



# WEEK 1 RECIPES /// BREAKFAST

POWERED BY CELLUCOR

## EGGS & CINNAMON RAISIN OATMEAL

Eggs and oatmeal are the breakfast of champions. Leave your eggs plain to keep things quick and easy, or add hot sauce or some diced veggies. Cinnamon and raisins lend sweetness and flavor to your oatmeal.



### INGREDIENTS

- 3 Large Grade A Omega-3 Eggs
- 100g Egg Whites (*I use AllWhite Liquid Egg Whites.*)
- 75g Quaker Old Fashioned Oatmeal
- Dash of Cinnamon
- 30g Raisins
- Coffee (*Stevia Extract & Non Dairy Creamer to taste.*)

### INSTRUCTIONS

- Step 1 ///**  
Cook eggs, egg whites, and oatmeal on stovetop according to package directions.
- Step 2 ///**  
Add raisins and cinnamon to oatmeal.

NUTRITION FACTS	Quantity/g	Protein	Carbs	Fats	Calories
EGG WHITES ONLY	100	10.8	0.4	0.4	48
OATMEAL, QUAKER OLD FASHIONED	75	9.3	50.7	5.7	291
EGG OMEGA (3 LARGE)	3	21.0	1.5	15.0	225
RAISINS	30	0.8	23.3	0.0	96
<b>▶ TOTAL</b>		<b>42.0</b>	<b>76.0</b>	<b>21.0</b>	<b>661</b>

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