



Homemade Breakfast Sandwich

SERVINGS: 12 SANDWICHES

Ingredients

12 Eggs
12 Whole Wheat English Muffins
4 Cups Spinach
12 ultra thin slices Sharp Cheddar
Cheese
24 slices 1/4" Canadian Bacon

Directions

1. Pre-heat oven to 350 F. Wash spinach, chop. Set aside.
2. Crack eggs into bowl. Whisk in raw spinach. Pour mixture into baking sheet. Bake for 20 minutes.
3. While eggs are baking, assemble sandwich- split muffins, place 1 slice cheese and 2 slices canadian bacon on each.
4. When eggs are done, cut into 12 squares and top muffin.
5. Wrap sandwiches in foil and put into freezer bag. Good for 2-3 months in the freezer! When ready to eat, remove foil, wrap in paper towel and cook for 2 minutes at 50% power then 30 seconds on full power. Enjoy!



Nutrition Info:

Calories: 320 kcal Carbohydrates: 28.3 g Fat: 11.4 g Protein: 27.3 g



Sweet Potato Breakfast Bowl

SERVINGS: 5

Ingredients

4 Eggs
8 Egg Whites
3 Large Sweet Potatoes
2 Cups Spinach, chopped
2 Chicken and Apple Sausage Links
1 Avocado
1 Teaspoon Ground Cinnamon
1 Teaspoon Salt
1/2 Teaspoon Pepper
2 Teaspoons Garlic Powder

Directions

1. Pre-heat oven to 400 F. Chop sweet potatoes and toss in 1 T olive oil and spices. Roast for 20 minutes, mixing half way.
2. Slice sausage, cook over medium heat with 1 cup of water for 8 minutes. Drain water and brown for 2 more minutes.
3. Whisk together eggs, egg whites and spinach. Cook in pan with 1/2 T olive oil.
4. Assemble sweet potatoes, egg mixture and sausage into containers. Top with avocado just before serving.



Nutrition Info:

Calories: 392.7 kcal Carbohydrates: 34.4 g Fat: 20.2 g Protein: 20.2 g



Egg Muffins

SERVINGS: 6 (2 MUFFINS PER SERVING)

Ingredients

1/2 Small Onion
10 Eggs
2 Cups Spinach
1/2 Cup Shredded Cheddar Cheese
3/4 Cup Ham Lunchmeat
1/2 Medium Red Bell Pepper

Directions

1. Pre-heat oven to 350 F.
2. Chop onions, spinach, red bell peppers, ham.
3. Crack eggs into large bowl, add ham/veggie mixture and mix.
4. Ladle into greased muffin tins, bake for 20 minutes.
5. Pair with a piece of fresh fruit or whole grain toast.*
May freeze up to 2 months. Reheat in microwave wrapped in paper towel for 1 minute at 50% power.



Nutrition Info:*

Calories: 299 kcal Carbohydrates: 2.9 g Fat: 13.1 g Protein: 17.3 g

*includes 1 medium size banana



Blueberry Overnight Oats

SERVINGS: 5

Ingredients

1 1/4 Cups Unsweetened Frozen
Blueberries
2 1/2 Cups Rolled Oats
3 3/4 Cups Vanilla Kroger Carbmaster
milk or high protein milk
1 Tablespoon Lemon Peel
1 Tablespoon Vanilla Extract
3/4 Cups Hulled Hemp Seeds

Directions

1. Assemble 5 jars or containers with lids.
2. In a large bowl mix oats, milk, lemon peel, vanilla extract and hemp seeds.
3. Ladle evenly into 5 jars, top with blueberries. Keep in fridge for up to 5 days.



Nutrition Info:

Calories: 368.8 kcal Carbohydrates: 41.3 g Fat: 15.1 g Protein: 20.3 g



Baked Oatmeal

SERVINGS: 8

Ingredients

4 Cups Oatmeal (Regular or Quick)
2 Cups Unsweetened Frozen
Blueberries
1 Medium Apple
1/4 Cup Brown Sugar, Packed
1 Cup Non-Fat Skim Milk
2 Large Eggs
1/4 Cup Unsalted Butter
1/4 Cup Maple Syrup
1 Cup Peach Halves, Canned In Water
2 1/4 Teaspoon Baking Powder
1 Teaspoon Salt
1 Tablespoon Ground Cinnamon

Directions

1. Preheat oven to 350 degrees F.
2. In large mixing bowl, combine oats, brown sugar, baking powder, salt and cinnamon and stir to combine.
3. In separate bowl, whisk eggs and add milk and vanilla; stir to combine.
4. Pour the wet ingredients into large bowl with the dry ingredients and mix together.
5. Add fruit and gently stir to combine.
6. Pour melted butter on top and mix again.
7. Pour mixture into a prepared baking dish – feel free to place extra peaches, blueberries or apples on top for garnish as well as extra cinnamon.
8. Bake for 45 - 50 minutes.
9. Let cool slightly and serve an egg (boiled or fried) or Greek yogurt for additional protein.*



Nutrition Info:*

Calories: 402.7 kcal Carbohydrates: 54.6 g Fat: 10.8 g Protein: 23.7 g

*includes 5.3 container greek yogurt



Banana Protein Pancakes

SERVINGS: 7

Ingredients

1 Medium Banana
3/4 Cup Fat Free Skim Milk
1 Teaspoon Vanilla Extract
2 Large Eggs
1 Teaspoon Baking Soda
1 Teaspoon Baking Powder
2 Tablespoons Canola Oil
1 Cup Whole Wheat Flour
1 Cup All-Purpose Flour, Unenriched
1 Cup Nonfat Ricotta Cheese

Directions

- 1.Heat your griddle over medium-high heat.
- 2.In a large bowl, combine the dry ingredients. In a separate bowl, whisk together the wet ingredients. Fold the diced banana into the wet ingredients.
- 3.Spray the griddle with cooking spray and turn the heat to medium. Measure out $\frac{1}{4}$ cup of batter and pour onto the hot griddle. Cook pancakes until bubbles start to form on top and the pancakes start to rise - about 2-4 minutes, and then flip. Cook until the second side is lightly browned. Continue the process until all batter is gone.
4. Can keep in the freezer for 1-2 months. Thaw them in the fridge for a couple hours prior to reheating. After they're thawed, microwave on high for 1-2 minutes, or until warmed through.
5. Serve with an egg (boiled or fried) or Greek yogurt for additional protein.*



Nutrition Info:*

Calories: 384.3 kcal Carbohydrates: 34.8 g Fat: 16.8 g Protein: 22.9 g

*includes 2 boiled eggs