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**Breakfast Ideas**

**Easy Breakfasts**

* Egg whites with fruit and yogurt
* Oatmeal and fruit
* Greek Yogurt and granola with a protein shake
* Greek Yogurt and Fruit with chocolate milk
* Egg white omelet (use one whole egg) stuff with veggies
* Kashi Cereals

**Hyped-UP Breakfast Recipes**

**Eggs and Sweet Potatoes Hash**

3 Egg Whites, 1 Whole Egg

1/4 shredded Sweet Potato

1/8 tsp Onion Powder

1/8 tsp [Garlic Powder](javascript:nutrientpop('2020'))

1/8 tsp Cayenne Pepper**Directions**

1. Grease skillet with cooking spray and place on medium heat.
2. Add shredded sweet potato and cook for one minute.
3. Add spices and cook for another minute or two.
4. Once sweet potatoes start getting golden on the edges, add egg and cover with lid.

Cook eggs until done the way you like.

**Sausage Frittata**

1 pound mild Italian Turkey sausage (leaner the better)

1 medium sweet potato, peeled and grated

4 green onions, diced

10 eggs

3 tablespoons canola or olive oil

Pepper to taste

1. In a large oven proof skillet, heat the oil over medium heat.

2. Crumble in the sausage (remove from casing if necessary) and brown.

3. Add the shredded sweet potato and cook until the potatoes are tender.

4. Add the diced green onion and saute together with the sausage and sweet potatoes for another 2-3 minutes.

5. Evenly spread the sausage mixture over the bottom of the pan. Whisk together the eggs, and pour evenly over the meat, sweet potato, and green onion mixture. Sprinkle all over with black pepper.

6. Cook for about 3 minutes or until bubbly and you can see that the edges of the frittata are almost done.

7. Transfer to the oven and cook under the broiler on low until the frittata is cooked all the way through.

**Turkey and Egg Omelet**

4 egg whites

1 whole eggs

1/2 large white onion

3oz (90 grams) ground turkey

1/2 cups of kidney beans

1/2 cup of chopped green and red peppers

1 whole mushroom

2 T of olive oil

1 tsp of black pepper

1 cloves of garlic

1 chopped red pepper

Grab a deep wok or a non-stick skillet saute. Add all the spices, turkey and vegetables and cook in 1 tablespoon of olive oil until they're soft. In a large mixing bowl whisk the eggs. Now grab an omelette size saute pan. Add 1 tablespoons of olive oil and heat.

You can add the turkey/vegetable mixture to the egg mixture and cook together until firm.

**Egg Muffins**

Great to cook now, reheat and eat later.

1 lb ground turkey breakfast sausage (pasture-raised, organic if possible)

1 dozen eggs

olive oil

salt and pepper to taste

Preheat oven to **350 degrees F**.Crumble and brown the pork sausage in a frying pan or cast iron skillet.

In a medium/large bowl scramble one dozen large eggs and season with salt and pepper.

Grease the cups of one muffin tin with oil.

Place equal amounts of browned sausage in the bottoms of the muffin tins.

Pour the scrambled eggs evenly on top of the sausage. The mixture will come almost to the top of the tin.

Cook for 20 minutes. Remove from the oven and allow to cool for about 5 minutes.

Use a knife to loosen the egg muffin from the sides of the pan.

**Breakfast Scramble**

1 sweet potato, diced

1/2 yellow onion, diced

1 poblano pepper, sliced

1 container of sliced mushrooms (about 6-8 oz)

1/2 pound Lean Ground Beef ([Grass Fed Beef](http://secure.ttpurchase.com/welcome.cfm?ptuid=5A9D06A9-1E0B-90B3-0E1BB8B49D0C3CB1) if possible)

6 egg whites

1 egg

1 garlic clove, minced

1 T Olive oil

1 tsp parsley

salt and pepper, to taste

Slice and dice everything so it’s ready to go.

Place a large skillet over medium heat and add your choice of fat and minced garlic to the pan.

When the garlic becomes fragrant, add your sweet potatoes, yellow onion, poblano pepper, and mushrooms. Cover and let cook for around 3 minutes.

Then add your beef and break up with a wooden spoon or spatula. Cover and let meat cook through- about 3-5 minutes.

Once beef is almost cooked through, crack yours eggs directly into the pan and add your herbes de provence and salt and pepper.

Use your spoon to break up the eggs and help them cook through as well as incorporate all the seasonings.

Once eggs are cooked through, taste to make sure it has enough salt and seasonings and add more if needed!

**Lunch/Dinner Ideas**

**Easy Lunches/Dinners**

* Grilled chicken, tilapia, shrimp, turkey with salad
* Sushi (if you can find it, get it with brown rice)
* Broiled Salmon or Tilapia with veggies and couscous
* Lettuce Wraps (Lettuce, sliced carrots, soy sauce, grilled chicken, almonds, red onion)
* Bunless Burger with all the “fixins”
* Grilled meat, quinoa and sweet potato
* \*best way to cook sweet potato – wash and microwave for 7-10 minutes
* Quiche – mix all ingredients (cooked ground turkey (seasoned), 10 cherry tomatoes, 1 chopped zucchini, 1/2 cup frozen spinach, 3/4 cup almond milk, 4 egg whites, 2 eggs) and add to a round pie pan. Cook for 45 min at 350.
* Make a big batch of Protein Powered Chili ahead of time and eat for leftovers.

**Lunch / Dinner Ideas**

**Protein Powered Chili**

2 pounds lean sirloin steak cut into 1/2 inch chunks

1 large white onion

1 green bell pepper

1 can of garbanzo beans

1 can of black beans

1 24oz can diced tomatoes

1 tbsp olive oil

chili powder

curry powder

cumin

black pepper

sea salt

Brown the sirloin in a large stock pot. When beef is cooked throughly, drain fat off and and set to the side. Dice the onion and bell pepper. Heat olive oil in stock pot. Saute veggies in the oil. When the onions turn translucent, add the beef back to the pot. Then pour in both cans of beans and the tomatoes. Bring this mixture to a boil. Add seasonings to your own taste. I like it hot!

**Burger and Salad**

1 lb Lean Ground Beef or Turkey

1 Shallot

2 Jalapeno Peppers

1 Egg

3 Garlic Cloves

Sea Salt and Pepper to taste**irections**

1. Turn oven to broil. Arrange rack so baking pan is close to heat.
2. Cover baking pan with aluminum foil and set aside.
3. Combine all ingredients and form into patties.
4. Place patties on the center of the baking pan and broil for 6-8 minutes. Flip and broil for another 6-8 minutes.
5. When both sides are golden brown, remove from oven.

**Ingredients For Greens Salad**

1 cup Greens

5 Cherry Tomatoes

4 Walnuts, chopped

1/4 Avocado

1 tbsp Olive Oil

1 tbsp Balsamic Vinegar**irections**

1. Place all vegetables in a plate or salad bowl and mix.

Top salad with walnuts, walnut oil, and balsamic vinegar.

**More Meat Chili** (Serves 6-8 adults)

* 6 Ounces Turkey Sausage
* 1 Pound Round Steak, chopped into even bite sized pieces
* 2 Pounds Ground Sirloin
* 2 Cups Chopped Yellow Onion
* 1 ½ Cups Bell Pepper (Combination of Red and Green)
* 8 Cloves of Garlic (Minced)
* 2 (28 Ounce) cans of chopped tomatoes with their juice
* 2 Tablespoons Chili Powder
* 1 Tbs Cumin
* 3 tsp Tomato Paste
* 1 tsp Dried Oregano
* ½ tsp Fresh Ground Pepper and
* ½ tsp Salt (adjust to your taste)
* 2 Bay Leaves

Heat a large pan over medium-high heat. Remove casings from sausage. Add all the meat, onion, bell pepper, and garlic to pan. Cook until meat is browned, stirring to crumble.

Add chili powder, cumin and tomato paste, oregano, salt, pepper and bay leaves. Cook 1 minute , stirring constantly. Stir in tomatoes and bring to boil.

Transfer to crock pot and let cook for 6 hours on low (or cook uncovered on the stove for a half hour, stirring occasionally)

Discard bay leaves and serve

**Dry Rubbed Steak with Avocado Salsa and Chopped Broccoli Salad**

**Dry Rub**

* 1/4 cup smoked paprika
* 3 tablespoons cumin
* 1/4 cup chili powder
* 2 tablespoons Mexican oregano
* 1 teaspoon fresh ground pepper
* Sea salt to taste
* Olive oil brushed onto outside of steak

Mix all dry rub ingredients together in a large bowl.  Place each steak directly into the dry rub mixture and make sure each side is well coated, rubbing the dry rub into the stead.  Let the steaks sit for at least 30 minutes.  Coat each side with a bit of olive oil before the steaks hit the grill.

**Avocado Salsa**

* 4 avocados, diced
* 3 roma tomatoes, diced
* 1/2 red onions, minced
* 2 tablespoons lemon juice
* Sea salt and black pepper to taste

Mix all ingredients together and serve on top of your steaks.

**Chopped Broccoli Salad**

* 3 cups broccoli, finely chopped
* 1 ½ cups of carrots, diced
* 1 apple, diced
* 9 strips of turkey bacon, cooked and diced
* 3 green onions, diced
* 3 tablespoons olive oil
* 2 tablespoons balsamic vinegar
* 1 tablespoon spicy brown mustard
* Black pepper to taste

Mix all ingredients together and serve.

**Fast Shrimp**

1 lb Shrimp or other shrimp of your choice

1 bag frozen roasted red bell peppers and onions

4 big hand fulls of baby spinach leaves

2 T canola oil

2 T coconut milk

1/2 tablespoon curry powder (or more to taste)

salt and black pepper to taste

In a large skillet, heat the oil over medium heat.  Add the onions and bell peppers and cook until defrosted and sizzling if using the frozen or until the veggies become tender if using fresh.  Add the shrimp and the spinach and cook for 3-4 minutes or until the shrimp curls up and is no longer opaque in the middle.  Add the coconut milk and spices, mix well and serve.  Serves 3-4.

\*You can substitute frozen pre-cooked shrimp for the raw shrimp but be sure to defrost by letting them soak in a bowl of cold water before adding to the hot pan.

**Open-Faced Egg Sandwich**

1 cup  frozen shelled soybeans (edamame), thawed

1 avocado, halved, seeded, and peeled

2 T lemon juice

2 garlic, minced

1/4 tsp salt

1/2 cup  chopped jalapeno pepper (if you like spicy)

4 thin slices firm-texture whole wheat bread, toasted, or 2 whole wheat pita bread rounds, split in half horizontally

4  hard-boiled eggs, thinly sliced\*

In a medium bowl, combine edamame, avocado, lemon juice, garlic, and salt/pepper to taste; use a fork or masher to mash ingredients together until avocado is smooth and edamame is coarsely mashed. Stir in jalapeno.

Spread edamame mixture atop bread slices or on pita halves. Arrange egg slices atop edamame mixture. Sprinkle with black pepper. Makes 4 servings.

**Snack Ideas**  
**Easy Snacks**

* Edamame (you can buy frozen and boil it for a few minutes ahead of time)
* 6-10 cooked shrimp
* 1/2 cup almonds
* 3T Almond butter and an apple
* Greek Yogurt with 1 T chia seeds and a banana
* Protein Shake with added fruit
* Turkey Jerky
* Pumpkin seeds
* Hard Boiled Eggs
* Deli Rollup – Nitrate free turkey or chicken deli meat rolled around string cheese
* Protein Bars
* Cottage Cheese and Variety of Fruits
* Can of Tuna with 1/2 smashed avocado
* Roasted Soy Nuts
* Chocolate Soy Milk
* 1/2 cup quinoa with grilled chicken breast or 1 can tuna

**Not Typical Snack Ideas**

**Spinach Salad**

2 giant handfuls of organic spinach

3 hardboild eggs diced

4 strips of turkey bacon crumbled

1/2 cup - red peppers diced

1 apple diced

olive oil

small drizzle of red wine vinegar

black pepper to taste

**Cottage Cheese & Fruit**

1/2 cup of cottage cheese

1/2 cup fruit of your choice

1 T. Chia Seeds

**Pumpkin Seeds**

1/2 cup roasted pumpkin seeds

**Super Green Smoothie**

1 medium banana, previously peeled, frozen and quartered

1/2 cup mixed frozen berries

1 Tbsp chia seeds

1 heaping Tbsp natural almond butter

1/2 – 3/4 cup unsweetened vanilla almond milk

2 cups fresh spinach

\*Place all ingredients in a blender and blend until creamy, adding more almond milk or frozen berries (or bananas) to thin/thicken, respectively.

**Cinnamon Protein Apples**

3 large Fuji apples

1 T cinnamon

1 scoop vanilla protein powder

Slice apples and place them into a sealable plastic bag. Pour cinnamon and protein powder into the bag. Shake vigorously, eat.

**Protein Pancakes**

4 Egg Whites

1/2 cup rolled oats

1/2 cup low-fat cottage cheese

1/8 tsp baking powder

1/2 tsp vanilla extract

Mix 4 egg whites, ½ cup of rolled oats, ½ cup of low-fat cottage cheese, ⅛ teaspoon of baking powder, and ½ teaspoon of pure vanilla extract. Cook on a preheated griddle (medium low heat) until mixtures bubbles, flip and cook for another 60 seconds.

A great snack to take with you and eat later.

**Overnight Chocolate Oat Snack**

1/2 cup

1 cup almond milk

Protein powder – enough to equal 40g protein

Handful of walnuts or almonds

In a container with a secure lid, mix ½ cup oats, 1 cup non-dairy milk, 3 tablespoons chocolate protein powder, and a handful of walnuts until well combined. Let sit in fridge overnight (or up to a few days). Need sweetness? Add ½ a mashed banana!

**Hummus & Veggies**

1 can chickpeas

1-2 T olive oil

2 cloves garlic

salt, pepper and any other seasonings you would like

To make your own, simply blend (in a food processor or blender) one can (19 ounces) chickpeas, 1–2 tablespoons olive oil, 2 cloves garlic and any seasonings you like (e.g., cayenne powder, paprika, lemon pepper).

Eat with fresh veggies, whole-grain crackers or whole-wheat pita bread.

**Example of a Typical Day**

*Breakfast*

4 Egg Whites

greek yogurt

*Mid-Morning Snack*

Banana & ½ cup oats

*Lunch*

1.5 - Grilled Chicken Breasts

1 cup Broccoli

1/2 sweet potato

1/2 cup quinoa

*Mid-Afternoon Snack*

Protein Shake (45g protein)

*Dinner*

1 - Broiled Tilapia Filets

1 cup spinach (raw or cooked)

1/2 cup black beans (no salt added canned)

1/2 cup quinoa

*Late Night Snack*

Protein Shake