1 cup of mixed berries
- 2 tbsp of shredded coconut
- 1 tbsp of chopped raw almonds

Directions

Mix the berries and shredded coconut into the yogurt. Sprinkle the chopped raw almonds on top.

Yogurt Brands to Buy: Redwood Hill Farm Goat Milk Yogurt, Fage Total 0%, Chobani Complete, Siggi's Skyr



Option 2

Eggs with a side of Avocado & Salsa

2 Eggs any style
½ Avocado diced up
2 tbsp of Salsa
1 cup of fresh fruit

Directions

Enjoy the fruit on the side of the Eggs any style topped with Avocado & Salsa



Option 3

Protein Pancakes

Use recipe of choice or instant mix and follow recipe
1 tbsp almond butter
1 cup of berries

Directions

Make pancakes according to recipe or instant mix chosen. Top with almond butter. Enjoy berries on the side.

Good nut butter brands are the following: Santa Cruz, RX, Justin's, Barney, MaraNatha, Sunbutter and others. Watch for added sugars to the ingredients.

Instant protein pancake mixes to buy: Kodiak, Birch Benders, flapJacked and P28



Option 4

Omelet

2 whole eggs
½ cup egg whites
1 ounce goat cheese or another of your choice
6 cherry tomatoes
1 handful spinach
1 tbsp oil

Directions

Mix the whole eggs with the egg whites and beat together in a bowl. Pre-heat a skillet and add oil. Pour egg mixture in. Let it set for 1 minute. Add the rest of the omelet ingredients onto the egg mixture. Fold the egg over the ingredients and cook for one more minute.



Option 5

Peanut Butter Banana Smoothie

2 cups frozen banana chunks (you can keep a bag of banana chunks in bag in freezer for smoothies)
¼ cup plain Greek Yogurt
¼ cup peanut butter
2 tablespoons honey
1 cup milk
1 cup ice

Directions

Add all ingredients to blender and blend until smooth, drink immediately.





Option 6

Oatmeal

1-2 cups of oatmeal (overnight oats, instant or old fashioned)

Top with any of your favorites:

Dried or fresh fruits, walnuts, pecans, cinnamon, chia seeds, flax, nut butters

Directions

Prepare oatmeal as instructions state. Add your toppings and enjoy.

Oatmeal Brands to Buy: Quaker, Purely Elizabeth, Kodiak Cakes, Nature's Path



Option 7

Breakfast Toast

1 Slice Whole Grain Bread

Top with any of your favorites:

Egg, avocado, nuts, berries, honey, nut butters, smoked salmon, cheeses, herbs..the options are endless

Directions

Prepare your slice of toast to your level of toasted perfection. Add any toppings you want and enjoy.

Great Whole Grain Bread Brands: Dave's Killer Bread, Nature's Own, Food for Life Ezekiel 4:9, Canyon Bakehouse

