

# BREAKFAST

## *You Choose*

PICK THREE TO FOUR OF THE FOLLOWING BREAKFAST OPTIONS FOR EACH WEEK.



### **OATMEAL WITH BERRIES & PROTEIN POWDER**

*INGREDIENTS:* COOKED OATMEAL (1/2 CUP WHEN DRY) WITH COCONUT MILK (1 CUP) . ADD 1 SCOOP OF PROTEIN POWDER (YOUR FLAVOR OF CHOICE). 1/4 CUP OF STRAWBERRIES, 1/4 BLUEBERRIES, TABLESPOON OF NUT BUTTER OF CHOICE.



### **AVOCADO TOAST AND EGGS**

*INGREDIENTS:* GF SPROUTED GRAIN TOAST (2 SLICES), AVOCADO (1/2 MEDIUM), HARD BOILED EGGS (TWO MEDIUM), SPROUTS, SALT, PEPPER.



### **YOGURT AND BERRIES**

*INGREDIENTS:* PLAIN GREEK OR NON DAIRY ,PLAIN YOGURT (1 CUP), BLUEBERRIES (1/4 CUP), SLICED ALMONDS (1 TBSP), GROUND FLAX OR CHIA SEEDS (1 TBSP) . ADD A SCOOP OF PROTEIN IN THE YOGURT FOR MORE PROTEIN!!



### **BERRY DELIGHT PROTEIN SHAKE**

*INGREDIENTS:* 2 SCOOPS OF CHOCOLATE OR VANILLA PROTEIN. 1 CUP FROZEN BERRIES (YOUR CHOICE). 1 CUP UNSWEETENED NON DAIRY MILK. ADD 1/4 CUP OF WATER OR AS NEEDED TO ACHIEVE THE CONSISTENCY OF YOUR CHOICE.



### **PROTEIN WAFFLE**

*INGREDIENTS:* 2 SCOOPS OF VANILLA PROTEIN, 1 TSP OF VANILLA EXTRACT, 1/2 BANANA (OR 1 TABLESPOON OF PYSLLIUM HUSK POWDER, ADD A SMALL AMOUNT OF WATER UNTIL PANCAKE BATTER CONSISTENCY. ·TOP WITH 1/4 OF BERRIES OF CHOICE IF YOU'D LIKE! AND RAW HONEY DRIZZLE.



### **EGG WHITE FRITTATA**

*INGREDIENTS:* 1 TEASPOON OLIVE OIL, 1/4 CUP FINELY SHOPPED ONIONS, 3 CUPS BABY SPINACH, 4 EGGS WHITES, 1/2 CUP OF HALVED CHERRY TOMATOES. TABLESPOON OF NUTRITIONAL YEAST. SALT & PEPPER TO TASTE.



### **JAVA CHIP PROTEIN SHAKE**

*INGREDIENTS:* 2 SCOOPS OF COFFEE PROTEIN, 1 CUP OF UNSWEETENED NON DAIRY MILK OF CHOICE, 1 CUP ICE, 1 TABLESPOON OF NUT BUTTER, 1 TABLESPOON OF ENJOY LIFE VEGAN CHOCOLATE CHIPS. ADD 1/4 CUP OF WATER OR AS NEEDED TO ACHIEVE THE CONSISTENCY OF YOUR CHOICE.



### **HIGH PROTEIN CREPES**

*INGREDIENTS:* 1 SCOOP OF PROTEIN POWDER, 2 EGG WHITES, 3 TABLESPOONS OF UNSWEETENED NON DAIRY MILK, COCONUT OIL SPRAY. TOP WITH BERRIES OF CHOICE (1/4 CUP X2 CHOICE). OPTIONAL, TOP WITH NUT BUTTER OR PB FIT 2 (1 SERVING)