



Breakfast Recipes

Low Carb Pancakes

Serves 2

Ingredients:

- 2 scoops of Vanilla protein
- ½ C Smart Flour or flax meal
- 2 Tbsp water
- 2 eggs

Instructions:

1. Combine ingredients in a bowl.
2. In a non-stick pan, cook on moderate heat for approx. 2 to 3 minutes on each side. If necessary, you can use olive oil or a small amount of butter to prevent sticking. Watch carefully as it may burn quickly.
3. Try serving buttered with a handful of mixed berries.

Serves 2

Calories per serving: 303

Protein: 17g

Carbohydrates: 15g

Total Fat: 19g

Spinach and Eggs

Serves 1

Ingredients:

- 3 handfuls spinach
- 2 Tbsp parmesan cheese, grated
- 2 eggs
- Black pepper
- ½ Tbsp butter

Instructions:

1. Heat butter in a saucepan.
2. Wilt the spinach in heated saucepan and squeeze excess water out. Make into 2 birds' nest shapes and crack an egg into each one.
3. Sprinkle cheese and black pepper onto top of egg. Bake in oven at 350°F for 15 minutes or until eggs are set.

Calories per serving: 229

Protein: 16g

Carbohydrates: 3g

Total Fat: 17g

Cheesy Scrambled Eggs

Serves 1

Ingredients:

- 3 handfuls onions, mushrooms, and spinach - finely chopped
- 2 eggs
- 2-3 Tbsp hard cheese, grated
- 2 Tbsp soy milk or almond milk (unsweetened)
- 1 Tbsp coconut oil

Instructions:

1. Heat coconut oil in pan. Gently sauté onions, mushrooms and spinach.
2. Beat eggs, cheese and milk together then pour into hot pan. Stir eggs every so often till scrambled appearance.
3. Serve onto plate

Calories per serving: 325

Protein: 20g

Carbohydrates: 12g

Total Fat: 23g

Egg Burrito 360 Style

Serves 1

Ingredients:

- 2 eggs
- 2 oz soy milk or almond milk (unsweetened)
- 1 C sliced mushrooms
- ¼ C sliced onion
- 1 Tbsp olive oil
- Hot sauce or 2 Tbsp salsa (optional)
- 1 smart tortilla or low carbohydrate tortilla

Instructions:

1. Place oil in frying pan and add onion and mushrooms until cooked through
2. Whisk eggs in a bowl with a dash of milk. Pour mixture into a hot, oiled frying pan. Stir intermittently to keep eggs fluffy. Once eggs are cooked through, remove from pan and serve with fruits.
3. Eggs may be seasoned sea salt, paprika, Tabasco, salsa or pepper.
4. Warm tortilla in microwave for 15 seconds then fill with egg mixture.

Calories per serving: 313

Protein: 15g

Carbohydrates: 11g

Total Fat: 25g

Smoked Salmon Omelet

Serves 1

Ingredients:

- 2 eggs
- 1 slice of smoked salmon
- ½ handful tomato, sliced
- 1 Tbsp dill, diced fresh or dried
- 1 tsp capers
- Cracked pepper and sea salt to taste
- 1 Tbsp olive oil

Instructions:

1. Preheat grill. Whisk eggs and dill. Add pepper and salt to taste.
2. Pour mixture into oiled frying pan (on medium heat) to form a thin layer. Cook for one minute in pan and for one minute under grill.
3. Once cooked place omelette on a plate and lay salmon, sour cream and sliced tomato on one half of the omelette. Garnish filling with dill and fold to form a triangle.
4. Serve with 3 handfuls of allowed vegetables or salad per serving.

Calories per serving: 327

Protein: 22g

Carbohydrates: 4g

Total Fat: 25g

Spanish Omelet

Serves 1

Ingredients:

- 2 eggs
- 1 Tbsp pure water
- Cayenne or black pepper
- 3 C of finely chopped vegetables e.g, onions, chives, peppers, parsley, spinach, zucchini.
- 1 Tbsp of coconut oil

Instructions:

1. Lightly stir-fry vegetables in coconut oil and remove.
2. Lightly mix eggs with 1 tablespoon of water and pinch of pepper and pour mixture into a heated frying pan, so it covers base of pan. When almost cooked, place vegetables on top of half the omelet. Lift one side of the omelet over to enclose the filling.
3. Flip to heat omelet through.

Calories per serving: 305

Protein: 15g

Carbohydrates: 14g

Total Fat: 23g

Sausage and Vegetables

Serves 2

Ingredients:

- 2 palm-size portions of chicken or turkey sausages
- 3 C mixed chopped onion, mushroom, tomato and green peppers
- 3 handfuls, fresh spinach leaves, washed
- 1 Tbsp coconut oil
- Cracked pepper and sea salt to taste

Instructions:

1. Microwave spinach in a microwave safe bowl or steam until wilted (3 to 5 minutes). Chop into bite size pieces and place on a plate.
2. Place chopped vegetables and sausage into a hot oiled pan and sauté until sausages are cooked through. Once sausages are cooked, chop into ½ inch slices.
3. Spoon the sausage and vegetable mixture over the spinach. Season with salt and pepper and serve.

Calories per serving: 355

Protein: 19g

Carbohydrates: 8g

Total Fat: 28g

Basic Stir-Fry

Serves 1

Ingredients:

- Your choice of a palm size portion of meat e.g. beef, lamb, pork, chicken
- 3 C of diced vegetables e.g. peppers, mushroom, onion, zucchini, tomatoes
- 1 Tbsp coconut oil
- Cracked pepper and sea salt to taste

Instructions:

1. Place selection of meat and vegetables in an oiled pan or grill. Fry or grill until cooked and serve.
2. Add cracked pepper to taste.

Calories per serving: 364

Protein 39g

Carbohydrates: 13g

Total Fat: 26g

Roasted Vegetables and Smoked Salmon

Serves 1

Ingredients:

- ½ C zucchini
- ½ C green peppers
- ½ C eggplant
- ½ C arugula leaves
- 1 palm-size portion of smoked salmon
- 2 tsp lemon juice
- 1 tsp coconut oil
- Cracked pepper and sea salt to taste

Instructions:

1. Sauté left-over vegetables in oiled frying pan to heat
2. Serve hot vegetables with salmon and arugula. Drizzle with lemon juice and add cracked pepper to taste.

Calories per serving: 212

Protein: 23g

Carbohydrates: 9g

Total Fat: 10g

Vegetable Frittata

Serves 2

Ingredients:

- 6 C of coarsely chopped vegetables e.g. zucchini, red peppers, broccoli, shallots and yellow squash
- ½ C feta, crumbled
- 6 eggs
- 1 Tbsp olive oil
- ½ handful mixed fresh herbs, finely chopped eg. basil, parsley, chives, oregano

Instructions:

1. Coarsely cut and steam vegetables until tender, set aside. Whisk eggs and herbs.
2. Add oil to a thick base frying pan and place on a very low heat. Add half of egg mixture to pan and cook for one minute.
3. Place vegetables and crumbled feta in pan and cover with remaining egg mixture. Cover with lid and cook on very low heat until cooked through.
4. Place uncovered frying pan under grill until top of frittata turns golden brown.

Calories per serving: 405

Protein: 25g

Carbohydrates: 22g

Total Fat: 28g

Mushroom and Spinach Frittata

Serves 2

Ingredients:

- 4 large flat mushrooms, sliced
- 1 onion, diced
- 1 clove garlic, crushed
- 2 handfuls baby spinach, washed
- 4 Tbsp ricotta cheese or feta cheese
- 6 eggs
- 1 tsp butter
- 2 tsp olive oil
- Salt and pepper to taste

Instructions:

1. Heat mushrooms, garlic, 1 teaspoon olive oil, butter, salt and pepper in a covered frying pan for a few minutes until mushrooms begin to soften. Remove lid and allow to sauté until tender. Remove from pan and set aside.
2. Sauté onions in a frying pan in 1 teaspoon of olive oil until tender. Add baby spinach and toss over low heat until wilted.
3. Combine spinach, onion and mushrooms and mix well.
4. In a separate bowl, whisk the eggs and ricotta with salt and pepper until eggs are aerated. There should be pieces of ricotta remaining throughout the egg mixture.
5. In a non-stick oven pan, place the vegetable mixture evenly across the base. Pour over the egg mixture to cover.
6. Cooking times will vary, depending on the depth of the tray used - the frittata should be 1 to 2 inches high. Bake at 325°F for 20 to 30 minutes, or until set.
7. Serve with 1 ½ additional handfuls of allowed vegetables or salad per serving.

Calories per serving: 315

Protein: 22g

Carbohydrates: 11g

Total Fat: 21g

Quinoa Breakfast cereal

Serves 2

Ingredients:

- ½ C quinoa, rinsed well and drained
- 1 C light coconut milk (unsweetened)
- Dash of Smart and Sweet or Stevia to taste
- ¼ tsp almond extract

Instructions:

1. Place rinsed and drained quinoa, coconut milk and almond extract in a medium-sized pot.
2. Stir ingredients and bring to a boil. Reduce heat to a low simmer and cover pot, preferably with a clear lid (so you can see through it and keep an eye on the quinoa).
3. Stir a few times during cooking. If mixture seems to be boiling out, crack the lid to release steam, otherwise, keep covered. Cook for 10-15 minutes, until liquid is absorbed.
4. In the last few minutes of cooking, feel free to add a little more liquid (water is fine, or additional coconut milk) until desired consistency is reached.
5. Divide quinoa into bowls and top with fresh berries and a splash of additional coconut milk.

Calories per serving: 317

Protein: 6g

Carbohydrates: 31g

Total Fat: 17g

Nuts about eggs

Serves 1

Ingredients:

- 2 eggs
- ½ C chopped broccoli
- ½ C chopped mushrooms
- 2 Tbsp toasted walnuts

Instructions:

1. Coat 12-oz. microwave-safe coffee mug with cooking spray.
2. Add egg, water, broccoli and mushrooms; beat until blended.
3. Microwave on HIGH 30 seconds; stir.
4. Microwave until egg is almost set, 30 to 45 seconds longer.
5. Season with salt and pepper, if desired.
6. Top with cheese and walnuts.

Calories per serving: 334

Protein: 18g

Carbohydrates: 9g

Total Fat: 27g

Blueberry Microwave Muffin

Serves 1

Ingredients:

- 1 Egg
- 1 Egg white
- ¼ cup blueberries (fresh or frozen)
- 2 tbsp Ground Flaxseed Meal
- 1 tbsp Chia Seeds
- 1 tsp smart and sweet or stevia
- 1 tsp coconut oil
- 1 tsp vanilla extract
- 1 dash sea salt

Instructions:

1. Break egg and egg white into large microwave-safe coffee mug, and stir with a fork until lightly beaten.
2. Stir in stevia or smart and sweet, vanilla extract, salt, flaxseed and chia seed until blended into a batter.
3. Gently fold in the blueberries until distributed fairly evenly.
4. Microwave on high for 2 minutes (Check the muffin consistency, if it has not set put it in for 30 more seconds).
5. Turn the mug upside down over a small plate and gently tap the bottom so that the muffin falls onto the plate. Or, eat it out of the mug on-the-go.

Calories per serving: 235

Protein: 13g

Carbohydrates: 12g

Total Fat: 15g