



WELCOME
**Complete
Nutrition and
Fitness**

Let me help you stay healthy and get off
the diet roller coaster!

Quick Breakfasts

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Banana Coconut Protein Bars

12 servings
20 minutes

Ingredients

- 1 Banana (mashed)
- 1 1/4 cups Oats
- 2/3 cup Unsweetened Coconut Flakes
- 1/3 cup Raw Honey
- 1/3 cup Almond Butter
- 1 tsp Cinnamon
- 1/3 cup Protein Powder

Nutrition

Amount per serving	
Calories	148
Fat	7g
Carbs	18g
Fiber	3g
Sugar	9g
Protein	5g
Cholesterol	0mg
Sodium	7mg
Vitamin A	7IU
Vitamin C	1mg
Calcium	44mg
Iron	1mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place all ingredients together in a bowl and mix well with a spatula.
- 3 Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
- 4 Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
- 5 When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.



Vanilla Protein Pancakes

2 servings
15 minutes

Ingredients

- 2 Banana (plus extra for topping)
- 4 Egg
- 1/2 cup Vanilla Protein Powder
- 1 tbsp Coconut Oil

Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g
Cholesterol	376mg
Sodium	181mg
Vitamin A	616IU
Vitamin C	10mg
Calcium	176mg
Iron	2mg

Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size: One serving is approximately two pancakes.

Additional Toppings: Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



Smoked Salmon & Feta Omelette

1 serving

5 minutes

Ingredients

- 2 Egg
- 2 tbsps Fresh Dill (finely chopped, divided)
- 1 tsp Butter
- 2 tbsps Feta Cheese (crumbled)
- 2 ozs Smoked Salmon

Nutrition

Amount per serving	
Calories	293
Fat	20g
Carbs	2g
Fiber	0g
Sugar	0g
Protein	26g
Cholesterol	412mg
Sodium	733mg
Vitamin A	872IU
Vitamin C	1mg
Calcium	158mg
Iron	2mg

Directions

- 1 In a bowl, add the eggs and half of the dill. Whisk well to combine.
- 2 In a non-stick skillet over medium heat, add the butter. Once hot, pour the egg mixture into the skillet and let it cook until almost set. Place the feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Top with smoked salmon and the remaining dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Dairy-Free: Omit the feta and use dairy-free cheese instead. Use coconut oil instead of butter.

Additional Toppings: Top with capers and/or thinly sliced red onion.

No Dill: Omit or use another herb such as parsley or fresh chives.



Banana Bread Mug Cake

1 serving

5 minutes

Ingredients

- 1/2 Banana (medium, ripe, mashed)
- 2 tbsps Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1 tbsp Almond Butter
- 1/2 tsp Vanilla Extract
- 3 tbsps All Purpose Gluten-Free Flour
- 1/2 tsp Baking Powder

Nutrition

Amount per serving	
Calories	316
Fat	9g
Carbs	55g
Fiber	8g
Sugar	20g
Protein	6g
Cholesterol	0mg
Sodium	268mg
Vitamin A	100IU
Vitamin C	5mg
Calcium	269mg
Iron	1mg

Directions

- 1 In a tall mug combine the mashed banana, almond milk, maple syrup, almond butter, and vanilla extract. Stir in the flour and baking powder.
- 2 Microwave the mug cake for 2 minutes and 45 seconds until spongy to the touch and cooked through. Let the mug cake cool slightly then enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add salt, cinnamon, and/or nutmeg.

Additional Toppings: Fresh banana slices, butter, coconut butter, and/or honey.

No Almond Milk: Use oat milk instead.

Banana: Half a medium, ripe banana yields approximately three tablespoons of mashed banana.

Cooking Time: Cooking time may vary depending on the microwave.



Portobello Mushrooms Florentine

2 servings

15 minutes

Ingredients

8 ozs Portobello Mushroom Caps
Sea Salt & Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil (divided)
2 cups Baby Spinach
2 Egg
2 tbsps Feta Cheese (crumbled,
optional)

Nutrition

Amount per serving	
Calories	150
Fat	9g
Carbs	6g
Fiber	2g
Sugar	0g
Protein	13g
Cholesterol	194mg
Sodium	215mg
Vitamin A	3123IU
Vitamin C	10mg
Calcium	104mg
Iron	2mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Arrange the portobello mushroom caps on a parchment-lined baking sheet and season with salt and pepper. Bake for 10 to 15 minutes. Remove from the oven and soak up any excess liquid with a towel.
- 2 Meanwhile, heat a nonstick skillet over medium heat and add half the oil. Once warmed, add the spinach. Cook until wilted and then remove and set aside.
- 3 In a small bowl, whisk the eggs. In the same skillet, add the remaining oil. Pour in the eggs and stir with a wooden spoon until scrambled and cooked to your liking. Remove from the heat.
- 4 Layer the spinach in the mushroom caps and top with eggs, feta, salt, and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one stuffed portobello mushroom cap.

More Flavor: Season with everything bagel seasoning or nutritional yeast.

Make it Vegan: Use a tofu scramble and vegan cheese.