



**9+ Power Packed**  
**BREAKFASTS**  
*to Start Your Day*  
**Energized**

# Let's hear it for Breakfast!

Your breakfast sets the tone for your entire day. And you know better than to start your day with an empty tank. (Don't you?) Let's face it: cereal gets boring and you know there are far healthier choices for your first meal of the day than from a box. Choose a power-packed breakfast and start your day energized. One smart choice made early often leads to lots of smart choices all day long.

Oh, and let's establish something ...Coffee is not a fuel. Trust us, we love ourselves a big cup of coffee in the morning as much as the next person. But a cup of a coffee on an empty stomach provides no nutrients and isn't doing your body any favors for a productive day. Think of coffee as your stimulant, but you still need to pair it with the proper nutrition to make the most of your day.

**Here are nine (plus!) of my favorite power-packed (ENERGY) breakfasts for you to try.**

## Benefits of Eating Breakfast

- > Make better food choices all day
- > Perform better
- > Improve concentration
- > Eat a nutritionally complete diet
- > Reduce hunger throughout the day
- > Have more energy

## DID YOU KNOW?

**Protein blunts hunger. Carbs are your energy. Choose healthy carbs (not sugary carbs) in the morning. Healthy Fats will keep you satiated.**

# Overnight Oats

Overnight oatmeal is perfect for mornings when you want a good filling breakfast that you can prepare the night before.

## INGREDIENTS:

- > 1 cup gluten-free rolled oats
- > 1 cup vanilla almond milk
- > 1 tablespoon ground flax seed
- > 1 teaspoon honey
- > 1/8 teaspoon vanilla bean paste\*
- > Pinch of salt (optional)
- > 1 cup mashed raspberries or strawberries



## DIRECTIONS

- > In a mason jar, add rolled oats and vanilla almond milk.
- > Add flaxseed, honey, vanilla bean paste and a pinch of salt.
- > Stir all ingredients thoroughly together with a fork.
- > In a separate bowl, mash four to six ripe strawberries until they are at a consistency you like.

- > Add strawberries to oatmeal and stir.
- > Leave mason jar in the fridge overnight.

## SERVINGS: 1

\*Vanilla bean paste is thicker than vanilla extract. It's a thin syrup and has little specs of ground vanilla beans. You can sub out vanilla extract at a 1:1 ratio. The paste works best in uncooked or lightly cooked desserts (think oatmeal and pudding). You can find the paste online or in the baking section of most grocery stores.

## NUTRITION (per serving):

Cal: 336 | Carbs: 66g | Fat: 9g | Protein: 9g | Sodium: 153g | Sugar: 34g

# Cinnamon Apple Breakfast Quinoa



Do you get bored with regular oatmeal? Swap it out for quinoa with an apple crisp twist! I like to start warming up my breakfast a bit when it gets cold here in Minnesota ... so I decided to make a warm cinnamon apple breakfast quinoa. I used my favorite dried apples from Trader Joe's, but you can use chopped fresh apples too, just make sure you microwave them a bit to soften them. It's the perfect warm bowl of winter-y goodness to get your day going. Plus, it's loaded with plant-based protein from the quinoa and pumpkin seeds!

## INGREDIENTS

- > 1 cup uncooked quinoa rinsed
- > 1 cup water
- > 2 teaspoon unsweetened almond milk
- > 1 teaspoon agave
- > 1 teaspoon cinnamon
- > 1/8 teaspoon vanilla extract
- > 1/3 cup chopped dried apples
- > 2 teaspoon raw pumpkin seeds
- > 1 teaspoon coconut oil

## DIRECTIONS

- > Boil the quinoa and water in a small saucepan. Once boiling, reduce heat to simmer and let it cook (lid on) for 15 minutes.
- > Remove the quinoa from the heat. Stir in remaining ingredients.
- > Separate into two bowls and enjoy.

**SERVINGS: 1**

## NUTRITION (per serving):

**Cal:** 201 | **Carbs:** 37g | **Fat:** 5g | **Protein:** 5g | **Fiber:** 5g

# Omelet in a Mug

It seems crazy I know, but this omelet in a mug takes about two minutes and comes out perfect every time! This recipe evolved from a friend of mine who would make an egg in a mug in college. You can add whatever ingredients you enjoy, but this Mediterranean version is delicious. Prep the veggies the night before and you have a hot delicious omelet in two minutes, and no clean up!

## INGREDIENTS

- > Olive oil
- > 2 eggs
- > 1 teaspoon feta cheese
- > 4 cherry tomatoes cut in half
- > 3 tablespoons minced spinach
- > 1 teaspoon fresh basil (optional but delicious)
- > salt and pepper to taste



## DIRECTIONS

- > Coat the inside of your mug lightly with olive oil
- > Crack and scramble both eggs in the mug, add other ingredients, and gently mix
- > Microwave 1.5-2 minutes (time varies depending on your microwave, but 2 minutes is perfect in mine)
- > Add salt & pepper and Enjoy!!!

## SERVINGS: 1

## NUTRITION (per serving):

Cal: 213 | Carbs: 4.4g | Fat: 14.1g | Protein: 18.4g



# Two-ingredient Banana Muffins



What do you think about muffins that are insanely easy to make and are actually pretty healthy? These two 2-ingredient muffin recipes require a box of cake mix and bananas. It's seriously that simple! And if you're really looking to cut out even more of the junk, I'd suggest Namaste Foods Cake Mix. I use this brand because it's wheat-free, gluten-free, dairy-free, nut-free, preservative-free, and GMO-free. Bananas about to go bad? Make these muffins! Whenever you can sneak extra potassium and fiber into your day via bananas, it's a win!

## INGREDIENTS

- > 1 box Namaste Vanilla Cake Mix (or one box vanilla cake mix of your favorite brand (Namaste is 26 ounces vs. the typical 18 ounces.)
- > 4 medium-sized ripe bananas
- > Optional add-ins: dark or milk chocolate chips

## DIRECTIONS

- > Mash the bananas in a bowl with a fork, and then combine with the vanilla cake mix. Stir until it's smooth.
- > Stir in some chocolate chips if you are craving a little more decadence.
- > Spoon the batter into paper-lined tins, sprayed with nonstick spray, 2/3 full.
- > Bake at 350 degrees for 16-18 minutes. Do the clean knife check just to be sure.

## SERVINGS: 1

## NUTRITION (per serving):

Cal: 260 | Carbs: 49g | Fat: 0g | Protein: 2g | Fiber: 1g | Sugar: 28g



## Green Energy Smoothie

### INGREDIENTS

- > 1 cup frozen kale\*
- > 1 cup frozen mango
- > 1 cup almond milk
- > 1 scoop protein powder

This green energy smoothie is one of my favorites! The combination of nutrient-packed kale, mango, and almond milk is energizing and delicious. Filled with protein and nutrients this smoothie will give you a kick-start. You will be surprised on how sweet and creamy this is. Don't be afraid of going green!

### DIRECTIONS

- > I always recommend frozen kale over fresh in smoothies because it's already chopped and gives the drink a thicker consistency.
- > Add ingredients in the order listed above to smoothie cup. Blend on low speed until large pieces are broken up. Finish on high speed until well blended.

### SERVINGS: 1

### NUTRITION (per serving):

Cal: 182 | Carbs: 44g | Fat: 2g | Protein: 24g

# Breakfast Pita



The breakfast pita is a really delicious meal that just takes a few minutes. Add in whatever ingredients you like in an egg scramble or omelet. I love this combo of ingredients!

## INGREDIENTS

- > 1 teaspoon olive oil
- > Whole wheat pita bread 1 half of a pita
- > 2 eggs
- > 1 tablespoon feta cheese
- > 4 cherry tomatoes cut in half
- > 5-8 spinach leaves
- > Salt and pepper to taste

## DIRECTIONS

- > Heat oil in a pan
- > Heat pita in a toaster or toaster oven
- > Scramble eggs in a separate bowl, then add to heated pan. After eggs become slightly cooked and more solid add in the spinach and tomatoes until eggs and veggies are full cooked.
- > Add the cooked veggie and eggs into the toasted pita and sprinkle 1 tbsp gets on top.
- > Add salt and pepper to taste.
- > Crushed red pepper is good too for a little heat!

## SERVINGS: 1

## NUTRITION (per serving):

Cal: 346 | Carbs: 40g | Fat: 14g | Protein: 20g



# Giant Frittata



This giant frittata really earns its name! This is a perfect, fulfilling dish that allows you to feed the entire family a healthy breakfast with only one pan. I love the combo of these veggies, but the more veggies the better if you ask me! Parmesan Cheese is used in this frittata because its intense flavor allows you to use less cheese (which equals less calories and fat) than you would if using more mild choices like Cheddar or Monterey jack. The harder and more aged the Parmesan is, the more flavor it will pack, so grabbing a decent brand will definitely pay off.

## DID YOU KNOW?

You can make almost a week's worth of egg sandwiches by using a muffin tin. Use a non-stick spray in a muffin tin, drop in some diced up veggies, and one egg in each muffin cup. Bake in your oven for 15 minutes at 350 degrees. (Adding cheese is optional.) Voila! Now you have egg sandwiches you can store in your fridge for a quick breakfast on the go. Zap for 20 seconds in the microwave and eat alone or on an English muffin.

### INGREDIENTS

- > 8 large egg whites
- > 1 cup grated Parmesan cheese
- > 1 teaspoon baking powder
- > 1/8 teaspoon salt
- > 1/8 teaspoon pepper
- > 1 tablespoon olive oil
- > 1 cup diced yellow onion
- > 1 cup diced red bell pepper
- > 1 cup diced mushrooms
- > 2 tablespoons fresh chopped parsley

### DIRECTIONS

- > Preheat broiler to high.
- > In a mixing bowl, beat egg whites until frothy. Stir in Parmesan cheese, baking powder, salt, and pepper.
- > Add olive oil to a large oven-safe skillet and place over medium-high heat.
- > Place onions in the hot skillet and cook until they begin to turn translucent. Add peppers and cook for 2 minutes before

adding mushrooms. Cook two additional minutes.

- > Pour egg mixture over vegetables in skillet and cook about four minutes or until the top is beginning to set.
- > Place skillet into oven and broil for three minutes, just until the top begins to brown. Remove from oven, sprinkle with chopped parsley, and cut into 6 equal pieces to serve.

### SERVINGS: 6

### NUTRITION (per serving):

Cal: 145 | Carbs: 2.5g | Fat: 10g | Protein: 10.5g | Fiber: 0.5g



## Muffin in a Minute

I've always loved muffins but most are loaded with sugar and flour. This muffin is quick easy, healthy, very low carb and high fiber. It's delicious for breakfast. You can make it as is with fruit and nuts. Got this recipe from my friend but it's my latest OBSESSION.

### INGREDIENTS

- > 1 cup ground flax seed meal
- > 1 teaspoon baking powder
- > 1 teaspoon stevia powder
- > 1 teaspoon cinnamon
- > 1 egg
- > 1 teaspoon olive oil

### DIRECTIONS

- > Optional add in's: berries, walnuts, or other nuts/seeds
- > Mix all ingredients in a coffee mug.
- > Microwave for 1 minute on high. (If using fresh or frozen fruit, microwave for 1:30 on high.)
- > Dump out of coffee cup onto your plate.
- > Let it cool and enjoy

### SERVINGS: 1

### NUTRITION (per serving):

**Cal:** 268 (before add ins) | **Carbs:** 41.1g (Dietary Fiber 9.0 g)  
**Fat:** 21g (healthy fat) | **Protein:** 11.5g

# Banana Nut Oatmeal

Oatmeal doesn't have to be a mundane breakfast. Flavor and power it up with this banana nut recipe. Oatmeal is underrated for all the health benefits it provides, and it's a great way to start every morning. Paired with banana for fiber and vitamins, walnuts for those hard-to-find omega-3 fatty acids and almond milk for additional antioxidants, this oatmeal recipe will get your day started right and will keep you full and satisfied for those early mornings at work or school.

## INGREDIENTS

- > 1 cup water
- > A pinch of salt
- > 1/8 heaping teaspoon of almond extract
- > 1 cup organic steel-cut oatmeal
- > 1 teaspoon ground flaxseed
- > 1 cup of a ripe banana diced
- > 1 tablespoon maple syrup
- > 1 teaspoon cinnamon
- > A drizzle of almond milk
- > 1 tablespoon walnuts, toasted and chopped (optional)
- > Extra banana coins (optional)



## DIRECTIONS

- > Add water, salt and almond extract in a medium pot
- > Bring to a boil
- > Add oats, flax and banana
- > Stir over heat until mixture comes back to a boil. Turn off heat and cover pot.
- > Let sit, covered for about five minutes
- > Add maple syrup and cinnamon and stir in
- > Transfer oatmeal to a bowl and add chopped, toasted walnuts, banana coins and a drizzle of almond milk

## SERVINGS: 1

## NUTRITION (per serving):

Cal: 242 | Fat: 4g | Protein: 7g

## WANT MORE SUPER SIMPLE IDEAS?

- Have apples slices dipped in almond butter.
- Try a slice of avocado on whole wheat toast.
- Have a hard-boiled egg and a half a grapefruit.
- Scramble an egg with last night's leftover veggies. (You can even toss it all in a microwave-safe container and have it ready in one minute!)

## DID YOU KNOW?

Breakfast skippers eat more at lunch and throughout the day. Make sure you give your day a powerful start with breakfast!

## Make Your Own

Want to always reach for the healthiest foods in the a.m.? You can make a yogurt parfait, chow down on your favorite oatmeal and fruit, or get innovative with quinoa. Create your favorite power-packed breakfast combination!

- > Start With: Greek Yogurt, Oatmeal or Quinoa
- > And then add:
- > Bananas
- > Scoop of canned pumpkin
- > Cinnamon
- > Honey
- > Granola
- > Chia or Flaxseeds
- > Berries (Strawberries, blueberries, raspberries, blackberries)
- > Wheat germ
- > Melon
- > Almond Butter
- > Cacao Powder
- > Nuts and Seeds
- > Kiwi

Let your friends in on your secret to your super-charged energy and share these nine-plus power-packed breakfasts with them. What's better than sharing the gift of health?

CHEERS!

*Chris and Team Get Healthy U*