



BREAKFAST

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California Egg White Wrap

Sweet Potato Breakfast Hash Stack

Mixed Fruit Parfait w/ Greek Yogurt

Protein Pancakes

Breakfast Sandwich

Breakfast Tacos

Chocolate Peanut Butter Protein
Oatmeal Bake

Egg White Bites

Mocha Smoothie

Sweet Potato
Avocado Toast

California Egg White Wrap

MACROS: 37C / 31.5P / 14.8F

CALORIES: 391

- + 2 ½ tbsp chopped tomatoes

- + 2 ½ tbsp chopped onion

- + 2 ½ tbsp chopped bell pepper

- + 1 handful arugula or spinach

- + 1 slice ham

- + 3 egg whites

- + 1 tbsp reduced-fat feta cheese

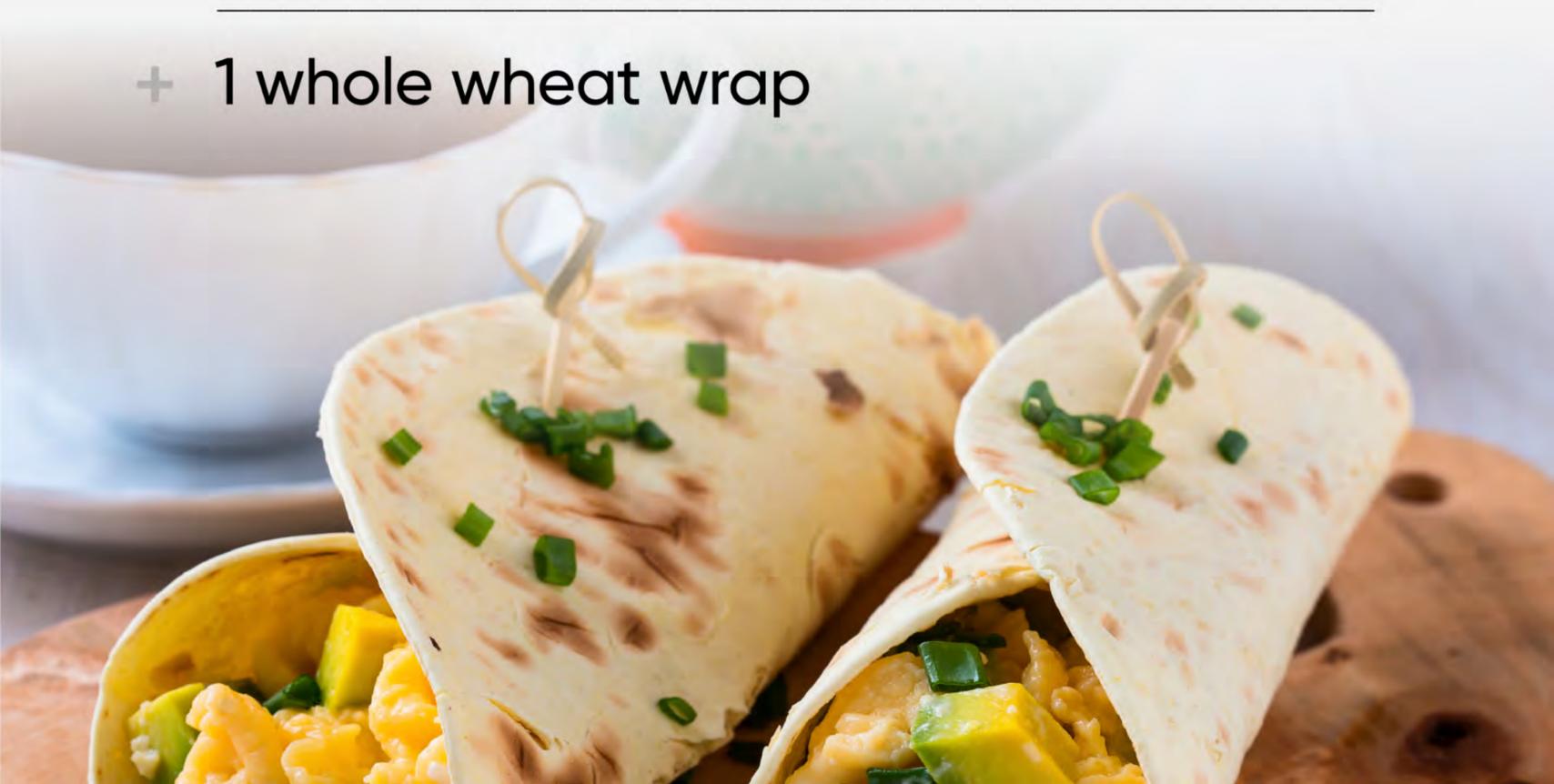
- + 1 light Laughing Cow cheese wedge

- + 1 tbsp sundried tomatoes, dry packed not jarred in oil

- + 1/4 avocado

- + 1 tbsp light sour cream mixed with sriracha (optional)

- + 1 whole wheat wrap



Sweet Potato Breakfast Hash Stack

MACROS: 29C / 16P / 13.5F

CALORIES: 296

- + 3/4 cup shredded sweet potato

- + 2 egg whites

- + 1 whole egg (cooked to preference)

- + 1/4 avocado

- + 1 small handful spinach

- + Salsa or tabasco, to taste



Mixed Fruit Parfait with Greek Yogurt

MACROS: 28C/18.5P/2F

CALORIES: 194

- + 5 oz plain Greek yogurt

- + Liquid stevia, to taste

- + 1/2 cup mixed berries

- + 3 tbsp vanilla granola



Protein Pancakes

MACROS: 21C / 21P / 4F

CALORIES: 213 (pancakes only)

- + 1/3 cup low-fat cottage cheese

- + 1/3 cup old fashioned oats

- + 1/3 cup egg whites

- + 1 tsp vanilla

- + Dash of cinnamon

- + PB Fit powder, sugar-free syrup, fresh fruit (optional toppings)



Breakfast Sandwich

MACROS: 27C / 31P / 8.7F

CALORIES: 293

- + 100-calorie light English muffin

- + 1 egg

- + 1/3 cup egg whites

- + 1 slice pepper jack cheese

- + 4 pieces canadian bacon



Breakfast Taco

MACROS: 30C/40P/9.5F

CALORIES: 433

- + 1 egg

- + 150 g egg whites

- + 1 cup chopped spinach

- + 1 wedge lite swiss Laughing Cow cheese

- + 2 corn tortillas

- + 2 tbsp organic Jack's salsa (from Costco)



Chocolate Peanut Butter Protein Oatmeal Bake

MACROS: 27C / 27P / 15F

CALORIES: 350

- + ½ cup (40g) rolled oats

- + 1 ½ scoop (47g) vanilla protein powder*

- + 2 tbsp (10g) unsweetened dark cocoa powder

- + ¼ tsp baking powder

- + 3 tbsp (50g) peanut butter

- + ¼ cup (60g) canned pumpkin

- + ⅓ cup (80mL) unsweetened cashew milk (or your choice of milk)



INSTRUCTIONS

- 1** Preheat an oven to 350F.
- 2** Mix the dry ingredients in a large bowl.
- 3** Add the pumpkin, peanut butter, and milk. Stir well.
- 4** Transfer the ingredients to a 6.5" cast iron skillet or similar sized baking dish. (Different dishes will affect cook time.)
- 5** Smooth the top of the mixture and bake for 12-15 minutes, depending on the dish and desired center. I purposely left out any food safety concerns so you can have this like gooey oatmeal or more done like a breakfast cookie.

I used @cleansimple eats protein. You can use code AUBRIE to save.

Serving size: 1/2 of oatmeal bake

Egg White Bites

MACROS: 0.75C/2.8P/ 0.5F

CALORIES: 20

These are extremely simple to make and very versatile. Add whatever toppings you like and pop them in the oven!

- + $\frac{3}{4}$ cup egg whites

- + $\frac{1}{4}$ cup cottage cheese

- + Handful of spinach

- + $\frac{1}{4}$ cup cherry tomatoes, diced

- + $\frac{1}{4}$ cup onion, diced

- + 2 tbsp feta cheese

- + 9 turkey pepperonis

- + Salt

- + Pepper



INSTRUCTIONS

- 1** In a small bowl, combine the egg whites and cottage cheese.
- 2** Grease a mini muffin tin and preheat the oven to 350 degrees.
- 3** Evenly distribute the add-ins (spinach, tomatoes, onion, feta, and pepperoni) in 12 muffin cups.
- 4** Fill the muffin cups $\frac{3}{4}$ of the way full of the egg white and cottage cheese mixture.
- 5** Sprinkle with salt and pepper.
- 6** Bake at 350 degrees for 15 minutes or until the eggs are cooked through.

Note: Makes 12 cups, I usually eating 3-4 in one serving.

Mocha Smoothie

MACROS: 35C / 28P / 2F

CALORIES: 278

This mocha smoothie has a deep coffee flavor, but is also rich with hints of chocolate. I recommend drinking in the morning, or if you are planning on enjoying it any other time of day, use decaf coffee!

INGREDIENTS

- + 1 cup coffee, room temperature

- + 1 tsp vanilla extract

- + 1 tbsp cocoa powder

- + 1 scoop chocolate protein powder

- + 1 banana, frozen

- + ¼ cup milk

INSTRUCTIONS

- 1** Add all ingredients to a blender and blend until smooth. I like to top mine with a little bit of Cool Whip!

Sweet Potato Avocado Toast

MACROS: 9C / 4.25P / 3.5F

CALORIES: 84

Sweet potatoes and avocados are such a delicious combination. I love adding egg whites to my toast to cut down on fat, but you could add regular eggs if you like!

- + 1 sweet potato, sliced into long slices

- + ½ of an avocado

- + ½ cup egg whites

- + 1 tsp. lemon juice

- + Salt

- + Pepper

- + Hot sauce or red pepper flakes



INSTRUCTIONS

- 1** Begin by bringing a pot of water to a boil. While the water is boiling, peel your sweet potato. Slice it longways so that you have 4-5 slices.
- 2** Add the sweet potato slices to the boiling water for 3 minutes. Remove from the water and dry.
- 3** Add the slices to a parchment paper lined baking sheet. Sprinkle with salt and pepper.
- 4** Bake at 400°F for 20-25 minutes or until the edges start to crisp.
- 5** Meanwhile, add the salt, pepper, lemon juice, and avocado to a small bowl. Mash until combined.
- 6** In a small skillet, scramble your egg whites with a little bit of pepper.
- 7** Add the avocado mash to the top of the sweet potato slices. Add the eggs on top of that. Drizzle with hot sauce or red pepper flakes.

Note: I usually eat all 4 pieces!