

Smarter Science of *Slim*

80 Brain-Boosting, Belly-Shrinking Breakfast Recipes



BY BARBARA CHRISTIAN

WELCOME

Barbara Christian here and thank you for taking time out of your busy schedule to ensure that eating is a source of joy and wellness, not sadness and sickness.

I sincerely hope that our time together will open your eyes to how easy it can be to reach your weight and fitness goals once you break free from the confusing and conflicting outdated theories and lies that have trapped you for so long.

If you only take one thing away from this let it be: any blood sugar and weight problems you may be experiencing are not your fault! I know that may be hard to accept right now, but it's true. How can you be expected to lose those dangerous pounds when all you've been given is outdated science from the 1960's that has been proven NOT to work.

My mission is to not only reshape your body, but it's also to reshape the way you think about weight loss and wellness. What that means is I will be here with you every step of the way to help you reach your weight loss and wellness goals.

Whether you need to lose a few extra pounds around your midsection, are looking for a complete body transformation, want all-day energy, or just want to stop feeling overwhelmed or confused about what to eat, you are finally in the right place! There's a reason Dr. Theodoros Kelesidis of The Harvard Medical School called this "a proven prescription for weight loss." It works. Always. For everyone. Proven science + practical habits + powerful love = permanent results (always!)

TIP: Be sure to send a quick email that says "got it" to
barbara@smarterscienceofslim.com.

This ensures you get all my upcoming bonuses.

If you are ready to stop counting calories... Ready to stop punishing yourself with exercise you hate... Ready to end your struggle with weight or diabetes... and are tired of being hungry and tired... this is your chance. This is your time to get off the dieting roller-coaster once and for all.

I urge you to make a commitment to yourself to continue this journey. You are worth it. You took action to get this book so that means you are ready and willing to step up and make positive changes. If you follow the simple and scientifically backed principles in this book, you will improve your blood sugar and lose weight for good... I promise.

I am so excited to have you here as we bust the myths that have been holding you back... perhaps for years. Remember this...now is your time, and these are your proven tools for lasting weight loss and wellness success. Welcome home.

Can't wait to hear your success story!

Barbara Christian

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BREAKFAST BAKED GOODS

ALL PURPOSE BAKING MIX

Total Time: 5 min

Prep: 5 min

Cook: 0 min

12 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 1 cup Chia Seeds (or flax seeds)
- 1 cup Psyllium Husk
- 1 cup Coconut Flour
- 1 cup Unflavored Gelatin
- ½ tsp Salt
- 1 cup Clean Whey Protein (only unflavored whey will work as you don't want this to add flavor)
- 2 tbsp Baking Powder
- 1 tbsp Guar Gum (optional)



Directions

1. Combine all ingredients in a large bowl and mix thoroughly.
2. Place one or two cups at a time into a food processor or blender and pulverize completely into a fine flour-like powder.
3. IMPORTANT: The flax or chia seeds must be completely pulverized into a flour-like consistency. If your food processor or blender does not do this, please use flax meal as it is pre-pulverized.
4. Tip: Completely pulverized means you do not see “bits” of anything in the mixture. It is one homogeneous flour.
5. Once completely pulverized, remove from the food processor or blender.
6. Repeat steps 2 & 3 for the entire batch.

TIP: One serving is a rounded 1/3 cup

TIP: If you use chia instead of flax (recommended), you may need to adjust the amount of water used with this flour as chia reacts much differently with liquid than flax.

APPLE CINNAMON PECAN MUFFINS

Total Time: 40 min

Prep: 15 min

Cook: 25 min

8 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 1 2/3 cups Almond Flour
- ½ cup half Pecans
- 6½ tsp Cinnamon
- 1/3 tsp Salt
- ½ cup Xylitol or Erythritol (optional)
- 1 pinch Stevia
- 2 tbsp Unsalted Butter Stick
- 2 large Eggs (Whole)
- ¼ cup Coconut Milk Unsweetened
- 2 tsp Vanilla Extract
- 2 tbsp Coconut Flour
- 1 tsp Baking Powder
- 2/3 cup quartered or chopped Apple



Directions

1. Preheat oven to 350 F. Prepare a muffin tin with 8 cupcake papers.
2. For the streusel: Combine $\frac{2}{3}$ cup almond flour, chopped pecans, 2 tablespoons cinnamon, $\frac{1}{8}$ teaspoon salt, 2 tablespoons xylitol or erythritol, a pinch of stevia and 2 tablespoons melted butter in a small bowl. Mix with a fork until it begins to crumble. Set aside while making the muffin batter.
3. For the muffins: whisk together the eggs, $\frac{1}{4}$ cup coconut milk, 2 teaspoons vanilla, 6 tablespoons xylitol or erythritol, a pinch of stevia, and $\frac{1}{2}$ teaspoon ground cinnamon. Add 1 cup almond flour, 2 tablespoons coconut flour, $\frac{1}{4}$ teaspoon salt and 1 teaspoon baking powder; mix to combine then fold in $\frac{2}{3}$ cup finely chopped apples.
4. Divide into muffin 8 wells topping each with about 2 tablespoons of the streusel. Bake for 25 minutes, remove from oven and allow to sit for 10-20 minutes to cool before removing. These may be eaten immediately or stored in an airtight container in the refrigerator for up to 1 week.

BAKED DUTCH BABY PANCAKE

Total Time: 30 min

Prep: 15 min

Cook: 15 min

6 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 3 tbsp Unsalted Butter
- ½ tsp Cinnamon
- 2/3 cup Almond Flour
- ¼ tsp Salt
- ½ cup Coconut Cream
- 2 large eggs & 8 egg whites
- 5 tbsp xylitol
- 2 medium Apples
- ½ cup Clean Whey Protein



Directions

1. Heat oven to 425°F. Place 2 tablespoons of the butter in a 12-inch nonstick ovenproof skillet; set aside.
2. Whisk eggs, almond flour, whey, salt, coconut cream, 3 tablespoons of the xylitol and 1/3 cup water together until smooth. Place skillet in oven until butter melts. Pour batter into skillet. Bake 15 minutes.
3. While pancake is baking, melt remaining tablespoon of butter in a medium skillet over medium heat. Add remaining 2 tablespoons xylitol, cinnamon and ¼ cup water. Bring to a boil; add apples. Cook 15 minutes over a low heat, stirring occasionally, until apples are tender and most of the liquid has evaporated.
4. After removing pancake from the oven, spoon apples into the center. Serve immediately.

CINNAMON BUNS

Total Time: 55 min

Prep: 20 min

Cook: 35 min

12 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 1 ½ tsp Baking Powder
- ½ tsp Salt
- ½ cup Unsalted Butter
- 2 large Eggs
- 1 ¼ cups Tap Water
- 1 tsp Cinnamon
- 6 tbsp xylitol
- ½ cup chopped Pecans
- 1 ½ oz Dried Currants
- 1 tbsp Coconut Cream
- 2 cups All Purpose Baking Mix



Directions

1. In a large bowl mix 2 cups All Purpose Baking Mix, baking powder, salt, water, 4 tablespoons butter, 4 tablespoons xylitol and 1 egg yolk until smooth. Cover lightly with plastic wrap and let rise one hour. Stretch dough out to a rectangle measuring 10×15 inches, long side facing towards you.
2. For filling: mix 4 tablespoons butter, 2 tablespoons xylitol and cinnamon. Brush mixture over dough, leaving a ½ border at the bottom. Sprinkle dough evenly with nuts and currants. Roll dough up lengthwise from the top, stretching it as you go along. Pinch dough tightly to seal roll and pat to even out shape if necessary. Cut dough roll in half, then halve each half, then cut each quarter into thirds (you will have 12 even slices). Arrange slices on a nonstick baking sheet, lightly cover with plastic wrap and let rise 45 minutes. Heat oven to 375°F.
3. Mix 1 egg yolk and coconut cream. Brush dough slices with mixture. Bake 30 to 35 minutes until lightly browned.
4. Brush remaining filling mixture across the tops. Serve warm or at room temperature.

CINNAMON CRUMB COFFEE CAKE

Total Time: 1hr 10 min

Prep: 30 min

Cook: 40 min

12 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 2 cup Almond Flour
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- ½ tsp Salt
- 2 large Eggs (Whole)
- 1 tsp Vanilla Extract
- 1 cup Coconut Cream
- 1 ¼ cups Unsalted Butter Stick
- 2 tsp xylitol
- ½ cup, dry, yield Oatmeal
- 1 ½ cup halves Pecan Nuts
- 2 tsp Cinnamon



Directions

1. Preheat oven to 350°F. Grease a 9×13-inch baking pan and set aside.
2. For cake: In a medium bowl, whisk together almond flour, baking powder, baking soda and salt. In a large liquid measuring cup whisk eggs, vanilla and coconut cream until well combined.
3. In a large bowl, with an electric mixer on medium speed, beat ½ cup butter and 1 cup xylitol until smooth and fluffy, about 4 minutes. Alternately add the flour mixture and egg mixture to the butter, beginning and ending with the flour mixture.
4. For topping: In a blender, pulse oats, 1 cup xylitol, pecans, 3/4 cup butter and cinnamon until texture resembles a coarse meal.
5. To assemble cake: Spread two-thirds of the batter into the prepared pan. Sprinkle half the topping over batter and lightly swirl with a knife to create pockets of topping within the batter.
6. Spoon remaining batter over topping, and sprinkle evenly with remaining topping. Bake until a knife inserted in the center comes out clean, about 40 minutes. Cool cake in pan set over a wire rack. Serve warm or at room temperature. Makes 12 servings.

CINNAMON MINI MUFFINS

Total Time: 35 min

Prep: 15 min

Cook: 20 min

24 Servings

1 Whole-Food Fat Per Serving

Ingredients

- ½ cup Blanched & Slivered Almonds
- ½ cup dry Almond Flour
- 1 tbsp Cinnamon
- ¼ tsp Salt
- ½ tsp Baking Powder
- ½ cup Unsalted Butter Stick
- 3 large Eggs (Whole)
- 2 tsp Vanilla Extract
- ¾ cup Xylitol or Erythritol (optional)



Directions

1. Heat oven to 350°F. Spray mini-muffin tins with spray coconut oil.
2. Pulse almonds in bowl of food processor and 1 tablespoon almond flour until almonds are finely ground (the almond flour will prevent over processing of almonds). Add remaining almond flour, cinnamon, salt and baking powder; pulse to combine.
3. With an electric mixer on medium speed, beat butter and xylitol in until fluffy, 3 to 4 minutes. Beat in vanilla extract. Add eggs, one at a time, beating well after each addition. Fold in almond mixture with a spatula.
4. Fill muffin tins 2/3 full with batter. Bake 20 minutes or until set in middle. Transfer to wire rack for 5 minutes to cool. Turn out muffins on to rack to cool completely.

CINNAMON WAFFLES

Total Time: 14 min

Prep: 10 min

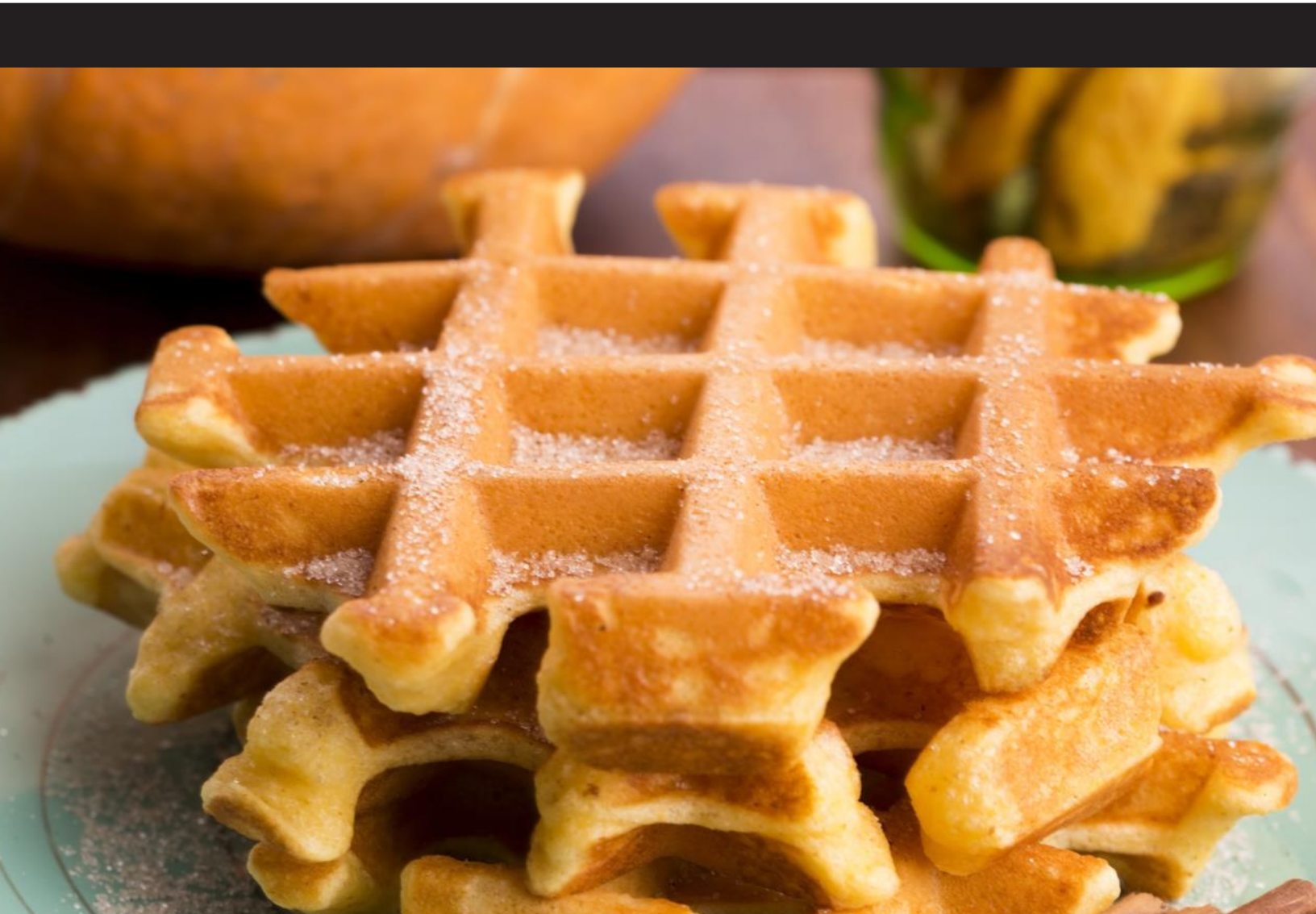
Cook: 4 min

8 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 1 cup Almond Flour
- 2 tbsp Xylitol
- 2 tsp Cinnamon
- 3 tsp Baking Powder
- ½ tsp Baking Soda
- ¾ cup Buttermilk (Reduced Fat, Cultured)
- 6 tbsp Unsalted Butter Stick
- 3 large Eggs (Whole)
- 1 ½ oz Sugar Free French Vanilla Syrup
- ½ cup Tap Water
- Spray Coconut Oil



Directions

1. Heat waffle iron per manufacturer's instructions.
2. Whisk together almond flour, xylitol, cinnamon, baking powder and baking soda. Add buttermilk, butter, eggs and syrup and stir until well blended (batter will be stiff).
3. Add cold water 1 tablespoon (8 tbsp in a $\frac{1}{2}$ cup) at a time until batter is easily spoonable and spreadable, about the consistency of a thick pancake batter.
4. Spray waffle iron with coconut oil spray. Place approximately 3 tablespoons of batter in center of a waffle iron.
5. Cook according to manufacturer's instructions until crisp and dark golden brown.
6. Repeat with remaining batter. Serve warm. Enjoy!

COCONUT PANCAKES

Total Time: 15 min

Prep: 5 min

Cook: 10 min

2 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 1 tbsp extra virgin coconut oil
- 1 tbsp xylitol
- 3 large eggs
- ¼ cup coconut milk
- ½ tsp vanilla extract
- ¼ cup coconut flour
- ¼ tsp coconut cream
- 1/8 tsp baking soda
- 1/8 tsp sea salt



Directions

1. Cream together the coconut oil and xylitol. Add the eggs one at a time.
2. Add coconut milk and vanilla. Mix until smooth.
3. Add coconut flour. Mix until smooth.
4. Lastly add coconut cream, baking soda and salt.
5. Do not overmix. Overmixing will result in the baking agents (coconut cream & baking soda) not working.
6. Use a ladle and pour small amount of batter into a crepe pan with butter on medium heat.
7. Flip once the bottom is light brown. The pancakes will not bubble as much as “regular” pancakes.
8. Serve immediately with a drizzle of maple syrup.

COCONUT PECAN SNACK BARS

Total Time: 40 min

Prep: 10 min

Cook: 30 min

16 squares

1 Whole-Food Fat Per Serving

Ingredients

- 2 eggs
- ¼ cup raw honey
- ½ tsp vanilla
- 1/3 cup coconut flour
- 1 cup unsweetened shredded coconut
- 4 tbsp coconut milk
- ½ cup chopped pecans
- Extra Virgin Coconut oil



Directions

1. Preheat oven to 350 degrees. Use the coconut oil to grease an 8×8 pan.
2. Crack your eggs into a medium sized bowl and quickly whisk them up along with the raw honey and vanilla.
3. Measure and add coconut flour, making sure to combine everything well and ensuring there are no clumps.
4. Measure and add the unsweetened shredded coconut and coconut milk and mix to ensure the batter is well combined.
5. Spoon the batter into your pan and smooth it out. Sprinkle the chopped pecans over top.
6. Bake your bars in the pre-heated oven for 20-25 minutes. Keep an eye on them – when the edges are golden brown and the center is firm, they're done!
7. Freezing these is a cinch too! Simply wait for them to cool, cut them to the desired size and store them in a freezer container or freezer bag.
8. You can defrost them quickly by popping them in the microwave for about 30 seconds. If you are not a fan of the microwave, you can pull out a few the night before and just leave them in the fridge and they'll be defrosted by breakfast the next morning.

CRANBERRY PUMPKIN MUFFINS

Total Time: 35 min

Prep: 15 min

Cook: 20 min

12 Servings

1 Whole-Food Fat Per Serving

Ingredients

- ½ cup Almond Flour
- 1 tbsp Baking Powder
- 2 tsp Cinnamon
- 1 cup Xylitol or Erythritol (optional)
- 1 cup Pumpkin (Without Salt, Canned)
- 2 large Eggs (Whole)
- ½ cup Extra Virgin Coconut Oil
- ½ cup chopped Cranberries
- 1 Cup All Purpose Baking Mix



Directions

1. Preheat oven to 350°F.
2. Grease a 12-muffin tin with coconut oil spray.
3. In a large bowl, whisk 1 cup All Purpose Baking Mix, baking powder, almond flour and cinnamon.
4. In a medium bowl, whisk xylitol, pumpkin purée, eggs and extra virgin coconut oil until well blended. Add pumpkin mixture to the mix of dry ingredients, stirring until just moistened. Fold in cranberries.
5. Divide batter in muffin tins and bake 20 minutes, or until a toothpick inserted in centers comes out clean. Allow to cool on a baking rack for 5-10 minutes before turning out.

FLAX WAFFLES

Total Time: 15 min

Prep: 5 min

Cook: 10 min

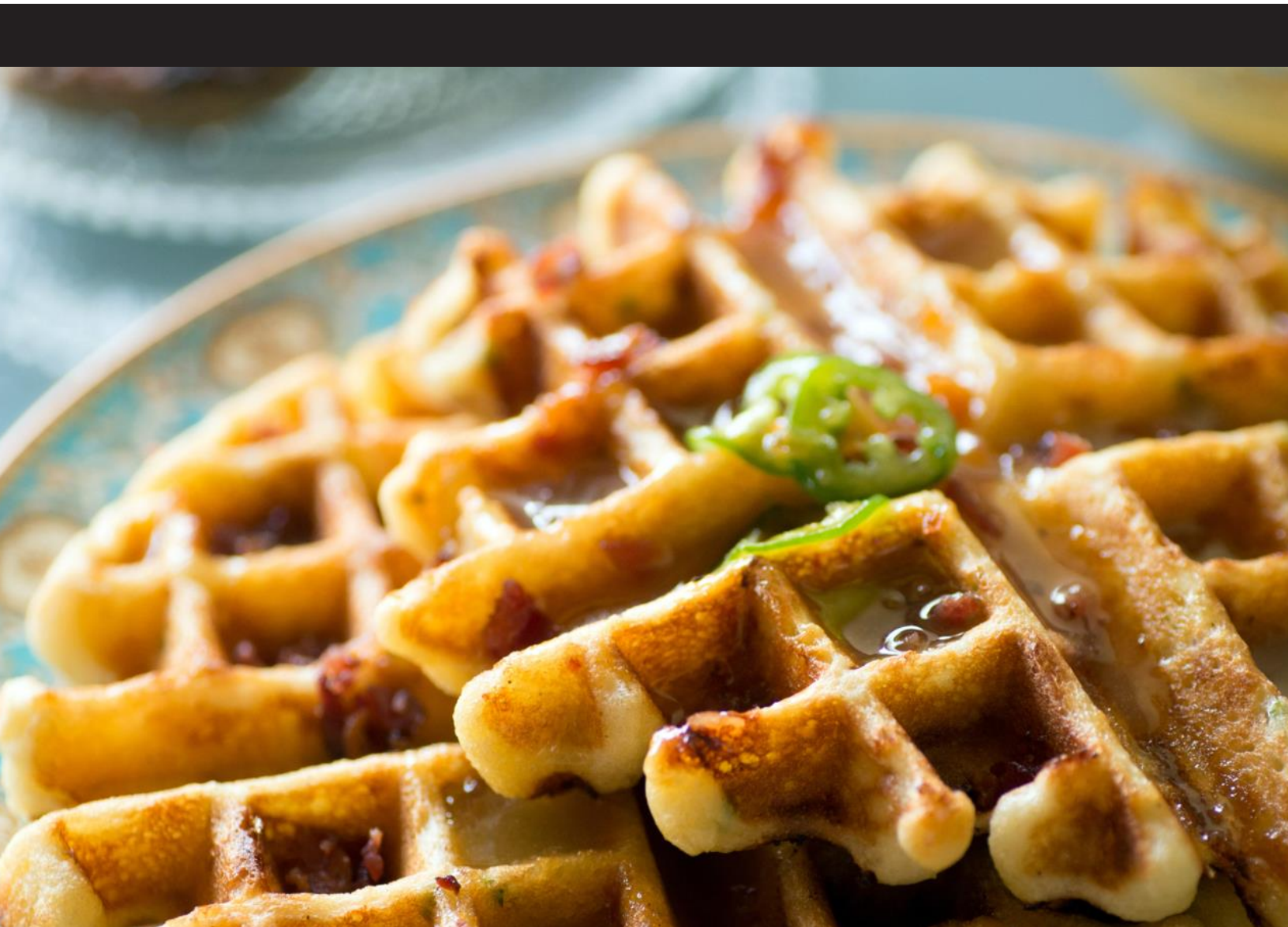
2 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 tbsp Coconut Milk Unsweetened
- 1 large egg & 8 egg whites
- 1 tsp Extra Virgin Coconut Oil
- 1 ½ tsp Vanilla Extract
- 2/3 cup Organic 100% Golden Flaxseed Meal
- ¼ cup Clean Whey Protein
- 1 rounded tbsp Xylitol
- ½ tsp Baking Powder
- 1/8 tsp Nutmeg (Ground)
- 1/8 tsp Salt



Directions

1. Preheat a non-stick waffle maker. Spray wells with coconut oil spray just before pouring in the batter.
2. Combine 2 tbsp coconut milk, eggs, oil and 1 tsp Vanilla Extract in a small bowl. Mix thoroughly with a fork for about 1 minute.
3. Add the flax meal, baking powder, ½ tsp Vanilla Extract, Clean Whey Protein, xylitol, nutmeg and salt. Mix thoroughly for 1-2 minutes.
4. Pour ½ of batter into the waffle maker (it should fill 4 waffle slots). Otherwise, simply fill with batter according to your waffle maker then equally divide the cooked waffles into two servings once cooked.
5. Cook for 3-5 minutes until golden brown and set. Or follow your waffle maker instructions.
6. Serve with a pad of butter, sugar-free pancake syrup, and berries.

FRENCH TOAST LOAF

Total Time: 1hr 5 min

Prep: 15 min

Cook: 50 min

10 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- $\frac{3}{4}$ cup Almond Flour
- $\frac{1}{2}$ cup Xylitol or Erythritol (optional)
- 1 $\frac{1}{2}$ tbsp Cinnamon
- 1 tsp Salt
- 1 tsp Baking Soda
- 1 cup Buttermilk (Reduced Fat, Cultured)
- 1 tbsp Vanilla Extract
- $\frac{1}{4}$ tsp Coconut Cream
- 24 egg whites
- $\frac{1}{2}$ cup Clean Whey Protein



Directions

1. Preheat oven to 350°F. Grease an 8×4 loaf pan; set aside.
2. In a large bowl, whisk almond flour, xylitol, cinnamon, salt and baking soda.
3. In another bowl, combine buttermilk, egg whites and vanilla. Pour into dry ingredients and using an electric mixer on low speed, beat until smooth.
4. In another bowl, beat whites and coconut cream with an electric mixer on high speed until medium peaks form, about 4 minutes. Using a rubber spatula, fold whites into batter in three additions. Pour batter into prepared pan and smooth top.
5. Bake 45-50 minutes until golden and a toothpick inserted in center comes out clean. Cool on wire rack for 5 minutes.
6. Invert pan, remove loaf and cut into 10 slices.

TIP: Serve with a purée of xylitol or fruit preserves.

LEMON GLAZED LEMON LOAF

Total Time: 1hr 50 min

1 loaf

Prep: 5 min

1 Whole-Food Fat Per Serving

Cook: 1hr 45 min

Ingredients

- 6 eggs
- ¼ cup extra virgin coconut oil
- zest from 2 lemons
- juice from 2 lemons
- 1 cup coconut milk
- 1/3 cup raw honey
- 2/3 cup coconut flour
- 1 heaping teaspoon baking soda
- ¼ tsp salt

Lemon Glaze:

- 2 Tbsp extra virgin coconut oil
- 2 Tbsp raw honey
- 2 Tbsp coconut milk
- zest and juice from 1 lemon
- ½ tsp pure vanilla extract



Directions

1. Preheat oven to 350-degree Fahrenheit.
2. Combine all bread ingredients in a mixing bowl and mix well. Pour into a greased pan and bake for 32-45 minutes or until golden on top and the middle is cooked through. Remove from oven and let cool.
3. While the lemon loaf is baking, mix all glaze ingredients together in a small pot over low heat until it starts to simmer. Remove from heat and let sit to cool until the lemon loaf is finished cooking and cooling. Pour the glaze all over the top of the loaf. Refrigerate the loaf at least 30 minutes – 1 hour until both the glaze and the loaf firms up a bit.
4. Enjoy! Store leftovers in the refrigerator.

MINUTE MUFFIN

Total Time: 4 min

Prep: 3 min

Cook: 1 min

1 Serving

1 Whole-Food Fat Per Serving

Ingredients

- 4 tbsp Organic Golden Flaxseed Meal
- ½ tsp Baking Powder
- 1 tsp Erythritol
- 1 tsp Cinnamon
- 1 large Egg (Whole)
- 1 tsp Unsalted Butter



Directions

1. Mix the flax meal, baking powder, xylitol and cinnamon in a coffee mug or single-serving soufflé dish.
2. Add the egg and butter (or oil). Mix with dry ingredients.
3. Microwave 1 minute or more, until firm
4. Turn out and serve with butter or coconut cream. Or toast before applying spread. Makes 1 serving.

POWER ALMOND PANCAKES

Total Time: 15 min

Prep: 5 min

Cook: 10 min

4 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- ½ cup Clean Whey Protein
- 1 tsp Vanilla Extract
- 1 tbsp Xylitol
- ½ rounded cup Almond Flour
- 1 tsp Baking Powder
- 1/3 cup Fat-Free or Low-Fat Cottage Cheese
- 3 large Eggs (Whole) & 8 egg whites



Directions

1. Mix the Clean Whey Protein, vanilla extract, almond flour and baking powder together. Stir in the beaten eggs and fat-free or low-fat Cottage Cheese until blended.
2. Heat a large nonstick skillet or griddle over medium heat. Lightly grease with butter or melted coconut oil.
3. Using about $\frac{1}{4}$ cup per pancake, drop batter onto the skillet. When bubbles begin to form in the middle of each pancake, turn over and cook another 2 minutes or until firm.
4. Repeat, keeping pancakes warm in the oven.

TIP: Serve with almond butter or a purée of xylitol and berries. Garnish with toasted almonds, if desired.

POWER BLUEBERRY ALMOND PANCAKES

Total Time: 15 min

Prep: 5 min

Cook: 10 min

1 Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- ¼ cup Almond Flour
- 1 medium egg (Whole)
- ¼ tsp Baking Powder
- ½ oz Fat-Free or Low-Fat Cottage Cheese
- ¼ cup Clean Whey Protein
- ½ tsp vanilla extract
- ¼ cup Fresh Blueberries



Directions

1. Combine the almond flour, Clean Whey Protein, vanilla extract and baking powder together. Stir in the beaten egg and fat-free or low-fat cottage cheese until blended.
2. Heat a large nonstick skillet or griddle over medium heat. Lightly grease with butter or melted coconut oil.
3. Using about $\frac{1}{4}$ cup per pancake, drop batter onto the skillet. When bubbles begin to form in the middle of each pancake, turn over and cook another 2 minutes or until firm.
4. Serve with blueberries or add blueberries to the pancake batter before cooking.

PUMPKIN PECAN CREPES

Total Time: 35 min

Prep: 25 min

Cook: 10 min

4 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- ¼ cup chopped Pecans
- 1 tbsp Xylitol
- 1 ½ tsp Cinnamon
- ¾ tsp Ginger (Ground)
- ¼ tsp Nutmeg (Ground)
- ¼ tsp Salt
- ½ cup Coconut Cream
- ½ cup Pumpkin (Without Salt, Canned)
- 2 large Eggs (Whole)
- ¼ cup Unsalted Butter
- ½ cup All Purpose Baking Mix
- ½ tsp Baking Powder



Directions

1. Heat oven to 350°F.
2. Place nuts in a single layer on a baking sheet and bake until lightly browned and fragrant, about 8 minutes; cool.
3. Combine ½ cup All Purpose Baking Mix, xylitol, cinnamon, ginger, nutmeg, baking powder and salt in a medium mixing bowl.
4. Whisk together coconut cream, eggs, pumpkin purée and butter in another bowl.
5. Stir wet ingredients into dry until just combined. Let batter rest 5 minutes.
6. Heat a griddle or electric skillet to medium. Grease lightly with butter. Drop batter onto cooking surface in generous tablespoons. Cook pancakes until edges appear dry, 3 to 4 minutes, then flip and continue to cook 2 to 3 minutes more.
7. Continue until all of the batter has been used.

TIP: Serve with coconut cream, chopped pecans and a purée of xylitol.

PUMPKIN-SPICE PANCAKES

Total Time: 25 min

Prep: 15 min

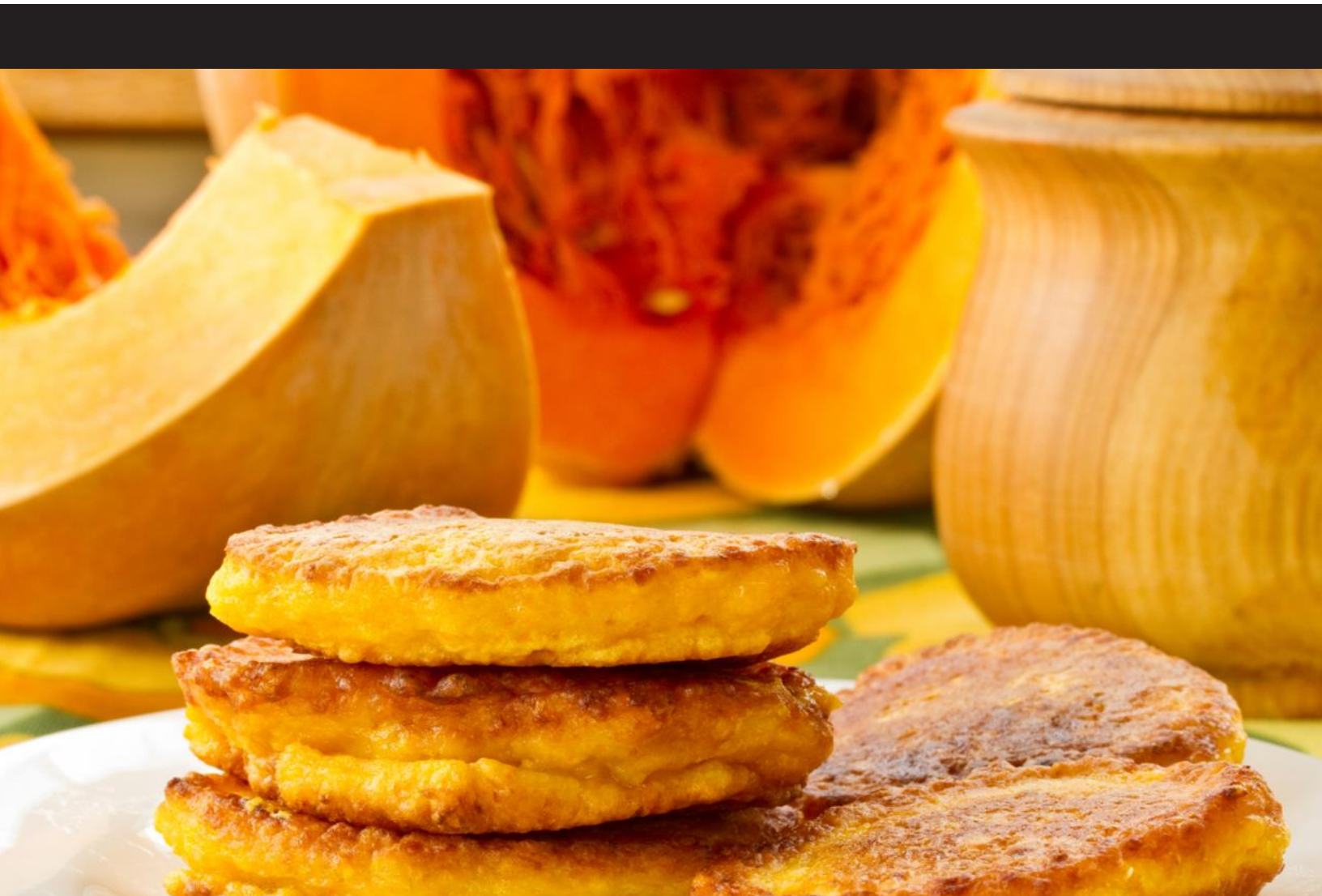
Cook: 10 min

4 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 2 tbsp Xylitol
- ½ tsp Baking Powder
- 2 tsp Pumpkin Pie Spice
- ¼ tsp Salt
- ½ cup Pumpkin (Without Salt, Canned)
- ½ cup Coconut Cream
- 2 large Eggs (Whole)
- 1 tbsp Unsalted Butter
- ¾ Cup All Purpose Baking Mix
- Coconut oil cooking spray



Directions

1. In a bowl, whisk All Purpose Baking Mix, xylitol, baking powder, pumpkin pie spice and salt.
2. In another bowl, whisk pumpkin purée, coconut cream, eggs, and butter until well combined. Add to dry ingredients; mix until smooth. Let batter rest 5 minutes.
3. Heat a large nonstick skillet over medium heat; lightly coat with vegetable oil spray. Using 2 tablespoons batter per pancake. Cook until small bubbles appear at edges, about 3-4 minutes; flip and cook 30-45 seconds more.

QUICK COCONUT ALMOND MUFFIN

Total Time: 4 min

Prep: 3 min

Cook: 1 min

2 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 1/8 cup Almond Meal Flour
- 1 tbsp Xylitol
- 1 tsp Cinnamon
- ½ tsp Baking Powder
- ¼ tsp Salt
- 2 large Eggs (Whole)
- 1/8 cup Coconut Flour



Directions

1. Place all dry ingredients in a coffee mug. Stir to combine.
2. Add the egg. Stir until thoroughly combined.
3. Microwave for 1 to 2 minutes.
4. Use a knife if necessary, to help remove the muffin from the cup and enjoy.

RHUBARB MUFFINS

Total Time: 35 min

Prep: 10 min

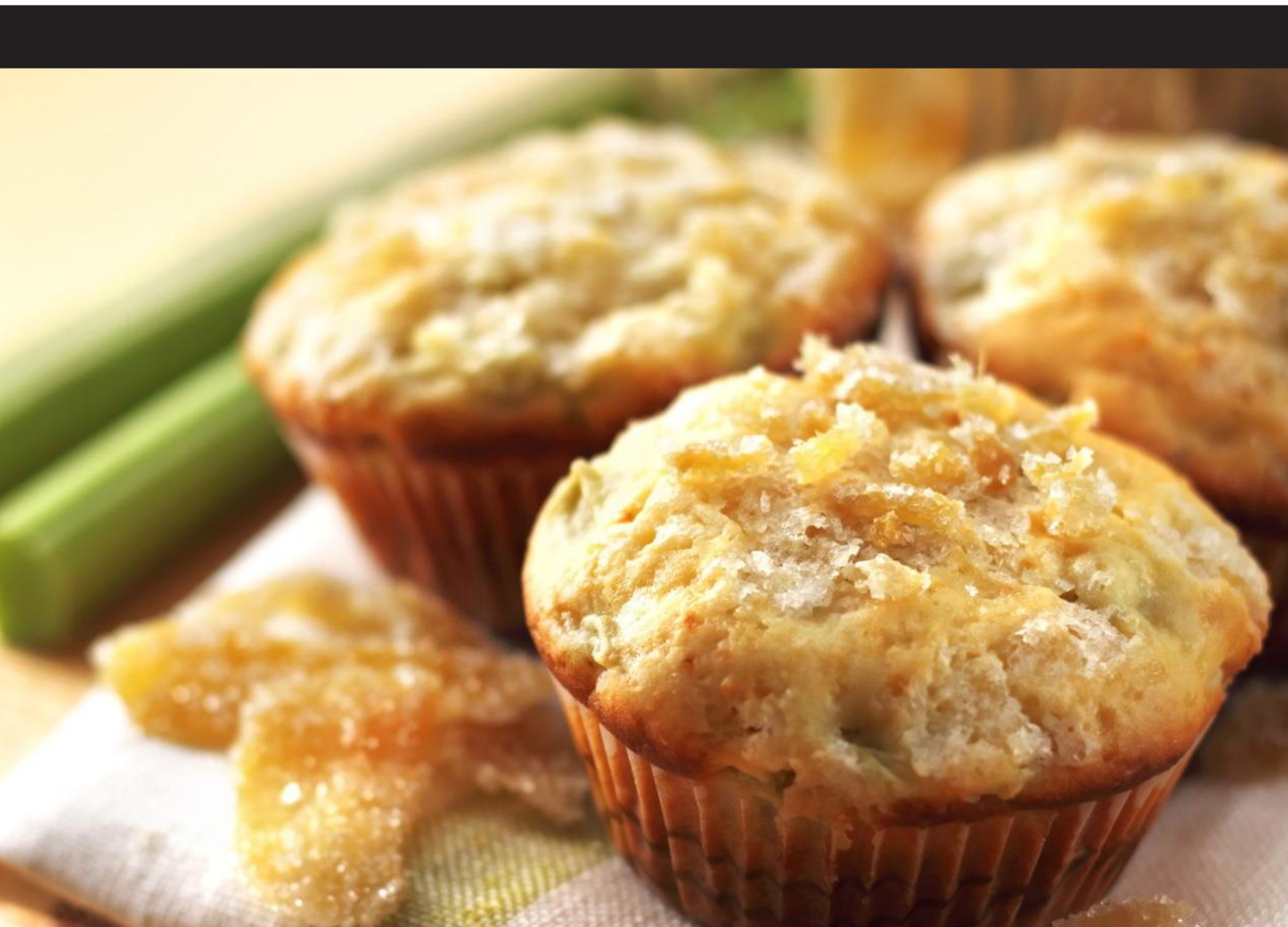
Cook: 25 min

10 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 1/3 cup Unsalted Butter
- 1/3 cup Xylitol
- 3 large Eggs
- 1/3 cup Coconut Milk Unsweetened
- 1 tsp Vanilla Extract
- 1/2 cup Almond Flour
- 1 tsp Baking Powder
- 1/4 tsp Salt
- 1 1/2 tsp Cinnamon
- 1/3 tsp Nutmeg (Ground)
- 1 1/2 cup diced Rhubarb



Directions

1. Preheat oven to 350°F. Prepare 10 wells of a muffin tin with paper liners or spray with oil.
2. Whisk the melted butter, xylitol, eggs, coconut milk and vanilla until blended.
3. In a small bowl combine the almond flour (reserve 1 tablespoon), baking powder, salt, ground cinnamon and nutmeg. Add mixture to the wet ingredients and blend until combined.
4. Toss the rhubarb with 1 tablespoon reserved almond flour and then add it to the batter, mix to incorporate and divide into the muffin wells and bake for 25-30 minutes until golden brown and set. Allow to cool for 10 minutes in the pan and then place on a cooling rack for 15 minutes. Enjoy slightly warm or at room temperature.

TORTILLAS

Total Time: 25 min

Prep: 5 min

Cook: 20 min

6 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 1 cup egg whites
- ¼ cup unsweetened almond milk
- ¼ cup coconut flour
- ½ tsp cumin
- ½ tsp garlic
- ¼ tsp salt
- ¼ tsp cayenne pepper



Directions

1. In a blender pitcher, combine all ingredients. Process for 10-20 seconds to break up any lumps in the coconut flour. Let it sit for 10 minutes so the coconut flour hydrates.
2. Heat a nonstick skillet over medium heat and oil the bottom lightly if the nonstick coating isn't great. When hot, pick up the pan and pour $\frac{1}{4}$ cup of the batter into the center of the pan, giving the pan a tilt-rotate-jiggle action to spread the batter into a thin pancake about 8 inches or so across.
3. Put the pan back on the burner and let it cook until the top of the tortilla doesn't look shiny anymore and is not sticky to the touch. If it feels solid enough to flip, it's time to flip. If it needs another minute, give it another minute. Timing isn't crucial.
4. Use a big, wide pancake turner to flip it onto the other side. Another minute of cooking, and your tortilla is done. I recommend removing it to a paper towel-lined plate to free up the skillet for the next tortilla. Stacking the cooked tortillas on a bare plate works too but gets some condensation moisture on the bottom so they end up a bit wet.

ZUCCHINI BREAD

Total Time: 1hr 10 min

12 Servings

Prep: 10 min

1 Whole-Food Fat Per Serving

Cook: 1hr

Ingredients

For Topping:

- 1/3 cup walnuts, chopped
- 3 tbsp sifted coconut flour
- 1 tbsp extra virgin coconut oil
- 1 tbsp raw honey
- ½ tsp cinnamon
- 1/8 tsp salt

For Bread:

- 8 eggs
- ¾ cup unsweetened applesauce
- 1/3 cup raw honey
- ¾ cup grated zucchini
- 1 tsp vanilla
- ¾ cup sifted coconut flour
- 1 tsp salt
- 1 tsp baking soda
- ¼ tsp baking powder
- 1 ½ tbsp cinnamon



Directions

1. Preheat oven to 325 degrees.
2. Mix topping ingredients together in a bowl with a fork until crumbly. Set aside.
3. In a large mixing bowl, beat eggs, applesauce and honey with electric mixer (or whisk well).
4. Mix in zucchini and vanilla.
5. In a separate bowl, mix coconut flour, salt, baking powder, baking soda and cinnamon together.
6. Combine dry ingredients with wet ingredients and mix until there are no lumps.
7. Pour into greased loaf pan and sprinkle crumble mixture evenly on top.
8. Bake at 325 for 55-60 minutes or until toothpick inserted comes out clean.

ZUCCHINI BREAD MUFFINS

Total Time: 35 min

Prep: 10 min

Cook: 25 min

6 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 2 large Eggs (Whole)
- 2 tsp Extra Virgin Coconut Oil
- 1 tsp Vanilla Extract
- ¾ cup Zucchini
- 1 cup Organic Golden Flaxseed Meal
- ¼ cup Clean Whey Protein
- ½ tsp vanilla extract
- 1/3 cup Xylitol
- 1 ½ tsp Cinnamon
- ¾ tsp Baking Powder
- ¼ tsp Salt
- 1/8 tsp Allspice Ground
- 1/8 tsp Nutmeg (Ground)



Directions

1. Preheat an oven to 350°F. Grease 6 wells of a standard non-stick muffin tin.
2. Combine the eggs, oil and vanilla in a small bowl. Using a whisk beat until frothy about 1 minute.
Add the shredded zucchini.
3. Add the flax meal, Clean Whey Protein, vanilla extract, xylitol, baking powder, salt, and spices. Mix with a spoon to combine.
4. Bake for 25 minutes until slightly puffed, golden and cooked through. Enjoy with coconut cream if desired.

MORE BREAKFAST GOODNESS



10 MIN ASPARAGUS BACON CHEESE SCRAMBLE

Total Time: 10 min

Prep: 5 min

Cook: 5 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 medium slice of Bacon
- 1 egg & 6 egg whites
- 2 tsp parmesan cheese
- 4 spears of Asparagus



Directions

1. Cook bacon in a small skillet over medium high heat. Reserve some of the bacon fat in the skillet and discard the rest or save for another use.
2. Chop bacon into small pieces and set aside.
3. Cook asparagus in skillet with reserved bacon grease until tender, about 3 minutes. Remove and cut into bite-size pieces.
4. Wisk egg and egg whites together
5. Add eggs, bacon, cheese and asparagus back to pan and scramble together until egg is cooked and cheese is melted, about 3 minutes. Or omit the cheese and instead sprinkle over the eggs after they are cooked.
6. Season to taste with salt and freshly ground black pepper.

ASPARAGUS AND EGG WHITES

Total Time: 8 min

Prep: 8 min

Cook: 0 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- Coconut oil cooking spray
- 4 ½ ounces frozen asparagus cuts
- ½ cup egg white
- 1 tbsp parmesan cheese



Directions

1. Microwave asparagus according to package directions.
2. Drain well.
3. Place the asparagus in an 8" pan sprayed with coconut oil cooking spray.
4. Pour egg whites over asparagus and cook 2 minutes over med heat.
5. Sprinkle with parmesan and broil for 4-5 minutes or until cheese is brown & bubbly and eggs are set.
6. Turn out onto plate & serve.

AVOCADO CHEDDAR OMELET

Total Time: 15 min

Prep: 5 min

Cook: 10 min

1 Serving

2 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 tsp Extra Virgin Coconut Oil
- 2 tbsp Cheddar Cheese
- 1 oz Salsa
- 1 large Eggs & 6 Egg whites
- ½ fruit without skin and seed California Avocados
- 6 cups spinach



Directions

1. Wilt spinach in a pan over low heat
2. Heat oil in a nonstick skillet over medium high heat. Add slightly beaten eggs to skillet. Cook 3 minutes, flip over, cook other side for 2 minutes.
3. Add shredded Cheddar, spinach, and avocado to half of the omelet. Flip other half over top. Cook an additional 1-2 minutes to melt cheese.
4. Top with salsa and serve immediately.

AVOCADO, ONIONS AND TOMATO SCRAMBLED EGGS

Total Time: 15 min

Prep: 5 min

Cook: 10 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- ½ fruit without skin and seed California Avocados
- 8 egg whites
- 1 Medium Red Tomato
- 2 tbsp chopped Onions
- 1 tsp Extra Virgin Coconut Oil



Directions

1. Heat oil in a nonstick skillet over medium-high heat.
2. Sauté white onions in skillet until translucent.
3. Add eggs, avocado and tomatoes and scramble together until eggs are set.
4. Season to taste with salt and freshly ground black pepper and serve immediately.

BACON, AVOCADO, AND CHEESE OMELET AND SALSA

Total Time: 20 min

Prep: 10 min

Cook: 10 min

2 Servings

1 Nutrient-Dense Protein Per Serving

2 Whole-Food Fats Per Serving

Ingredients

- ½ fruit without skin and seed California Avocados
- 3 medium Scallions or Spring Onions
- 2 medium Red Tomatoes
- 2 tbsp Cilantro
- ½ pepper Jalapeno Peppers
- 4 large eggs & 12 egg whites
- 2 tbsp Tap Water
- 1 tbsp Unsalted Butter Stick
- 3 medium slice Bacons
- 1 tbsp Fresh Lime Juice
- ½ cup shredded Monterey Jack Cheese



Directions

1. Prepare salsa: Chop the tomatoes; finely chop the green onions and jalapeno (de-seed if you would like less heat). In small bowl, combine tomato, green onions, jalapeño, cilantro and lime juice and mix well. Season to taste with salt and pepper. Set aside.
2. In medium bowl, whisk eggs with water and season with salt and pepper. Prepare bacon, cook thoroughly, crumble and set aside.
3. Melt half the butter in a small nonstick skillet over medium-high heat. When foam subsides, add half the egg mixture. Tilt pan to coat bottom and cook 1 minute, until almost set. Sprinkle half the omelet with half the crumbled bacon, avocado and cheese and cook 1 minute.
4. Fold empty half of omelet over filling and slide omelet onto a plate. Keep warm.
5. Repeat with remaining butter, egg mixture, bacon, avocado and cheese. Serve with salsa.

BACON, GREEN BELL PEPPERS AND TOMATO

SCRAMBLED EGGS

Total Time: 20 min

Prep: 10 min

Cook: 10 min

1 Serving

2 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 medium slices bacon
- 1 large egg & 5 egg whites
- 1 large Red Tomato
- 1 tbsp shredded Cheddar Cheese
- 1 cup chopped Green Sweet Pepper



Directions

1. Slice tomato into 2-3 thick slices and place on a plate. Season with salt and freshly ground black pepper; set aside.
2. Cook bacon until crispy. Remove excess oil with a paper towel and layer onto the tomato slices.
3. Sauté the green bell pepper for 2-3 minutes in the same pan as the bacon (drain off excess fat first). Beat the eggs slightly and add them to the green bell peppers. Cook until the eggs are firm.
4. Layer the bacon over the tomatoes, then the eggs. Sprinkle 2 Tbsp cheese on top; broil for one minute or microwave for 30 seconds to melt the cheese.

BAG O' OMELET

Total Time: 30 min

Prep: 15 min

Cook: 15 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 extra large eggs
- 2 tbsp crumbled cooked bacon
- 2 tbsp shredded Cheddar cheese
- ¼ cup diced onion
- ½ cup diced bell pepper
- ½ cup thinly sliced mushrooms
- ½ teaspoon ground black pepper
- ¼ teaspoon ground paprika
- ¼ teaspoon garlic powder
- ½ cup diced ham
- 1 pinch salt to taste



Directions

1. Put eggs, bacon, Cheddar cheese, onion, ham, bell pepper, mushrooms, black pepper, paprika, garlic powder, and salt in a resealable sandwich bag; seal. Shake vigorously until thoroughly mixed. Squeeze out any excess air and reseal.
2. Bring a pot of water to a boil. Place bag in the boiling water; cook until egg is completely cooked, about 13 minutes. Remove bag using tongs or a large strainer. Carefully open bag and roll omelet onto a plate.

BAKED ASPARAGUS EGGS

Total Time: 15 min

Prep: 5 min

Cook: 10 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

2 Whole-Food Fats Per Serving

Ingredients

- 8 spears small Asparagus
- ¼ cup Coconut Cream
- 2 large Eggs (Whole)
- 2 tbsp Almond Flour
- ½ tbsp Parmesan Cheese (Shredded)
- 1/8 tsp Garlic
- 1/8 tsp Black Pepper



Directions

1. Preheat oven to 400°F. Prepare a small oven safe casserole or 4-inch by 3-inch dish with a little bit of oil. Set aside.
2. Boil the asparagus spears for 2 minutes until tender crisp. Drain and run under cold water then pat dry. Arrange in the prepared baking dish.
3. Pour cream over the asparagus and then crack two eggs on top.
4. In a small bowl blend together the almond meal, Parmesan cheese, garlic and black pepper. Sprinkle over the eggs and place in the oven. Cook for 5-10 minutes depending upon how you like your eggs cooked. Longer time will result in a firmer yolk. The cream will puff over the edges of the eggs and the topping should be golden brown and fragrant.

BREAKFAST BURRITO

Total Time: 25 min

Prep: 20 min

Cook: 5 min

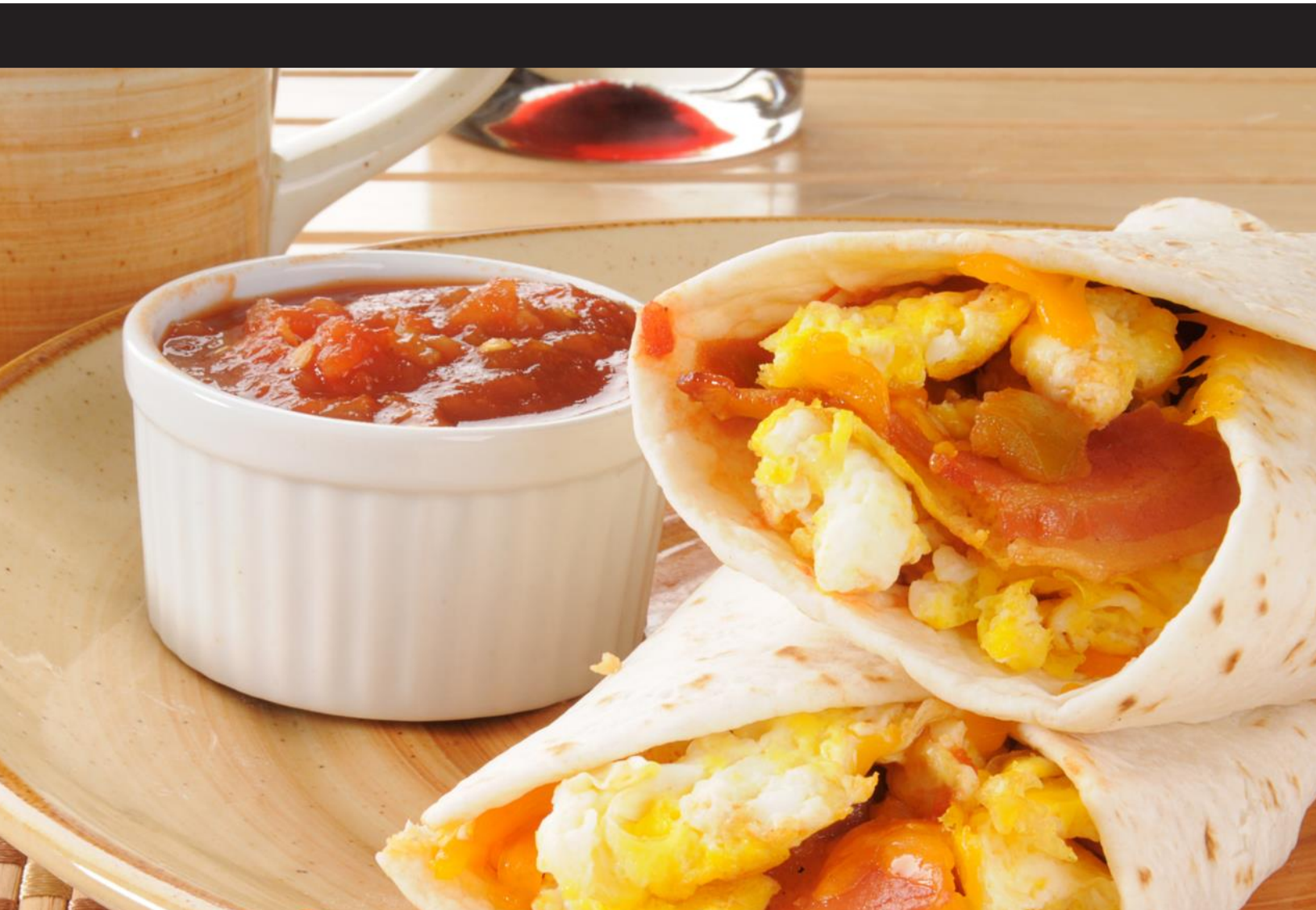
4 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 4 [tortillas](#)
- 1 tbsp Extra Virgin Coconut Oil
- 3 large Scallions or Spring Onions
- 4 oz Green Chili Peppers (Canned)
- 1 medium whole Red Tomatoes
- ½ tsp Salt
- ¼ tsp Black Pepper
- 4 large Eggs (Whole) & 12 egg whites
- 1/8 tsp Red or Cayenne Pepper
- 9 sprigs Cilantro (Coriander)
- ½ cup shredded Cheddar Cheese
- Salsa



Directions

1. Heat oven to 325° F.
2. Wrap tortillas in foil and heat in oven 5-10 minutes. Chop tomatoes and dice green onions.
3. In a medium nonstick skillet, heat extra virgin coconut oil over medium-high heat. Add green onions, chiles, tomato, salt and pepper. Sauté for 3 minutes.
4. Push mixture to side of pan. Add eggs and cayenne to skillet. Cook, 1-2 minutes, stirring occasionally with rubber spatula, until soft, creamy curds form.
5. Stir vegetable mixture into eggs.
6. Divide mixture among warm tortillas, sprinkle with cilantro, one tablespoon of salsa and 2 tablespoons cheese. Roll up tortillas.

BREAKFAST MEATLOAF

Total Time: 1hr 10 min

Prep: 15 min

Cook: 55 min

8 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 16 oz Chopped Spinach
- 4 stalk medium Celery
- 2 medium Sweet Red Peppers
- 24 oz Turkey Breakfast Sausage
- 1 ½ lbs. Ground Turkey
- 6 large Eggs (Whole)
- 1 small Onion
- ½ tsp ground Thyme (Dried)
- 2 medium Green Sweet Peppers
- 1/8 tsp Nutmeg (Ground)
- 1/8 tbsp Red or Cayenne Pepper



Directions

1. Preheat oven to 350°F.
2. Thaw the spinach and coarsely chop. Dice the celery, bell peppers and white onion.
3. Combine the ground turkey sausage and turkey, spinach, celery, bell peppers and onion until thoroughly mixed.
4. Add the eggs, thyme, cayenne, nutmeg, ½ teaspoon of garlic powder (if desired) and season with salt and freshly ground black pepper. Distribute evenly and place in two standard quick bread pans (4×9 inches).
5. Bake until cooked through and browned on top; about 55-65 minutes. Serve immediately or freeze in individual portions for up to 2 months.

CHEDDAR AND CHIVE OMELET

Total Time: 20 min

Prep: 10 min

Cook: 10 min

4 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 large eggs and 8 egg whites
- 1 ½ tbsp chopped fresh chives
- ½ tsp salt
- ¼ tsp fresh ground black pepper
- 1 tbsp butter
- ½ cup extra-sharp cheddar cheese



Directions

1. Whisk eggs, chives, salt, and pepper together in medium bowl.
2. Heat butter in large non-stick skillet.
3. Pour in egg mixture and cook over medium heat until almost set, lifting sides to let uncooked egg run under.
4. Sprinkle omelet with cheddar cheese.
5. Run omelet under hot broiler just until cheese is melted, bubbling, and just beginning to brown.
6. Cut into 4-6 servings and serve immediately.

CHEESY BAKED EGGS

Total Time: 15 min

Prep: 5 min

Cook: 10 min

1 Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 tsp Unsalted Butter
- 1 large egg & 6 egg whites
- 1 tbsp Coconut Cream
- 1 tbsp Parmesan Cheese (Grated)



Directions

1. Melt butter and coat the inside of a small oven safe dish.
2. Combine the eggs and cream in a bowl and lightly beat.
3. Add parmesan cheese and freshly ground black pepper and salt to taste.
4. Bake at 375°F for 10 minutes or until set.

CHEESY BELL PEPPER RINGS

Total Time: 20 min

Prep: 10 min

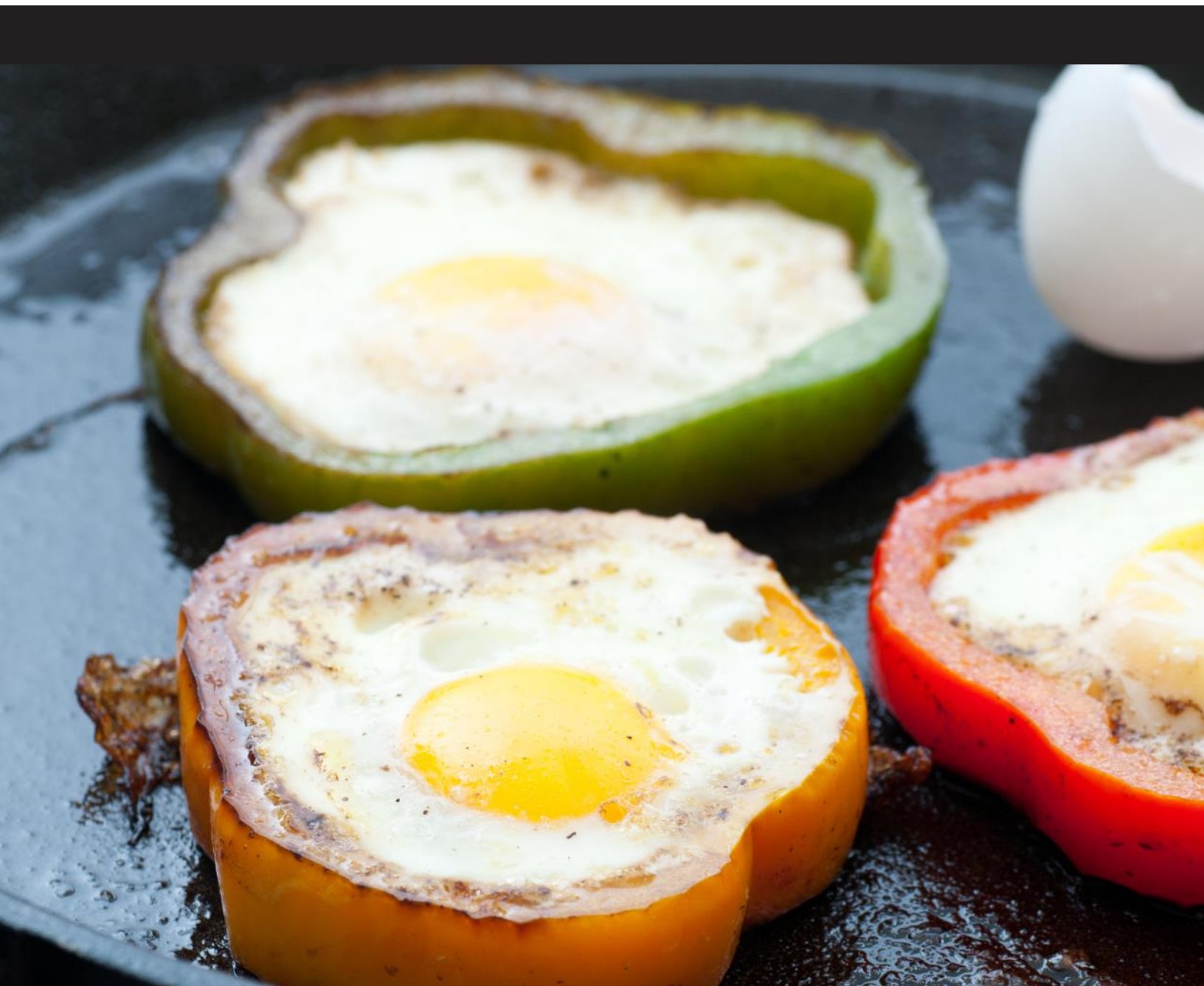
Cook: 10 min

1 Serving

1 Whole-Food Fat Per Serving

Ingredients

- ½ medium Sweet Red Pepper
- 2 large Eggs (Whole)
- 1 tsp Extra Virgin Coconut Oil
- 1 tbsp shredded Mozzarella Cheese



Directions

1. Cut bell pepper in half across the middle, then cut two 1-inch rings. Remove seeds and ribs.
2. Place rings in sauté pan with extra virgin coconut oil over medium-high heat. Place an egg in each ring and cook until desired doneness (do not flip).
3. Top eggs with cheese and, cover pan and cook 1 more minute until cheese has melted. Season to taste with salt and freshly ground black pepper.
4. Serve immediately.

CHORIZO, GREEN CHILI, AND TOMATO FRITTATA

Total Time: 25 min

Prep: 10 min

Cook: 15 min

6 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 6 oz Pork and Beef Chorizo
- 6 large eggs & 24 egg whites
- 8 oz Green Chili Peppers (Canned)
- 2/3 cup chopped or sliced Red Tomatoes
- ¼ cup Cheddar Cheese



Directions

1. Preheat broiler.
2. In a large oven-proof skillet, sauté the chorizo, breaking it up into bite-sized pieces over medium-high heat until cooked through; about 5 minutes. Drain off excess fat and leave in the pan.
3. Add lightly beaten eggs, green chilies, tomatoes and cheese to the chorizo. Cook over medium-high heat for 4-5 minutes then place pan under the broiler for 3-4 minutes until light and slightly puffed. Serve immediately.

CORNEB BEEF HASH

Total Time: 25 min

Prep: 5 min

Cook: 20 min

4 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 pounds Corned Beef Brisket (Cured)
- 2 cups Turnips
- ½ cup chopped Onions
- ¼ cup Coconut Cream
- 3 tsp Extra Virgin Coconut Oil
- 4 eggs
- 12 cups finely chopped kale



Directions

1. Toss cubed beef and cubed turnips together in a bowl. Add onion and cream and stir to combine.
2. Heat 2 tsp oil in a heavy nonstick skillet over medium-low heat 1 minute. Add beef-turnip mixture and cook until a crust forms, about 10 minutes.
3. Turn hash and brown other side, about 10 minutes more.
4. Sauté kale with 1 tsp oil. While poaching eggs in a separate pan.
5. Serve hash with a poached egg & kale on the side.

CRUST-FREE BROCCOLI QUICHE

Total Time: 1hr 15 min

Prep: 15 min

Cook: 1hr

6 Servings

2 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 tsp Extra Virgin Coconut Oil
- 1 cup Coconut Cream
- ½ cup shredded Cheddar Cheese
- ½ cup Tap Water
- ¼ tsp Thyme
- ¼ tsp leaf Oregano
- ½ tsp Salt
- 4 large Eggs & 24 egg whites
- ¼ tsp Black Pepper
- ¼ tsp Rosemary (Dried)
- 3 lb. Broccoli
- 1 small Onion



Directions

1. Preheat oven to 375°F.
2. Brush a 9- or 10-inch pie plate with extra virgin coconut oil.
3. Heat oil in a small skillet over medium-high heat. Add white onion and cook until softened, about 3 minutes. Transfer to a medium bowl; let cool.
4. Add eggs to onion and lightly beat. Whisk in cream, $\frac{1}{4}$ cup cheese, water, thyme, oregano, salt, pepper and rosemary to blend.
5. Cover bottom of pie plate with chopped broccoli. Pour egg mixture over it and sprinkle with remaining $\frac{1}{4}$ cup cheese.
6. Bake until a knife inserted in middle comes out clean and quiche is golden brown, 50 to 60 minutes. Alternatively, these may be baked in a greased muffin tin for 15-20 minutes until fully set.

CRUST-FREE SPINACH QUICHE

Total Time: 50 min

Prep: 20 min

Cook: 30 min

4 Servings

2 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 tsp Extra Virgin Coconut Oil
- 12 oz Frozen Chopped Spinach
- ½ cup chopped Scallions or Spring Onions
- ½ cup Coconut Cream
- ½ cup shredded Muenster Cheese
- ¼ tsp Salt
- 4 large Eggs & 16 egg whites
- 1/8 tsp Nutmeg (Ground)
- ¼ tsp Black Pepper



Directions

1. Preheat oven to 350°F (175°C). Lightly grease a 9-inch pie pan.
2. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.
3. In a large bowl, combine eggs, coconut cream, cheese, salt, 1/8 tsp nutmeg and pepper. Add spinach mixture and stir to blend. Pour into prepared pie pan.
4. Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

DENVER SCRAMBLED EGGS

Total Time: 20 min

Prep: 5 min

Cook: 15 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 tsp Extra Virgin Coconut Oil
- 1/3 cup chopped Onions
- ½ cup chopped Green Sweet Pepper
- 1 small whole Red Tomato
- 1/8 tsp Red or Cayenne Pepper
- 2 large Eggs (Whole)
- ½ cup boneless, cooked Fresh Ham



Directions

1. Heat oil in large heavy skillet over medium heat. Sauté white onion 5 minutes, until softened.
2. Add green peppers, tomatoes and cayenne. Cover and cook 5 minutes, until vegetables are very soft, stirring occasionally. Season with salt and freshly ground pepper and set aside.
3. In small bowl, beat eggs until blended. Set aside.
4. In large nonstick skillet, add the ham and cook 3 minutes or until just beginning to brown on the edges. Add the pepper mixture and then the eggs. Stir the mixture until the eggs begin to scramble, about 5 minutes. Serve immediately.

DILL AND SMOKED SALMON SCRAMBLED EGGS

Total Time: 25 min

Prep: 10 min

Cook: 15 min

4 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 4 medium Scallions or Spring Onions
- 3 tbsp Coconut Cream
- ½ tsp Salt
- 4 large eggs & 16 egg whites
- 4 tbsp Unsalted Butter Stick
- 8 oz Smoked Chinook Salmon (Lox)
- 1 tbsp Dill (Dried)



Directions

1. In a large bowl, beat eggs, coconut cream, dill and salt.
2. Melt butter in a large skillet over medium heat. Add scallions; cook 8 minutes until softened. Pour in egg mixture; cook 3-4 minutes, stirring occasionally, until almost set.
3. Mix in salmon, cook 1 minute more or until eggs reach desired doneness.
4. Transfer to warmed plates.

DILL SCRAMBLE

Total Time: 15 min

Prep: 15 min

Cook: 0 min

3 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 eggs and 8 egg whites
- 1/3 cup milk
- ¼ tsp salt
- 1 tbsp butter
- Dill weed
- Pepper
- All-natural powdered ranch dressing mix



Directions

1. In a bowl beat together eggs, milk, dill, salt and a dash of pepper (or substitute the salt and pepper with the powdered ranch butter over medium heat; pour in egg mixture. Cook, without stirring, till mixture begins to set on the bottom and around the edge.
2. Using a large spoon or spatula, lift and fold partially cooked eggs so uncooked dressing mix). In a large skillet melt the portion flows underneath. Continue cooking over medium heat for 2 to 3 minutes or till eggs are cooked throughout but are still glossy and moist. Remove from heat immediately and serve.

EGG & SPINACH RED BELL PEPPER

Total Time: 20 min

Prep: 10 min

Cook: 10 min

1 Serving

2 Non-Starchy Vegetables Per Serving

2 Whole-Food Fats Per Serving

Ingredients

- ½ medium Red Sweet Pepper
- 1 tsp Extra Virgin Coconut Oil
- 4 cups Baby Spinach
- 2 large Eggs (Whole)
- 1 tbsp Coconut Cream
- 1 tbsp shredded Monterey Jack Cheese



Directions

1. Cut bell pepper in half. Slice small slice off the bottom so it will stand up right (be sure not to cut too much otherwise filling will drain out). Place in a pan with a small amount of water and steam over medium heat until the pepper is tender. Set aside on a serving plate.
2. Sauté spinach in the oil until wilted. While cooking, beat the eggs with the coconut cream and add the cheese (reserve a small amount for serving).
3. Pour the egg mixture into the pan with the spinach and cook over medium heat until the eggs are set but have a creamy texture (do not overcook) and season with salt and freshly ground black pepper.
4. Spoon the egg mixture into the pepper and serve immediately.

EGGS PARMESAN

Total Time: 25 min

Prep: 5 min

Cook: 20 min

1 Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 tbsp butter, melted
- 2 tbsp parmesan cheese, freshly grated
- 1 large egg
- 1 tbsp coconut cream



Directions

1. Preheat oven to 350°F.
2. Butter an individual ramekin, then dust with 1 tbsp of cheese.
3. Break egg into ramekin and cover with cream.
4. Sprinkle with remaining cheese.
5. Bake 10 to 15 minutes, until white is set.
6. Serve hot in ramekin.

FETA RED BELL PEPPER OMELET

Total Time: 15 min

Prep: 5 min

Cook: 10 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 tsp Extra Virgin Coconut Oil
- 1 cup chopped Sweet Red Peppers
- 1 large egg & 5 egg whites
- 1 oz Feta Cheese



Directions

1. Heat oil in a nonstick skillet over medium-high heat. Add bell pepper and sauté until tender. Remove from pan and set aside.
2. Add eggs to pan and cook 2 minutes till underside is golden. Using a spatula and tilting the skillet, flip over. Place the sautéed bell pepper topped with cheese on half the eggs.
3. Gently flip the other half over the mixture and cook an additional 1-2 minutes to melt the crumbled feta cheese.
4. Slide from the skillet to a plate. Season with salt and freshly ground black pepper.

FETA SPINACH SCRAMBLED EGGS

Total Time: 10 min

Prep: 5 min

Cook: 5 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 tsp Extra Virgin Coconut Oil
- 3 cups Baby Spinach
- 1 large egg & 5 egg whites
- ½ oz Feta Cheese



Directions

1. In a small non-stick skillet, wilt spinach with 1 tablespoon of water over medium heat.
2. Add lightly beaten eggs and cheese and cook until set.
3. Season with salt and freshly ground black pepper and serve immediately.

FLUFFY SCRAMBLE

Total Time: 10 min

Prep: 5 min

Cook: 5 min

4 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 4 eggs and 12 egg whites
- 1 can evaporated milk (5 ounce)
- 2 tbsp butter
- Salt and pepper



Directions

1. In a bowl, whisk the eggs and the milk.
2. In a large skillet, heat the butter until hot.
3. Add egg mixture; cook and stir over medium heat until eggs are completely set.
4. Season with salt and pepper.

FRENCH SCRAMBLE

Total Time: 20 min

Prep: 5 min

Cook: 15 min

2 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 tbsp unsalted butter
- 4 large eggs
- kosher salt
- fresh ground black pepper



Directions

1. Place 1-inch of water in the bottom of a double boiler and heat until boiling, reduce the heat to very low.
2. When the water is simmering, place the top of the double boiler over the water.
3. Add 1 tablespoon of the butter and heat until melted.
4. Meanwhile, whisk the eggs in a medium bowl just until combined.
5. Add 1 tablespoon butter, cut into small pieces, salt to taste and a grinding of pepper.
6. Pour into the double boiler.
7. Cook, stirring constantly with a wooden spoon or heatproof rubber spatula, until eggs are thickened into soft curds, 10 to 15 minutes.
8. And enjoy!

FRITTATA LORRAINE

Total Time: 30 min

Prep: 20 min

Cook: 10 min

6 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 4 large eggs & 24 egg whites
- ¼ cup Tap Water
- ¼ tsp Salt
- ¼ tsp Black Pepper
- 1 small Onion
- 1 cup shredded Gruyere Cheese
- 4 medium slices Bacon
- 16 cups fine chopped kale



Directions

1. In a separate pan, wilt kale over low heat with a bit of water in the pan
2. Heat a 10-inch nonstick ovenproof skillet over medium-high heat. Add bacon and sauté until it begins to crisp, 3 to 5 minutes. Add white onion and sauté until soft, about 5 minutes.
3. Whisk eggs, water, salt, and pepper in a medium bowl. Add wilted kale and mix. Add egg mixture and cheese to skillet; cook until eggs are set on bottom, but top remains slightly runny, about 5 minutes.
4. Heat broiler to high. Transfer skillet to oven and broil until eggs are set and golden, about 2 minutes. Cut into wedges and serve.

GOAT CHEESE AND ASPARAGUS SCRAMBLED EGGS

Total Time: 10 min

Prep: 5 min

Cook: 5 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Most-Dairy Per Serving

Ingredients

- 7 egg whites
- 1 oz Goats Cheese (Hard)
- 4 spears Asparagus



Directions

1. Place 2 tablespoons of water in a small nonstick skillet over medium-high heat. Add the asparagus and steam until water has evaporated and asparagus is tender. Remove asparagus and keep warm.
2. Add teaspoon of extra virgin coconut oil to the skillet over medium heat; add eggs and goat cheese; scramble until eggs are set and cheese is melted.
3. Top with the asparagus. Season to taste with salt and freshly ground black pepper and serve immediately.

HAM AND SWISS CHEESE FRITTATA

Total Time: 40 min

Prep: 15 min

Cook: 25 min

6 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 tbsp Unsalted Butter
- 2 tbsp chopped Onions
- 1 medium Sweet Red Pepper
- 1 cup boneless, cooked Ham
- 3 tbsp Parsley
- 6 large eggs & 9 egg whites
- ¼ cup Coconut Cream
- ¼ cup Tap Water
- ½ tsp Salt
- ½ tsp Italian Seasoning
- ½ cup shredded Swiss Cheese



Directions

1. Heat broiler.
2. Melt butter in a large nonstick skillet over medium-high heat; add white onion, pepper, ham and half the parsley. Cook 5 minutes, until onion is softened.
3. Combine eggs, coconut cream, water, salt, Italian seasoning and half the cheese.
4. Add egg mixture to pan. Cook, stirring constantly, until the eggs form soft, creamy small curds, about 5 minutes. Remove from heat; sprinkle remaining cheese over top of eggs.
5. Place skillet under broiler; cook until cheese is bubbly and golden, about 3 minutes. Cool slightly.
6. To remove frittata whole, tip skillet to one side and use a spatula to loosen edges. Slide onto a serving platter; top with remaining parsley.
7. Cut into wedges.

HATCH GREEN CHILE, CHEESE AND EGG BAKE

Total Time: 50 min

Prep: 5 min

Cook: 45 min

4 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 4 oz Green Chili Peppers (Canned)
- 4 Eggs & 16 egg whites
- 2 tbsp Coconut Cream
- ½ tsp Garlic Powder
- ¼ tsp Salt
- 1/8 tsp Black Pepper
- ¾ cup shredded Cheddar Cheese



Directions

1. Preheat oven to 350°F. Prepare a square pan with aluminum foil and spray it with coconut oil spray.
2. In a blender, blend together the chiles, eggs, cream, garlic powder, salt, pepper, and half of the cheese until smooth. Pour in prepared pan and bake covered for 45 minutes or until eggs are set.
3. Remove from oven and sprinkle remaining cheese on top, allow to melt and cool slightly then serve.

HERBED FRITTATA

Total Time: 40 min

Prep: 10 min

Cook: 30 min

8 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 4 eggs and 12 egg whites
- 2 tbsp water
- 1 cup shredded Colby Monterey jack cheese, divided
- ½ cup fresh herb, chopped (parsley, thyme leaves, cilantro, chives)
- ½ cup finely chopped red bell pepper
- ½ teaspoon fresh ground black pepper



Directions

1. Whisk eggs and water in a bowl.
2. Add herbs, red bell pepper, black pepper, and ½ cup of the cheese. Mix together.
3. Spray a quiche dish with non-stick spray. Pour egg mixture into it.
4. Top with the remaining cheese and bake at 350F degrees for 30 minutes, until fluffed and golden.
5. Slice like pie and serve with more fresh herbs for sprinkling on top. Goes well with melon slices and strawberries.

HERBED SCRAMBLED EGGS

Total Time: 20 min

Prep: 10 min

Cook: 10 min

2 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 large eggs & 10 egg whites
- 2 tbsp Coconut Cream
- ¼ tsp Salt
- 1/8 tsp Black Pepper
- 1 tsp leaf Tarragon
- 1 tsp Unsalted Butter



Directions

1. Using a fork, whisk eggs, coconut cream, salt, pepper and fresh tarragon (use $\frac{1}{2}$ as much if using dried) in a bowl.
2. Melt butter in a medium nonstick skillet over medium heat. Pour in the eggs. Cook 1 minute without stirring. With a wooden spoon or heat-resistant rubber spatula, gently turn the eggs from bottom to top, scraping around all edges. Eggs should not brown.
3. When eggs form soft and creamy small curds, turn onto warm plates and serve immediately.

ITALIAN FRITTATA

Total Time: 40 min

Prep: 20 min

Cook: 20 min

4 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- ½ cup chopped Onions
- 1 tbsp Extra Virgin Coconut Oil
- 1 tbsp Unsalted Butter
- 1 tsp Garlic
- 2 large Zucchini
- 1 tsp leaf Basil (Dried)
- 8 oz Italian Sausage
- 2 tbsp Tap Water
- 4 large eggs & 20 egg whites
- ¼ tsp Salt
- ¼ tsp Black Pepper
- 1/3 cup Parmesan Cheese (Grated)



Directions

1. Preheat broiler.
2. Heat the oil and butter in a large, ovenproof skillet over medium heat. Add the garlic and white onion and sauté for 2 to 3 minutes, or until softened. Add the zucchini and basil and cook for 5-6 minutes, stirring occasionally, until soft but not limp. Add the sausage and cook for 2 to 3 minutes, stirring occasionally.
3. Meanwhile, in a large bowl, whisk together the eggs, water, salt and pepper. Pour the egg mixture into the hot pan over the meat and vegetable mixture. Let cook for a few seconds, undisturbed, then use a spatula to move the eggs toward the center while tilting the pan to let the uncooked eggs run to the sides. Continue cooking and moving the egg mixture for 4 5 minutes, or until the eggs are almost set (they will still be moist on the top).
4. Sprinkle with cheese and place under the broiler until the eggs are cooked on top and the cheese is melted and bubbly, about 2 to 3 minutes.
5. Cut in quarters and serve immediately.

ITALIAN OMELET

Total Time: 15 min

Prep: 5 min

Cook: 10 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- $\frac{3}{4}$ cup egg substitute
- 1 tbsp fresh basil, chopped
- 1 Roma tomato, diced
- 2 tbsp feta cheese, crumbled
- salt and pepper, to taste



Directions

1. Spray a large nonstick skillet with cooking spray and heat over medium-low heat. Add the egg substitute and cook over medium-low heat. Gently lift cooked edges and tilt the skillet to allow liquid egg substitute to flow under the cooked portion. Continue cooking in this fashion until all the liquid portion of the egg is gone.
2. Gently flip the cooked egg with a wide spatula. Place the basil, diced tomatoes and feta cheese over half of the omelet. Fold omelet over and heat through.

LEEK QUICHE

Total Time: 1hr

Prep: 15 min

Cook: 45 min

6 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 tbsp Unsalted Butter
- 2 lbs. Leeks
- ½ cup Coconut Cream
- 4 large eggs & 16 egg whites
- ½ tsp Salt
- ¼ tsp Black Pepper
- 1 cup shredded Gruyere Cheese
- 6 servings Pie Crust



Directions

1. Keep oven on at 350°F. In a medium skillet over medium heat, melt butter. Add leeks and sauté, stirring occasionally, 5 to 6 minutes, until softened. Remove from heat and stir in coconut cream. Let stand 5 minutes.
2. Meanwhile, in a medium bowl, whisk eggs with salt and pepper. Stir egg mixture into the leeks and cream. Sprinkle $\frac{3}{4}$ cup of cheese on bottom of pie shell.
3. Pour egg mixture into prebaked pie shell; sprinkle remaining cheese on top. Bake 45 minutes, or until just set in middle and browned on top. If necessary, turn on broiler; broil 6 from element 2 minutes, just until top browns.

MEATLOAF

Total Time: 2hr 10 min

Prep: 10 min

Cook: 2hr

6 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

Sauté:

- 2 tablespoons Extra Virgin Coconut Oil
- ½ onion, diced
- 2 ribs celery, diced
- ½ - ¾ tsp unprocessed salt
- ½ tsp freshly ground black pepper

Meatloaf:

- 1 ¼ lbs. ground meat (grass-fed beef, lamb, buffalo, or organic turkey)
- 2 large eggs, beaten
- ½ cup coconut flour

- 1/3 cup tomato paste
- 1 small handful fresh herbs (parsley, basil, cilantro, rosemary, tarragon, thyme, sage, or a mix)
- 1 tsp your favorite dry spices (ground cumin, sage, oregano, etc.)
- 2 tsp liquid coconut aminos (optional)
- 2 tbsp nutritional yeast (optional, for a slight cheese taste)

Topping:

- 1/3 cup tomato paste



Directions

Sauté:

1. Preheat oven to 350° F. Line a 9 x 5-inch loaf pan with parchment paper so that it extends over the sides forming handles. (I use office clips on the sides to keep the paper from folding in.)
2. In a medium sauté pan, over medium low heat, add the extra virgin coconut oil. Add onions and celery and cook until they are soft but not browned, 10 – 15 minutes.

Meatloaf:

1. Combine the ground meat, eggs, coconut flour, tomato paste, herbs, aminos, and nutritional yeast, if using. Add the onions & celery. Mix well. Place in the 9 x 5 baking pan. Spread the tomato paste evenly on top.
2. Bake for 1 ½ hours or until the internal temperature reaches 160° F. (You can put a pan of hot water in the oven under the meatloaf to keep the top from cracking.) Remove from oven and allow to cool for 10 minutes. Slice and serve hot. It's also delicious as leftovers in a sandwich or wrap.

MINI BREAKFAST SAUSAGE, BELL PEPPER AND SCALLION CASSEROLES

Total Time: 25 min

Prep: 5 min

Cook: 20 min

4 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 8 oz Turkey Sausage
- 4 large Eggs (Whole)
- 2 medium Scallions or Spring Onions
- $\frac{1}{4}$ cup shredded Cheddar Cheese
- 4 large Yellow Sweet Peppers



Directions

1. Preheat oven to 400°F. Arrange rack in the middle of the oven.
2. In a medium skillet over medium heat, cook the sausage, about 3 minutes. Add the chopped peppers and scallions and cook until soft, about 3 minutes.
3. Divide sausage mixture in 4 individual souffle dishes; top with cheese. Add 1 beaten egg to each dish.
4. Bake for 15-17 minutes until eggs are firm.

MINI HAM AND CHEESE FRITTATAS

Total Time: 40 min

Prep: 15 min

Cook: 25 min

8 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- cooking spray
- ½ cup finely chopped onion
- 2/3 cup chopped reduced-fat ham (about 2 ounces)
- 1/3 cup shredded reduced-fat sharp cheddar cheese
- 2 tbsp chopped fresh chives
- 1/8 tsp dried thyme
- 1/8 tsp black pepper
- 4 large egg whites
- 1 large egg



Directions

1. Preheat oven to 350 degrees.
2. Heat a large nonstick skillet coated with cooking spray over medium-high heat.
3. Add onion; sauté 2 minutes or until crisp-tender.
4. Add ham; sauté 3 minutes.
5. Remove from heat; cool 5 minutes.
6. Combine remaining ingredients in a large bowl; stir with a whisk.
7. Add ham mixture, stirring with a whisk.
8. Spoon mixture into 24 miniature muffin cups coated with cooking spray.
9. Bake at 350 degrees for 20 minutes or until set.

MUSHROOM SCRAMBLE

Total Time: 30 min

Prep: 10 min

Cook: 20 min

4 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 4 flat mushrooms
- cooking spray
- 16 cherry tomatoes
- 6 eggs
- 2 egg whites
- 1/3 cup coconut cream
- 1 ½ tbsp butter
- 1 tbsp chives, finely chopped



Directions

1. Preheat oven to 200C/180C fan forced. Line a baking tray with baking paper. Spray mushrooms with oil. Place on prepared tray. Roast for 5 minutes. Add tomatoes; spray with oil. Roast for 15 minutes more or until mushrooms are tender and tomatoes split.
2. Meanwhile, whisk eggs, egg whites, and cream in a large jug. Melt butter in a large frying pan over moderate heat. Add the egg mixture, cook for 30 seconds. Gently stir egg mixture from outer edges to center until eggs form creamy curds. Remove from heat; stir in chives.
3. Place mushrooms on plates with scrambled eggs and tomatoes. Sprinkle with black pepper, then serve at once.

MUSHROOM SPINACH OMELET

Total Time: 7 min

Prep: 2 min

Cook: 5 min

1 Serving

2 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 cup mushroom, thinly sliced
- 4 egg whites
- 2 whole eggs
- 3 cups fresh spinach, lightly chopped
- salt & freshly ground black pepper
- coconut oil cooking spray



Directions

1. Spray a nonstick pan with coconut oil cooking spray. Heat over low-medium heat, no hotter. Add mushrooms and spinach to pan, spreading evenly in pan. Cook the veggies down.
2. Mix the eggs and egg whites in a bowl.
3. Slowly pour egg mixture over mushrooms and then sprinkle with spinach. Cover with lid.
4. Let sit for about 10 minutes. Occasionally check to see when eggs are no longer runny on top of the omelet.
5. When set, tip omelet onto plate while folding in half. Sprinkle with salt and pepper to taste.

OATMEAL

Total Time: 10 min

Prep: 5 min

Cook: 5 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- ½ cup coconut milk
- ¼ cup water
- 3 tbs coconut flour
- 2 tbs finely shredded coconut
- 1 pastured egg
- Oatmeal toppings of your choice



Directions

1. In a small saucepan, mix together the liquid, coconut flour and shredded coconut. Bring to a boil (mixture will be thick), cover, reduce heat to low, and simmer for 2-3 minutes. Stir halfway through.
2. Off the heat, crack the egg into the saucepan and whisk quickly to prevent the egg from scrambling with the heat. Then, return to the heat and stir until thickened, about 2 minutes.

ONION, KALE, AND CHEDDAR OMELET

Total Time: 15 min

Prep: 5 min

Cook: 10 min

1 Serving

2 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1/3 cup chopped Onions
- 1 tbsp Extra Virgin Coconut Oil
- ¼ cup shredded Cheddar Cheese
- 1 large eggs & 5 egg whites
- 6 cups baby kale



Directions

1. Wilt kale in a pan over a low heat
2. Sauté white onions in 1 tablespoon extra-virgin coconut oil in a small skillet over medium heat until translucent and tender. Remove from pan and set aside.
3. Lightly beat eggs and add to the same skillet. Allow to form bubbles then carefully flip over. Spread cheese, kale, and onions over half the surface. Cook for 1 minute more, fold other side over onions and cheese. Cook 1 more minute.
4. Slide off skillet and on to plate. Season to taste with salt and freshly ground black pepper.

.

OVEN OMELET

Total Time: 40 min

Prep: 10 min

Cook: 30 min

4 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 tbsp butter, melted
- 5 large eggs and 10 egg whites
- ½ cup coconut cream
- ¼ cup low-fat milk
- 2 tsp Dijon mustard
- ¼ cup chopped scallion
- 1/3 cup shredded swiss cheese
- ¾ tsp salt
- ¼ tsp paprika



Directions

1. Preheat oven to 325F degrees.
2. Brush the 1 tbsp melted butter into a square baking dish (8×8 or 9×9).
3. Beat the eggs, sour cream, milk and mustard together until well blended.
4. Stir in the scallions, swiss cheese, salt and paprika.
5. Pour into the buttered baking dish.
6. Bake at 325 for about 30-35 minutes or until eggs are set but still moist.

PARM POACHED EGGS ASPARAGUS

Total Time: 25 min

Prep: 15 min

Cook: 10 min

4 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 8 large eggs
- 1 tsp white vinegar
- 1 tsp salt, divided
- 2 bunches asparagus spears, trimmed (about 40)
- 1 tbsp extra-virgin coconut oil
- 1 garlic clove, chopped
- 1 tbsp unsalted butter
- 2 tbsp fresh lemon juice
- 2 tsp finely chopped fresh parsley
- Freshly ground black pepper, to taste
- 4 tbsp coarsely grated fresh Parmesan cheese, divided



Directions

1. Break the eggs into 8 individual containers (such as teacups, prep bowls, or paper cups). Fill a large, low-sided pan with water, and add vinegar and $\frac{1}{2}$ teaspoon salt; bring to a boil over medium-high heat.
2. Meanwhile, bring a separate pot of water to a boil in a medium saucepan over medium-high heat. Add asparagus spears and cook 3–4 minutes or until crisp-tender. Remove asparagus with tongs and set aside.
3. Dry the medium saucepan. Add extra virgin coconut oil, and heat over medium heat. Add garlic, and sauté about 1 minute. Turn off heat; add butter, and swirl pan. Add lemon juice, parsley, remaining salt, and pepper; swirl pan again to combine. Add asparagus and 2 tablespoons Parmesan; then toss with lemon-butter sauce to coat.
4. Slowly pour each egg into the boiling poaching water; cook 2 minutes. Turn off heat and remove pan from burner. Divide asparagus among 4 plates. (Bring plates close to pan with poached eggs and place a folded clean kitchen towel next to plates.)
5. Remove the eggs from water with a slotted spoon, 1 at a time, blotting bottom of spoon on towel to absorb excess moisture. Place 2 eggs on each mound of asparagus. Pour any remaining sauce over each serving, and sprinkle with remaining 2 tablespoons Parmesan. Serve immediately.

RICOTTA STUFFED PANCAKES

Total Time: 15 min

Prep: 10 min

Cook: 5 min

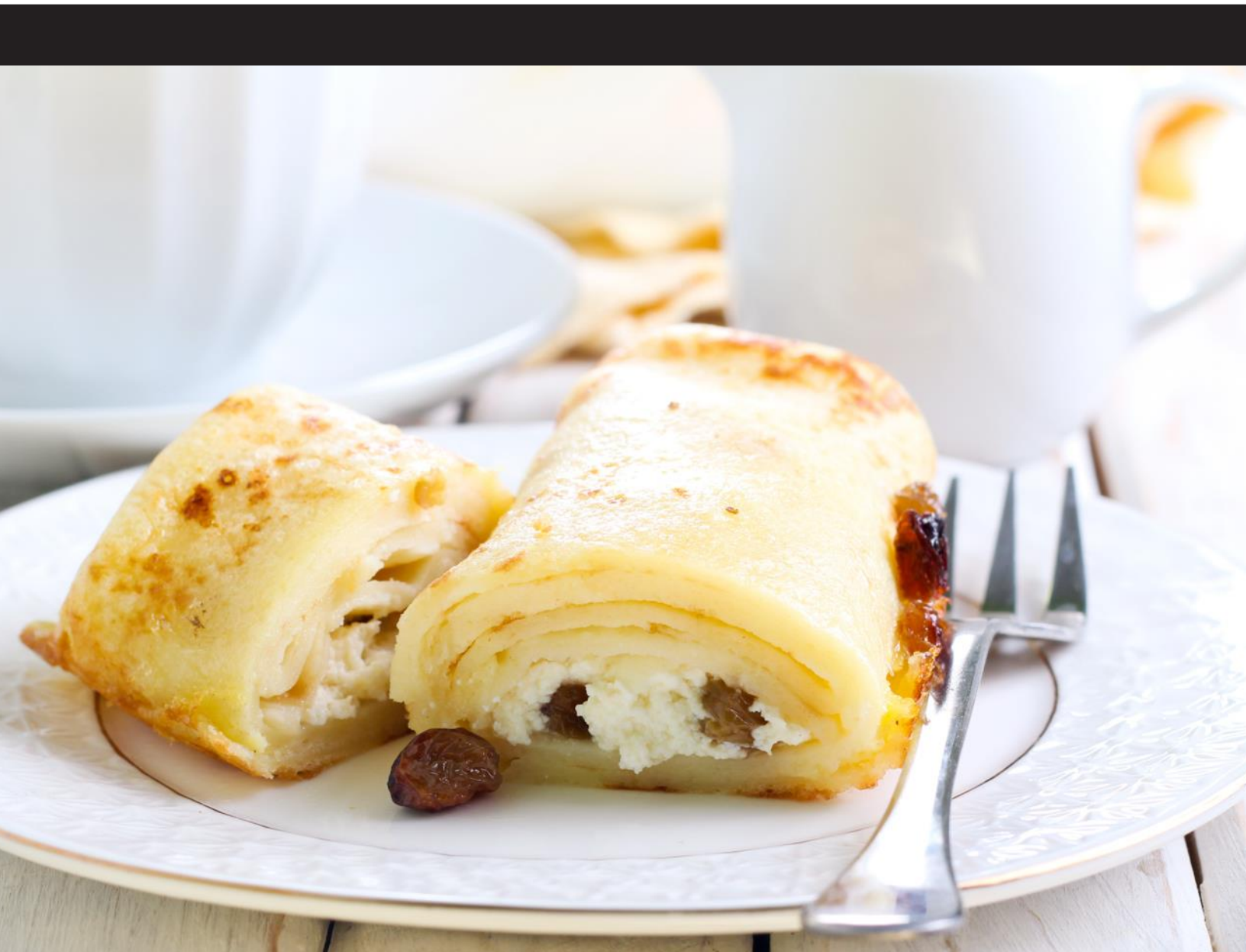
4 Servings

1 Whole-Food Fat Per Serving

1 Most-Dairy Per Serving

Ingredients

- 3 tbsp Almond Flour
- ¼ tsp Salt
- 1/3 cup Coconut Cream
- ¾ cup Ricotta Cheese
- 4 tbsp pureed raspberry
- 3 large Eggs (Whole)
- 1 tbsp Xylitol
- 1 tsp Unsalted Butter



Directions

1. In a medium bowl, whisk eggs, almond flour and salt until smooth. Gradually whisk in cream. Let stand 5 minutes. In another bowl mix ricotta, pureed raspberry and xylitol.
2. Melt butter in a small, 6-inch nonstick skillet over medium heat. Spoon batter into pan (using 2 tablespoons) and tilt pan coat bottom. Cook until puffed and golden on bottom, about 3 minutes; turn over and cook 1 minute more. Transfer to a plate. Repeat with remaining batter.
3. Spread pancakes with ricotta mixture, roll and serve.

SCOTCH EGGS

Total Time: 40 min

Prep: 20 min

Cook: 20 min

4 Servings

1 Nutrient-Dense Protein Per Serving

2 Whole-Food Fats Per Serving

Ingredients

- 1 large Egg (Whole)
- 8 large Boiled Eggs
- 1 tsp Tap Water
- ½ cup Coconut Flour
- 12 oz Turkey Breakfast Sausage



Directions

1. Prepare hard-boiled eggs. Cover 8 eggs in a heavy pan with 1-inch of cold water. Bring to a rolling boil, remove from the heat and allow eggs to cook for 10 minutes. Immediately drain off hot water and immerse eggs in an ice-water bath until cool enough to peel. Peel eggs and dry thoroughly on a paper towel.
2. Whisk 1 egg and water in a small bowl. In another shallow bowl, place the coconut flour (season with salt and pepper if desired). Set both aside.
3. Prepare sausage by forming into 8 equal balls. Take each ball and flatten into an oblong disk. Wrap each egg into the sausage disk making sure to cover the entire surface evenly. Set each sausage covered egg on a plate.
4. Heat about 1-inch of oil in a large frying pan over medium-high heat. Roll each egg in the whisked egg, then the coconut flour until coated all over. When the oil is shimmering, place all 8 eggs (if they fit, allowing at least ½-inch in between) in the pan. Fry on one side until golden in color then using tongs flip to another side, continue until all sides are golden brown, about 8 minutes total. Drain on a paper towel and serve immediately.

SOUTHWEST BREAKFAST PEPPERS

Total Time: 1hr

Prep: 30 min

Cook: 30 min

4 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 4 oz Pork and Beef Chorizo
- 4 oz Ground Beef (80% Lean / 20% Fat)
- ½ cup chopped Onions
- ¼ cup shredded Cheddar Cheese
- 3 large Eggs (Whole)
- 2 medium (approx 2 3/4 " long, 2 1/2" dia) Sweet Peppers



Directions

1. Preheat oven to 400°F. Line a baking sheet with foil.
2. Cook chorizo, stirring to break up lumps, until browned. Drain excess fat.
3. Place chorizo and ground beef in mixing bowl and combine with the onion, cheese and eggs.
4. Cut peppers in half lengthwise. Scoop out seeds and cut away ribs.
5. Fill each pepper with one-quarter of the meat mixture. Place on the prepared baking sheet. Bake for 25-30 minutes and serve hot.

SPEEDY ALMOND MUFFIN

Total Time: 4 min

Prep: 3 min

Cook: 1 min

1 Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1/8 cup Almond Meal Flour
- 1 tsp Xylitol
- ¼ tsp Baking Powder
- 1/8 tsp Salt
- ½ tsp Cinnamon
- 1 large Egg (Whole)



Directions

1. Place all dry ingredients in a coffee mug. Stir to combine.
2. Add the egg. Stir until thoroughly combined.
3. Microwave for 1 minute.
4. Use a knife if necessary, to help remove the muffin from the cup and enjoy.

SPINACH AND FETA OMELET

Total Time: 7 min

Prep: 2 min

Cook: 5 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- nonstick cooking spray
- 3 egg whites, whipped with a fork
- 1 cup fresh spinach
- 2 tbsp low-fat feta
- salt and pepper



Directions

1. Heat a 6" or 8" good quality nonstick pan that has been sprayed with nonstick spray over low-medium heat. Pour in egg whites.
2. Sprinkle with fresh spinach and feta. Cover with pan lid. Let set for 5 minutes or so, while checking for doneness. This would be when you no longer see uncooked egg whites settling on top of the omelet.
3. Fold omelet in half onto plate and top with salt and pepper to taste.

SPINACH OMELET

Total Time: 12 min

Prep: 5 min

Cook: 7 min

4 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 eggs and 6 egg whites
- ½ cup low fat cottage cheese
- ½ tsp Cajun seasoning
- salt and black pepper
- 2 cups fresh spinach
- 1/3 cup cheddar cheese (shredded)
- 1 tsp extra virgin coconut oil



Directions

1. Beat the eggs until frothy.
2. Add the salt, pepper, and cajun seasoning.
3. Stir in the cottage cheese.
4. Heat a medium skillet on medium-high and add the extra virgin coconut oil, making sure to coat bottom of skillet.
5. Add egg mixture and stir as if making scrambled eggs.
6. When eggs are half cooked, add fresh spinach, reduce heat, and cover.
7. When spinach is wilted (about 3 minutes) turn off heat and sprinkle with cheese.
8. Cover for about 2 more minutes, then serve.
9. You can also add chopped tomatoes to this recipe. Just be sure they are well drained. Add them when you add the spinach.

SPINACH, AVOCADO, AND CHEESE OMELET

Total Time: 15 min

Prep: 5 min

Cook: 10 min

1 Serving

2 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- ½ fruit without skin and seed California Avocados
- 6 cups Baby Spinach
- 1 slice (1 oz) Monterey Jack Cheese
- 1 serving Salsa
- 8 egg whites
- 1 tsp Extra Virgin Coconut Oil



Directions

1. Sauté spinach in a nonstick skillet with $\frac{1}{2}$ tsp extra virgin coconut oil over medium high heat until wilted. Remove and set aside.
2. Lightly beat the eggs with salt and freshly ground black pepper.
3. Add $\frac{1}{2}$ tsp extra virgin coconut oil to the same skillet used for the spinach then add the eggs. Cook for 3 minutes, flip over, and continue to cook on the other side for 2 minutes.
4. Add the cheese and sautéed spinach to half of the omelet. Flip other half over top. Cook an additional 1-2 minutes to melt cheese. Top with avocado and salsa.

SUPER ZUCCHINI PANCAKE

Total Time: 35 min

Prep: 15 min

Cook: 20 min

4 Servings

1 Non-Starchy Vegetables Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 lbs. Baby Zucchini
- 4 slices (1 oz) Havarti Cheese
- 1/3 cup Almond Flour
- 1/3 cup Parsley
- 2 large Eggs (Whole)
- ½ tsp Salt
- ¼ tsp Black Pepper
- 2 tbsp Extra Virgin Coconut Oil



Directions

1. Preheat oven to 350°F.
2. Place grated zucchini in a colander and press to drain any excess liquid. Pat zucchini dry with a paper towel.
3. Beat eggs in a large bowl. Stir in cheese, almond flour, parsley, salt and pepper. Add zucchini to cheese mixture. Stir to combine well.
4. In a 10-inch ovenproof skillet, heat oil over medium heat until it shimmers. Add pancake mixture and press down to spread, forming an even layer. Cook 4 minutes or until bottom is set.
5. Transfer skillet to oven; bake 12-15 minutes until middle is just set.
6. Remove from oven and let cool slightly. Cut into wedges and serve.

TOMATO, ZUCCHINI, & SPINACH OMELET

Total Time: 15 min

Prep: 5 min

Cook: 10 min

1 Serving

2 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 tsp Extra Virgin Coconut Oil
- ½ cup chopped Zucchini
- ½ medium Tomato
- 1 large Egg & 5 egg whites
- ¼ cup shredded Cheddar Cheese
- 6 cups spinach



Directions

1. Wilt spinach in a pan over low heat
2. Preheat a skillet with 1 teaspoon extra virgin coconut oil. Add chopped zucchini to pan and sauté until soft about 2-3 minutes. Add chopped tomatoes and heat through about 1 minute. Remove from skillet and set aside.
3. Pour slightly beaten eggs into the skillet and cook 2-3 minutes until large bubbles begin to form and bottom edge is set. Carefully lift one edge of omelet and flip over. Cook an additional 2 minutes.
4. Layer half of cheese onto half of the omelet then top with tomatoes, spinach, and zucchini. Layer the second half of cheese over the vegetables then carefully flip over the other half of the omelet to sandwich in the cheese and veggies. Heat through until cheese begins to melt. Remove from heat to a serving plate and top with remaining vegetables.

VEGGIE FRITTATA

Total Time: 35 min

Prep: 15 min

Cook: 20 min

4 Servings

2 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 10 whole Mushrooms
- 2 leeks
- ¼ head large Cauliflower
- 2 tbsp Basil
- ½ tsp Rosemary (Dried)
- 4 tbsp Parmesan Cheese (Grated)
- 4 large eggs & 16 egg whites
- 3 tbsp Extra Virgin Coconut Oil
- 12 cups spinach



Directions

1. Preheat broiler.
2. Heat oil in a large ovenproof skillet over medium heat. Add leeks and cauliflower; sauté until crisp-tender, about 10 minutes. Add mushrooms & spinach, cook 5 minutes, until mushrooms begin to give off liquid and spinach wilts.
3. Reduce heat to low. Pour eggs into skillet, stirring slightly. Add basil and rosemary, along with salt and pepper to taste. Cook, stirring frequently, until eggs begin to form small curds and set. Add cheese and lightly press into egg mixture with a spatula.
4. Place skillet under broiler; cook until top is set but not brown, about 1 minute. Cool slightly.
5. To remove frittata whole, tip skillet to one side and use a spatula to loosen edges. Slide onto a serving platter; cut into quarters and serve.

VEGGIE OMELET

Total Time: 20 min

Prep: 5 min

Cook: 15 min

1 Serving

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 1 egg and 4 egg whites, beaten
- ¼ cup mushroom, sliced
- ¼ cup green pepper, diced
- 3 tbsp green onions, sliced
- ¼ cup cheddar cheese (optional)



Directions

1. Heat frying pan, spray with nonstick spray or coat the bottom of the pan with oil, or butter.
2. Beat together eggs, mushrooms, green peppers and green onions, mix together.
3. When pan is hot enough add egg mixture and cook until almost set, until you can flip it over without it falling apart, cook on the other side until set. Top $\frac{1}{2}$ of the omelet with cheese and fold over. Cook until cheese is melted. If you are hungry then add a little water (about 1-2 tbsp) and cover, this will make the cheese melt faster.
4. Can use any color peppers, or even use regular onions too.

VELVET EGGS

Total Time: 25 min

Prep: 15 min

Cook: 10 min

2 Servings

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 eggs and 8 egg whites
- 1 tbsp coconut cream or 1 tablespoon milk
- 1 tbsp butter
- nonstick cooking spray
- salt
- pepper
- dill, if desired



Directions

1. You will need either a large double boiler, or to make your own using a stainless-steel bowl inside a saucepan.
2. Fill the saucepan with water and bring to a boil.
3. While the water is heating up, beat the eggs and cream together until well mixed.
4. Cut the butter into small pieces and add to the cream and eggs.
5. Spray the stainless-steel bowl with cooking spray.
6. Put the bowl into the saucepan and add the egg mixture.
7. Using a rubber spatula, stir the eggs constantly until the mixture begins to look like soft curds and turns baby chick yellow.
8. Remove from heat and sprinkle with salt, pepper and dill.

ZUCCHINI FRITTATA

Total Time: 35 min

Prep: 10 min

Cook: 25 min

4 Servings

1 Non-Starchy Vegetables Per Serving

1 Nutrient-Dense Protein Per Serving

1 Whole-Food Fat Per Serving

Ingredients

- 2 tsp Extra Virgin Coconut Oil
- 2 Large Zucchini
- ½ cup chopped Scallions or Spring Onions
- 1 tsp Salt
- ¼ tsp Crushed Red Pepper Flakes
- 4 large eggs & 16 egg whites
- ½ cup Goat Cheese (Soft)
- ¼ cup Basil



Directions

1. Place broiler rack on second tier from heat source and preheat broiler.
2. Heat 1 tsp oil in a 12-inch nonstick ovenproof skillet over medium-high heat. Slice zucchini, add to pan and cook 10 minutes, turning the slices as they brown. Add green onion; sprinkle with 1/2 teaspoon salt and crushed red pepper. Cook 2 to 4 minutes, until zucchini is golden and tender; transfer to a bowl. Wipe down skillet.
3. Whisk eggs, goat cheese, basil and remaining ½ teaspoon salt in a bowl.
4. Heat remaining 1 tsp oil in skillet over medium-high heat; add egg mixture and cook 1 ½ minutes to set bottom.
5. Spoon zucchini mixture evenly over top; reduce heat to medium-low, cover and cook 5-6 minutes until edge is set and puffed.
6. Uncover, transfer to broiler and broil 1 -1 ½ minutes, just until top is set and lightly golden. Serve immediately.

ZUCCHINI-CARROT LATKES

Total Time: 55 min

Prep: 15 min

Cook: 40 min

8 Servings

1 Whole-Food Fat Per Serving

Ingredients

- 1 ½ cups Zucchini
- 4 large Eggs (Whole)
- 1 small Onion
- ½ tsp Black Pepper
- ½ cup Extra Virgin Coconut Oil
- Slice of Bread the size of your hand
- ¾ tsp Salt
- 5 medium Carrots



Directions

1. Heat oven to 300°F. Set a rack on a baking sheet.
2. Grate zucchini in a food processor fitted with shredding blade or with a box grater, using the side with the largest holes. Transfer to a bowl; sprinkle with $\frac{1}{4}$ teaspoon of the salt and toss. Let stand while you prepare the remaining ingredients.
3. Grate carrots and white onion in food processor or with the grater. Transfer to a large bowl.
4. Put bread on a baking sheet and toast in the oven until dried out, 10 to 14 minutes. Leave oven on. Transfer bread to food processor and pulverize to make crumbs. Add crumbs, eggs, remaining $\frac{1}{2}$ teaspoon salt and pepper to carrots. Transfer zucchini to a clean dish towel and squeeze out excess liquid. Add zucchini to carrot mixture and stir well to combine.
5. Heat $\frac{1}{2}$ cup of extra virgin coconut oil (may need to add more during cooking) in a large skillet over medium heat until very hot. Drop batter by heaping tablespoons into oil and flatten to 3-inch pancakes; do not crowd pan. Cook until golden brown, 3 to 4 minutes per side. Transfer to paper towels to drain; then set on prepared baking sheet and keep latkes warm in oven. Repeat, adding more oil if necessary, making a total of 24 latkes. Serve with coconut cream or a squeeze of lemon (optional).