



BODYBUILDING.com[®]

Healthy Alternative To "Coco Crispies"

Ingredients

- Brown rice cake (broken up)
- Cocoa powder
- 1 scoop Whey Protein
- Skim milk

Healthy Alternative To "Reeses Puffs"

Ingredients

- Oatmeal
- Baker's Cocoa
- Natty Peanut butter
- Splenda

Breakfast Shake

Ingredients

2 cups Skim Milk
1/2 cup frozen strawberries
2 scoops Whey
1 cup oatmeal
1 serving Fats (either EVOO or Flax Seed)

Breakfast Fajitas

Ingredients

- 6 egg whites and a yolk
- Fat free cheddar cheese
- Fat free flour tortillas

Directions

1. Beat the whites and yolk and put in a skillet with cooking spray (I personally use canola cooking spray).
2. Then, cook the eggs over a medium flame. Turn eggs over and add some cheddar cheese.
3. Meanwhile heat up the tortillas in the microwave or oven.
4. Finally, Place eggs in the tortillas and roll up. You might want to add some salsa.

Protein Pancakes

Ingredients

- 1 cup oatmeal
- 11 egg whites
- 1 whole egg
- 1 packet sugar free jello, flavor of your choice

Directions

1. Simply stir together in a mixing bowl
2. Cook on a frying pan, using fat free pam.

Low carb French Toast

Ingredients

1. Atkins whole low carb bread
2. 2 eggs
3. 1/4 a cup of milk
4. 0 sugar syrup

Directions

- Soak 4 slices of the bread into the egg/milk mixture put on a frying pan, and fry with PAM, till golden brown.
- Put them on your plate, and then sprinkle some cinnamon on top of em.
- Then pour the sugar free syrup on them, and eat them.

Easy As Hell Breakfast

Ingredients

- 1 cup uncooked oats
- 2 scoops Champion Nutrition Pure whey stack (Chocolate)
- 1 tbsp natty peanut butter
- 1 tbsp cocoa powder
- 1 cup skim milk

Directions

1. Mix all this in a bowl and eat it like cereal it is awesome. The cocoa powder really gives it a great flavor

Spinach Omelet

Ingredients

- 1/2 onion
- half package baby spinach
- one 16 oz egg whites
- 1-5 vine ripe tomatoes (depending on size)

Directions

1. Chop onion, sauté in large skillet 2-3 mins.
2. Add baby spinach and chopped tomatoes cook for another minute.
3. Add egg whites, cover until eggs are cooked.
4. Plate it, sprinkle on some parmesan cheese or salsa.

Breakfast Burritos

Ingredients

- 2 small mission low carb burritos
- 12 slices of landofrost honey smoked turkey breast
- 1/4 cup of Kraft Mexican four cheese
- 1/4 cup of Aunt Jemima low carb/low cal syrup
- 5 egg whites
- 1 whole egg

Directions

1. Cut turkey up and put on grill
2. Add in beat up eggs

3. Microwave burritos for 15 seconds
4. Place scrambled eggs on burritos
5. Add cheese
6. Add syrup
7. Roll and eat. Delicious.

Low Sugar Blueberry Muffins

Ingredients

- 1 Package Atkins Quick Cuisine Blueberry muffin mix (don't use instructions!)
- 1/4 c NF Cottage Cheese
- 1/3 c unsweetened applesauce
- 1/2 c egg beaters/egg whites
- 2/3 c water (or enough to make it the proper batter consistency, might be more)