



## Breakfast Recipes

### 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 FatsFlax Seed  
Blend and Drink

### 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.

### **Nutrition Facts**

Calories: 131  
Total Fat: 0.5 g  
Total Carb: 16 g  
Protein: 15 g

### **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. MMM!! MMM!!

### **Nutrition Facts**

Total Fat: 6 g  
Total Carb: 54 g  
Protein: 49 g

### **Low carb French Toast**

#### **Ingredients**

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

#### **Directions**

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

### **Nutrition Facts**

Total Fat: 6 g  
Total Carb: 20 g

Protein: 26 g

### **Easy As Hell Breakfast**

#### **Ingredients**

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

### **Spinach Omelet**

#### **Ingredients**

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

#### **Directions**

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

#### **Nutrition Facts**

Calories 300  
Total Fat: 2 g  
Total Carb: 15 g  
Protein: 55 g

### **Breakfast Burritos**

#### **Ingredients**

2 small mission low carb burritos  
12 slices of landofrost honey smoked turkey breast  
1/4 cup of kraft mexican four cheeses  
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  
Add in beat up eggs

2. Microwave burritos for 15 seconds
3. Place scrambled eggs on burritos
4. Add cheese, Add syrup
5. Roll and eat

**Nutrition Facts**

Calories 700

Total Carb15 g

Protein74 g

**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)

**Nutrition Facts**

Recipe yields 12 muffins

Total Calories82.5 each

Total Carb11 g

Protein9.6 g

Protein9.6 g