



HIGH-PROTEIN
BREAKFAST
Recipes

HIGH-PROTEIN BREAKFAST *Recipes*



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Blueberry & Granola Parfait



Ingredients:

- $\frac{3}{4}$ cup Non-Fat Greek Yogurt, (about 6 oz). (Brand, Fage)
- $\frac{1}{2}$ cup Blueberries, (about 30 g)
- $\frac{3}{4}$ cup Honey Almond Flax, granola cereal, (about 50 g), (Brand, Kashi)
- 2 leaves Fresh Mint, (optional)

Instructions:

1. Place $\frac{2}{3}$'s of your yogurt in the bottom of a servings cup
2. Top the yogurt with half of your granola and half of your blueberries
3. Then add the remaining yogurt and the top with the remaining granola and blueberries
4. Garnish with fresh mint (optional)

Nutrition Facts:

Calories:	296
Fat:	4.8 g
Sodium:	196.1 mg
Carbohydrates:	42.6 g
Fiber:	8.3 g
Sugar:	19.6 g
Protein:	25.9 g



Chicken Sausage Sandwich

15 Minutes
4 Servings

Ingredients:

- 2 cloves Fresh Garlic, diced, (10 grams)
- $\frac{1}{4}$ Yellow onion, diced, (50 grams or $\frac{1}{4}$ onion)
- 1 Jalapeno, diced, (20 grams or 1 pepper)
- $\frac{1}{4}$ tsp Black Pepper
- $\frac{1}{4}$ tsp Red Pepper Flake
- 2 tsp Cholula Hot Sauce
- 1 tsp Fresh Oregano
- $\frac{1}{2}$ tsp Reduced Sodium Chicken Base, (optional, but adds extra flavor)
- 6 oz 98% Lean Ground Chicken
- $\frac{1}{2}$ tsp Extra Virgin Olive Oil
- 4 Large Whole Eggs
- 4 Light Multi-Grain English Muffins
- 80 g Dubliner Cheese, white cheddar cheese, sliced, (1 slice per sandwich)

Nutrition Facts:	
Calories:	330
Fat:	14.1 g
Sodium:	553.3 mg
Carbohydrates:	28.9 g
Fiber:	8.4 g
Sugar:	2.1 g
Protein:	28.3 g

Instructions:

1. Heat a large stove top pan to medium heat.
2. While the pan is warming, combine: garlic, onion, jalapeno, black pepper, red pepper, cholula, chicken base, oregano, and ground chicken in a medium bowl. Mix together until all ingredients are well combined.
3. Separate the chicken mixture into 4 balls and then flatten each ball out to $\frac{1}{4}$ inch thick patties.
4. Add the oil to the pan. Then place each chicken sausage patty in the pan. Cook on medium for about 4 minutes on the first side, then flip and cook for an additional 3-4 minutes. The patties will be a golden brown on both sides when they are done.
5. While the patties are cooking, cook your eggs. *I like to use round molds, or biscuit cutters to keep the egg in a nice circle shape, but this is not necessary.* To cook the eggs, heat a large stove top pan to medium high heat, spray the pan with non-stick cooking spray. Then crack each egg into the pan (in your molds if you have them). Cooking the eggs on high heat will help prevent them from spreading too much.
6. Cook the eggs for about 3 minutes on the first side. The egg whites should look just about cooked thru. Then flip and turn the heat down to low, cook on the other side for 1-3 minutes. 1 minute your a soft yolk, 3 minutes for a harder yolk. Cook to your desired doneness.
7. By now your chicken sausage patties should be done and you can assemble your sandwiches. Bottom half of the english muffin, then your chicken sausage patty, topped with a slice or two of your white cheddar cheese, then your cooked egg, finish will your other half of the english english muffin.
8. Serve and enjoy, or wrap in parchment paper and save to eat throughout the week. It is best to assemble the sandwiches and toast the entire thing right before eating, either In the toaster oven, or microwave.



Chicken Sausage *Egg Cups*

30 Minutes
6 Servings

Ingredients:

- 15 oz Italian Chicken Sausage uncooked
- ½ cup Reduced Sodium Black Beans (about 65 grams)
- 6 Large Whole Eggs
- 1 Shallot diced, (about 15 grams)
- 3 Cherry Tomatoes diced, (about 30 grams)
- 1 Serrano Pepper diced, (about 10 grams)

Nutrition Facts:

Calories:	153
Fat:	7.1 g
Sodium:	617.4 mg
Carbohydrates:	2.6 g
Fiber:	.9 g
Sugar:	.5 g
Protein:	19.8 g

Instructions:

1. Pre-heat oven to 375°
2. In a muffin tray, press about 1/4 cup of the uncooked chicken sausage into each muffin cup, covering the bottom and sides of each cup, with a well in the middle. Essentially creating a sausage bowl.
3. Now place about 2 tablespoons of black beans into each cup.
4. Then crack one egg into each cup.
5. Bake at 375° for about 20 minutes, until the egg is cooked to your liking.
6. Remove from the oven and top with diced shallot, tomatoes, and serrano pepper.

Breakfast Scramble

Ingredients:

- 3 Red Skin Potatoes, chopped into bite sized pieces, (about 485 grams)
- 2 Yukon Gold Potatoes, chopped into bit sized pieces, (about 300 grams)
- 1 tsp Extra Virgin Olive Oil
- ½ tsp Salt
- ½ tsp Black Pepper
- 4 links Cajun Chicken Sausage, sliced (Brand: Aidells Sausage)
- ½ Yellow Onion, sliced, (about 125 grams)
- 1 Red Bell Pepper, sliced, (about 165 grams)
- 1 Green Bell Pepper, sliced, (about 165 grams)
- 1 Pablano Pepper, sliced, (about 65 grams)
- 6 Large Whole Eggs
- 1 cup Liquid Egg Whites, (about 8 oz)
- ½ tbsp Unsalted Butter
- 1 Serrano Peppers, sliced, (about 30 grams)
- 2 stalks Scallions, sliced, (about 20 grams,)

Instructions:

1. Pre-heat oven to 400°, line a large baking sheet with tin foil and spray with non stick cooking spray.
2. While the oven is heating place the chopped potatoes (skin still on) in a large bowl. Season with oil, salt, and pepper. Toss to evenly coat the potatoes with the seasoning and oil. Then spread the potatoes on the baking sheet. Bake for 20 minutes at 400°
3. While the potatoes are baking slice your other ingredients.
4. After 20 minutes toss your potatoes, then add the sliced chicken sausage, onions, bell peppers, and pablano peppers to the baking sheet. Spreading everything out into one even layer, a little over lap is ok. Then place back in the oven for another 10-15 minutes.
5. While everything is in the oven, crack your eggs into a large bowl, then add the liquid egg whites to the bowl. Whisk all the eggs together.
6. Heat a large saute pan to medium low heat. Place the butter in the pan. Once the butter has melted add the eggs to the pan. Using a heavy spatula, stir the egg mixture, scraping the bottom on the pan often to prevent burning. Continue stirring until your eggs have fluffed and scrambled. Then season the eggs with a dash of salt and pepper.
7. Assemble your meal prep breakfast: Adding your potatoes and pepper to your container, then adding your scrambled eggs. Top with your fresh sliced serrano peppers and scallions. Enjoy now or later!

Nutrition Facts:

Calories:	437
Fat:	17.3 g
Sodium:	604.5 mg
Carbohydrates:	25.9 g
Fiber:	4.8 g
Sugar:	5.8 g
Protein:	35.2 g



Greek Breakfast Scramble

15 Minutes
4 Servings

Ingredients:

- ½ tbsp Extra Virgin Olive Oil
- 5 cups White Mushrooms chopped, (about 435 grams)
- 8 Large Whole Eggs
- ½ tbsp Extra Virgin Olive Oil
- 4 cups Baby Spinach (about 150 grams)
- ½ Red Onion sliced, (about 75 grams)
- 28 Kalamata Olives (about 7 per breakfast)
- ¼ cup Feta Cheese crumbled, (about 25 grams)
- ¼ tsp Garlic Powder
- ½ tsp Red Pepper Flake
- ¼ tsp Black Pepper
- ⅛ tsp Sea Salt

Nutrition Facts:

Calories:	277
Fat:	30.8g
Sodium:	1070mg
Carbohydrates:	11.2g
Fiber:	4.5g
Sugar:	5.3g
Protein:	19.9g

Instructions:

1. Heat 2 medium saute pans to medium heat.
2. Spray one pan with non-stick cooking spray and the other pan drizzle ½ tbsp extra virgin olive oil in the pan.
3. Now, in the pan with the oil add your chopped mushrooms. Toss them in the oil and season with a little of the garlic and red pepper flake. Cook for about 8 minutes tossing every minute or so to prevent burning.
4. While the mushrooms are cooking. Crack your eggs into a bowl. Then using a fork or whisk scramble your eggs. Once scrambled add your eggs to the pan with the non-stick cooking spray. Using a spatula continue to scramble your eggs in the pan, scraping the bottom and moving the egg mixture around until your eggs are cooked to your desired doneness. This should only take 3-4 minutes. Then season with a little salt and pepper.
5. Remove the eggs from the pan and plate or place them in your meal prep containers.
6. Now, using the same pan we just cooked eggs in, add the other ½ tbsp of oil to the pan. Cooking on medium-low, add the baby spinach to the pan. Season with garlic powder, black pepper, and red pepper flake. Toss the baby spinach in the oil cooking until the spinach has wilted. This should take no more than 2 minutes.
7. Once the spinach has wilted, remove it from the pan and add to your plate or meal prep containers with your eggs.
8. By now your mushrooms should be cooked. Remove your mushrooms from the pan and add with your eggs and spinach.
9. Add a few olives, a few slices of red onion, and a sprinkle of crumbled feta to your plate.
10. Serve and enjoy!



Sausage & Sweet Potato *Skillet*

25 Minutes
4 Servings

Ingredients:

- 1 cup Water
- 1 Sweet Potato cut into bite-sized cubes, (about 350 grams)
- 1 tbsp [Extra Virgin Olive Oil](#)
- 16 oz [Ground Italian Chicken Sausage](#)
- 1 Green Bell Pepper sliced, (about 150 grams)
- ½ Red Onion sliced, (about 125 grams)
- ¼ tsp [Garlic Powder](#)
- ¼ tsp [Black Pepper](#)
- ⅛ tsp [Sea Salt](#)
- ¼ Red Chili Pepper
- 4 Large Whole Eggs
- ¼ tsp Thyme
- 1 stalk Scallions sliced, (about 10 grams)

Nutrition Facts:

Calories:	330
Fat:	12.9 g
Sodium:	992.9 mg
Carbohydrates:	24.4 g
Fiber:	4.7 g
Sugar:	5.5 g
Protein:	29.5 g

Instructions:

1. Pour 1 cup of water into your skillet. Bring the water to a boil. Once boiling add your cubed sweet potato to the pan. Then cover with a lid and cook for 8 minutes, until the potato is fork-tender. (This won't be enough water to cover the sweet potato, that is fine.)
2. After 8 minutes, remove the sweet potato from the pan and set them to the side for later.
3. Now, in the same pan, turn the heat to medium, add your oil to the pan, then immediately add your chicken sausage to the pan. Using a spatula, break up the sausage into smaller pieces, about the size of marbles.
4. Cook the sausage for about 5 minutes, stirring every few minutes. Then add your peppers and onions to the pan. Season everything with garlic powder, black pepper, and salt. Stir the veggies in with your chicken sausage and cook for another 2-3 minutes.
5. While the chicken sausage is cooking season your sweet potatoes with chili pepper.
6. At this point, the chicken sausage should be just about done cooking. Now add your sweet potatoes back into the pan. Gently stir the sweet potatoes in with sausage and veggies until evenly combined.
7. Spread the ingredients in the pan out into an even layer, and then create 4 little wells in the ingredients. Crack one egg into each of these 4 wells. Then cover your pan with a lid and cook for 3-5 minutes. Just until the egg has turned white and is no longer runny.
8. Remove the lid, season everything with a little thyme, then sprinkle the sliced scallion ontop! Serve and enjoy!

25 Minutes

4 Servings

Mexican Breakfast *Skillet*

Ingredients:

- 2 Yukon Gold Potatoes chopped into bite-size pieces, (about 480 grams)
- ¼ tbsp Extra Virgin Olive Oil
- ½ cup Red Onion ⅓ diced, ⅓ sliced thin for topping, (about 150 grams or about ½ a large onion)
- 1 Serrano Pepper sliced, (about 15 grams)
- 3 cloves Fresh Garlic diced, (about 15 grams)
- 1 can Reduced Sodium Black Beans rinsed, (about 1 15 oz can)
- 1 can Diced Tomatoes, No Salt Added (about 1 15 oz can)
- ¼ tbsp Extra Virgin Olive Oil
- ¼ tsp Salt
- ¼ tsp Black Pepper
- ¼ tsp Garlic Powder
- 4 Large Whole Eggs
- ¼ cup Micro-greens optional

Instructions:

1. Heat a large cast-iron skillet (any oven-safe pan will work) to medium-high heat. Add the chopped potatoes to the pan and add water to the pan, just enough to almost cover the potatoes. Bring the water to a boil and cook until the water is gone. (About 10 Minutes)
2. While the potatoes are boiling, bring a small pot to medium heat. Once the pot is hot add ¼ tbsp oil. Then add the diced red onion, sliced serrano pepper, and diced garlic to the pot. Cook stirring every 30 seconds or so to prevent burning.
3. After cooking the onion mixture for about 3-4 minutes add the rinsed black beans to the pot. Cook for another 3 minutes. Then add the diced tomatoes to the pot. Mix the beans with the tomatoes and cook for another 2 minutes.
4. By now your water has been cooked out of your skillet, season the potatoes with the additional ¼ tbsp oil, salt, pepper, and garlic powder. Cook in the oil for a minute or so.
5. Next, add the tomato bean mixture to the skillet with the potatoes. Toss everything together gently to not break up the potatoes.
6. Now create four wells in the mixture of potatoes, beans, and tomatoes. Crack each egg placing one in each well.
7. Continue to cook on the stove for 2 minutes at medium-low heat, just enough to get the eggs to start cooking. During those 2 minutes, turn your stoves broiling on to high and set a rack in the middle of the oven.
8. Once you see the egg start to turn white, turn off the stovetop, sprinkle the sliced red onion on top, and move the pan to your oven under the broiler. Cook for 10 minutes, this will crisp up the top of the potatoes, and finish cooking the egg. Keep an eye on your egg, once the egg white is no longer runny it's done. You don't want to overcook the egg and end up with a hard-boiled egg. Still good, but a slightly runny yolk is much better!
9. Once done, remove the skillet from the oven, and sprinkle with the option micro-greens and serve.

Nutrition Facts:

Calories:	350
Fat:	8.8g
Sodium:	522.6 mg
Carbohydrates:	35.6g
Fiber:	10.6 g
Sugar:	4.7 g
Protein:	13.9 g



Spinach & Mozzarella Casserole

50 Minutes

4 Servings

Ingredients:

- 10 Large Whole Eggs
- 1 cup Liquid Egg Whites (8 ounces)
- 1/8 tsp Salt
- 1/4 tsp Black Pepper
- 1/4 tsp Garlic Powder
- 2 cup Baby Spinach torn (75 grams)
- 1/2 cup Mozzarella Shredded Cheese (60 grams)
- 3 Campari Tomatoes sliced, (90 grams)
- 1/4 Yellow Onion sliced thin, (20 grams)

Nutrition Facts:

Calories:	262
Fat:	14.8 g
Sodium:	438.4 mg
Carbohydrates:	6.1 g
Fiber:	.9 g
Sugar:	1.9 g
Protein:	25 g

Instructions:

1. Start by preheating your oven to 375° and spraying your 9×9" baking pan with non-stick cooking spray.
2. While the oven is preheating add your eggs and egg whites to a large bowl and whisk together until the yolks of the eggs are evenly incorporated.
3. Then season your eggs with salt, pepper, and garlic powder.
4. Add your torn spinach and mozzarella cheese to your egg mixture, and stir together. Then pour your eggs into your baking dish. Using a spoon or fork gently push your spinach down into your egg mixture so it is mostly covered with egg.
5. Now arrange your sliced tomatoes and onions on top of your casserole and season with another sprinkle of salt and pepper.
6. Bake at 375° for about 40-50 minutes (depending on the size of your baking dish). Until the egg has fluffed up in your baking dish. This will start around the sides and slowly work its way to the middle. If you edges of your casserole begin to get too brown before the center has risen you can cover the casserole with tin foil to prevent burning the edges. Your casserole is going to fluff up like a souffle but will settle within minutes of taking it out of the oven.
7. You will know if your casserole is undercooked if when you pull it out of the oven and tilt it slightly and you see a wave-like motion in the center of the casserole. That would be the wet uncooked eggs moving around under the surface.
8. Your casserole is done when the center has fluffed up, however, the center might not rise as much as the edges of the casserole.



Asparagus & Egg White Casserole

45 Minutes

4 Servings

Ingredients:

- $\frac{3}{4}$ cup Asparagus, diced, (about 100 grams)
- 1 Shallot, diced, (about 35 grams)
- 1 tbsp Unsalted Butter
- $\frac{1}{4}$ cup Fat Free Ricotta Cheese
- $1\frac{1}{2}$ cups Liquid Egg Whites, (about 12 oz)
- 1 dash Salt
- $\frac{1}{4}$ tsp Black Pepper
- $\frac{1}{4}$ tsp Garlic Powder

Nutrition Facts:

Calories:	95
Fat	2.8g
Sodium:	217.3mg
Carbohydrates:	3.9g
Fiber:	1.2g
Sugar:	2.2g
Protein:	11.6g

Instructions:

1. Preheat oven to 350 degrees.
2. Heat a medium saute pan, to medium heat.
3. Once the pan is warm add the unsalted butter to the pan. Then add the diced shallots to the pan. Allow the shallots to cook for about 2-3 minutes, allowing them to begin to get tender. Be sure to occasionally stir the shallots as they are cooking.
4. Once the shallots begin to get soft, add the diced asparagus to the pan. Toss the shallots and asparagus together in the butter and cook for about 5 minutes.
5. Now that the shallots and asparagus are cooked, add the ricotta cheese to the mixture and stir consistently for about 1 minute. The cheese will begin to melt. Once fully incorporated remove the pan from the heat.
6. In a large mixing bowl add the liquid egg whites. Using a whisk, beat the eggs for about 1 minute. You will notice that the eggs begin to bubble and get frothy. This adds air to the eggs and creates a fluffy casserole.
7. Lightly spray a 9 x 9 baking dish with non stick cooking spray. Add the asparagus, shallot, cheese mixture to the baking dish. Spread the mixture out evenly.
8. Top the mixture with the beaten egg whites and toss everything together gently. Just enough to get a little egg mixed into the veggies.
9. Place baking dish in oven, on the middle rack and cook for approximately 35 minutes. Until the top has puffed up and become a light golden brown.
10. Enjoy with a slice of whole grain bread toasted.

High Protein Banana Pancakes



Ingredients:

- 1 Banana, (100 grams)
- 1¼ cup Kodiak Power Cakes Pancake Mix, (140 grams) (Brand Kodiak Cakes)
- 1 cup Water, (8 oz)
- 2 tbsp Syrup, sugar free and calorie free (Brand Waldon Farms)

Instructions:

1. Heat a flat bottom stove top pan to medium low heat.
2. While the pan is heating, peel your banana, cut it into large chunks, then using a fork smash the banana in the large bowl. Smash until the banana is creamy and you have removed most of the chunks.
3. Next add the pancake mix and water to your bowl with the banana. Stir together until well combined. There will be some lumps from the banana and that is ok. Allow the batter to rest for about 5 minutes.
4. Prepare you pan with a little non stick spray. Then pour the batter into small circles on your pan, using about ¼ cup of your pancake batter per pancake. *I actually used a measuring cup to ensure the pancakes were all the same size.*
5. Now, leave the pancakes alone. Cooking on medium low heat until you start to see bubbles on the top of the pancakes. Once you see 5-10 bubbles flip the pancakes. This will take 3-5 minutes. *The more bubbles, the fluffier the pancakes will be. However, you will want to ensure that you don't burn the other side while waiting for the bubbles to form.*
6. Once you have flipped the pancakes allow them to cook for another minute or so. The second side of the pancakes is a faster cook than the initial side.
7. Remove from the pan and serve with your favorite syrup and other toppings of your choice.

Nutrition Facts:

Calories:	197
Fat:	1.9 g
Sodium:	359.2 mg
Carbohydrates:	34 g
Fiber:	5.3 g
Sugar:	6.7 g
Protein:	12.7 g