



A Full Week of Healthy Morning Meals Under 20 Minutes

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FRUITS

- 1 Avocado
- 3 Banana
- 2 cups Pineapple
- 1/2 cup Raspberries

SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 2 tbsps Chia Seeds
- 1 tsp Cinnamon
- 2 tbsps Hemp Seeds
- 0 Sea Salt & Black Pepper
- 1 tsp Turmeric

VEGETABLES

- 3/4 cup Butternut Squash
- 1 tbsp Ginger
- 2 cups Kale Leaves
- 2 tbsps Microgreens
- 2 Red Bell Pepper
- 1 Sweet Potato

CONDIMENTS & OILS

- 1 1/3 tbsps Coconut Oil
- 1 1/2 tsps Extra Virgin Olive Oil

COLD

- 18 Egg
- 3 cups Unsweetened Almond Milk

OTHER

- 1/2 cup Vanilla Protein Powder

Eggs in a Butternut Squash Nest

1 SERVING 15 MINUTES



INGREDIENTS

3/4 cup Butternut Squash (spiralized into noodles)

1 tsp Coconut Oil

2 Egg

Sea Salt & Black Pepper (to taste)

2 tbsps Microgreens (optional)

DIRECTIONS

- 01 Form the spiralized squash noodles into nests, making a small well in the center for the egg.
- 02 Heat a pan over medium heat and add the coconut oil. Use a spatula to transfer the squash nests to the pan and cook for about 7 minutes.
- 03 Crack eggs into cups and transfer them into the wells of the squash nests. Cook for about 3 to 4 minutes or until the whites have set and it is cooked to your liking. Cover the pan with a lid to speed up the cooking time.
- 04 Transfer the egg nests onto a plate and season with sea salt and black pepper to taste. Garnish with microgreens (optional) and enjoy!

NOTES

NO SQUASH

Use spiralized sweet potato, beets or zucchini instead.

SAVE TIME

Use storebought spiralized veggies.

SPIRALIZING SQUASH

Use a spiralizer machine to create spirals with the long part of the butternut squash, not the bulb. Peel first and then cut in half horizontally to spiralize.

Simple Banana Pancakes

2 SERVINGS 20 MINUTES



INGREDIENTS

2 Banana (ripe)
4 Egg
1 tbsp Coconut Oil

DIRECTIONS

- 01 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 02 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 03 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

NOTES

LIKES IT SWEET

Add blueberries or chocolate chips into the batter.

Bell Pepper Egg Cups

1 SERVING 20 MINUTES



INGREDIENTS

1 Red Bell Pepper
2 Egg
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Slice pepper in half and carve out the seeds.
- 03 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

NOTES

MORE FLAVOUR

Roast the red pepper in the oven before cracking the egg into them.

ADDED TOUCH

Sprinkle with cheese during the last 2 minutes.

SERVE IT WITH

Toast for dipping or our Grain-Free Flax Bread.

MORE PROTEIN

If it is a large bell pepper, fill remaining space with egg whites for added protein.

Raspberry Chia Breakfast Parfait

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
2 tbsps Chia Seeds
1 tsp Cinnamon
1 Banana (sliced)
1/2 cup Almonds (crushed)
2 tbsps Hemp Seeds
1/2 cup Raspberries

DIRECTIONS

- 01 Mix almond milk, chia seeds and cinnamon in a bowl. Let sit for 10 - 20 minutes or until the milk has become a thick jelly. Transfer into jars (depending on how many servings you are making).
- 02 Next add banana onto the milk/chia seed layer. Then add almonds followed by hemp hearts. Top with raspberries and enjoy!

Avocado Sweet Potato Toast with Poached Egg

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Sweet Potato (large)
4 Egg
1 Avocado
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 02 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 03 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 04 Poach, fry or hardboil the eggs.
- 05 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

NOTES

ADD GREENS

Add a layer of baby spinach after you spread on the avocado.

GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

EGG-FREE

Skip the eggs and top with hemp seeds instead.

Pineapple Turmeric Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
2 cups Pineapple (diced into chunks)
1 tbsp Ginger (peeled and grated)
1/2 cup Vanilla Protein Powder
1 tsp Turmeric (powder)

DIRECTIONS

01 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

NOTES

STORAGE

Refrigerate in a sealed jar overnight. Shake before drinking.

NO PINEAPPLE

Use mango, peaches or banana instead.

Scrambled Eggs with Peppers and Kale

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1 Red Bell Pepper (sliced)
2 cups Kale Leaves (chopped)
6 Egg
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 02 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 03 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 04 Divide between plates and enjoy!

NOTES

MORE CARBS

Serve with toast, roasted potatoes, or sweet potatoes.

EGG-FREE

Use mashed tofu instead of eggs.