

Balsamic Mushroom & Avocado Toast

7 ingredients · 10 minutes · 1 serving



Directions

1. Heat a pan over medium heat. Add the oil, mushrooms, garlic, salt, and pepper. Sauté for three to five minutes, or until the mushrooms have softened and started to brown.
2. Add the balsamic vinegar to the pan and toss well to coat the mushrooms. Set aside.
3. Add the avocado to the sourdough and put the mushrooms on top. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Cut the avocado when ready to serve.

Serving Size

One serving is one piece of toast with toppings.

More Flavor

Add chili flakes, flaky salt, hot sauce, and/or fresh thyme.

Gluten-Free

Use gluten-free bread.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

1 tsp Extra Virgin Olive Oil

2 Cremini Mushrooms (sliced)

1 Garlic (clove, small, sliced)

Sea Salt & Black Pepper (to taste)

1 1/2 tsps Balsamic Vinegar

1/2 Avocado (small, sliced)

50 grams Sourdough Bread (toasted)

Turkey, Egg & Spinach Cups

6 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (205°C) and spray a muffin tray with avocado oil or use a silicone muffin tray.
2. In a bowl, whisk the eggs, salt, and pepper. Add the turkey breast, spinach, and cheese.
3. Divide the mixture evenly between the muffin cups. Bake for 20 to 25 minutes or until cooked and golden brown on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two muffin cups.

More Flavor

Add bell pepper and red onion.

No Cheddar Cheese

Use mozzarella instead.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

2 grams Avocado Oil Spray

4 Egg (large)

Sea Salt & Black Pepper (to taste)

85 grams Sliced Turkey Breast (chopped)

1/4 cup Frozen Spinach (thawed, drained)

57 grams Cheddar Cheese (shredded)

Greek Yogurt, Blueberries & Ground Flax Seeds

3 ingredients · 5 minutes · 1 serving



Directions

1. Mix the ground flax seeds into the yogurt and add the blueberries on top. Serve and enjoy!

Notes

Leftovers

Best enjoyed fresh. The flax and yogurt mixture thickens over time.

Make it Vegan

Use dairy-free yogurt.

Ingredients

2 tbsps Ground Flax Seed

1/2 cup Plain Greek Yogurt

1/3 cup Blueberries

Spinach & Feta Egg White Omelette

5 ingredients · 10 minutes · 1 serving



Directions

1. In a bowl, whisk together the egg whites, spinach, salt, and pepper.
2. Heat a pan over medium heat and spray it with avocado oil. Pour the egg mixture into the pan.
3. Cook until almost set, then add the feta on top. Fold in half, cover with lid and let cook for another minute.
4. Transfer the omelette to a plate and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add fresh dill or green onion to the omelette.

Dairy-Free

Omit the feta or use plant-based cheese instead.

Serving Size

One omelette is one serving. An 8-inch (20 cm) pan was used to make one serving.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

1/3 cup Egg Whites

2 tbsps Frozen Spinach (thawed, drained)

Sea Salt & Black Pepper (to taste)

2 grams Avocado Oil Spray

2 tbsps Feta Cheese (crumbled)

Brazil Nut & Blueberry Coconut Yogurt Bowl

6 ingredients · 10 minutes · 2 servings



Directions

1. Layer the coconut yogurt, blueberries, nuts, cocoa powder, ground flax, and stevia powder (if desired), into a serving bowl.
2. Serve immediately or refrigerate until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/2 cup.

Ingredients

- 2 cups** Unsweetened Coconut Yogurt
- 1 cup** Blueberries
- 2 tbsps** Brazil Nuts (chopped)
- 1 tbsp** Cocoa Powder
- 1 tbsp** Ground Flax Seed
- 1/16 tsp** Stevia Powder (optional, to taste)

Blended Chocolate Strawberry Protein Chia Pudding

7 ingredients · 35 minutes · 1 serving



Directions

1. In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and cocoa powder. Blend on high until combined and relatively smooth.
2. Pour into a container and place in the fridge for 30 minutes to thicken.
3. When ready to serve, top with strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1 3/4 cups, including strawberries.

Additional Toppings

Cacao nibs, sliced banana, and/or chopped nuts.

Ingredients

- 3/4 cup Cow's Milk, Reduced Fat
- 1/4 cup Plain Greek Yogurt
- 1/4 cup Chocolate Protein Powder
- 3 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tbsp Cocoa Powder
- 1/2 cup Strawberries (sliced)

Blended Raspberry Protein Chia Pudding

6 ingredients · 35 minutes · 1 serving



Directions

1. In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and half of the raspberries. Blend on high until combined and relatively smooth.
2. Pour into a container and place in the fridge for 30 minutes to thicken.
3. When ready to serve, top with remaining raspberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1 3/4 cups, including raspberries.

Additional Toppings

Cacao nibs, sliced banana, and/or chopped nuts.

Ingredients

3/4 cup Cow's Milk, Reduced Fat

1/4 cup Plain Greek Yogurt

1/4 cup Vanilla Protein Powder

3 tbsps Chia Seeds

2 tbsps Maple Syrup

1 cup Raspberries (divided)

Tomato, Basil & Bacon Frittata

6 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (175°C).
2. Whisk all of the ingredients except for the basil together. Pour the mixture into a cast-iron pan or another non-stick oven-safe dish.
3. Bake for 15 minutes or until the eggs have set. Garnish with the basil and serve. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of frittata. An 8-inch (20 cm) cast iron pan was used to make four servings.

Additional Toppings

Hot sauce.

Ingredients

1/4 cup Parmigiano Reggiano (shredded)

9 Egg (large)

1 cup Cow's Milk, Whole

7 slices Bacon (chopped)

1/2 cup Cherry Tomatoes (halved)

2 tbsps Basil Leaves

Blueberry Cheesecake Overnight Oats

9 ingredients · 8 hours 20 minutes · 2 servings



Directions

1. Add the oats, protein powder, chia seeds, cream cheese, yogurt, milk, vanilla, and half of the maple syrup to a large container. Stir well to combine.
2. In a saucepan, combine the blueberries and remaining maple syrup. Heat over medium-low and bring to a low simmer. Cook for nine to 10 minutes or until the blueberries have burst, gently pressing on them with the back of a wooden spoon. Allow to cool for five minutes.
3. Stir the blueberries into the oats. Seal the container and place in the fridge overnight, or for at least eight hours.
4. Divide the oats evenly between bowls or containers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 3/4 cups.

Make it Vegan

Use vegan cream cheese, yogurt, and milk.

No Protein Powder

Omit the protein powder and reduce the milk slightly.

Ingredients

- 1 1/3 cups Oats (rolled)
- 3 tbsps Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1/4 cup Cream Cheese, Regular
- 1/4 cup Plain Greek Yogurt
- 1 1/3 cups Cow's Milk, Whole
- 1 tsp Vanilla Extract
- 1/4 cup Maple Syrup (divided)
- 1 1/2 cups Frozen Blueberries

Blackberry & Granola Kefir Parfaits

3 ingredients · 10 minutes · 2 servings



Directions

1. In glass containers or bowls, layer the granola, berries, and kefir until all ingredients are used up. Serve and enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is 2/3 cup of kefir, 1/2 cup of blackberries, and 1/2 cup of granola.

Make it Vegan

Use coconut kefir.

Additional Toppings

Hemp seeds and/or cacao nibs.

Ingredients

1 cup Granola

1 cup Blackberries

1 1/3 cups Plain Kefir

Kiwi & Walnut Overnight Oats

7 ingredients · 8 hours · 2 servings



Directions

1. In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
2. Divide the oat yogurt mixture, kiwis, and walnuts evenly between jars. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about 1 1/4 cups.

Make it Vegan

Use plant-based milk and yogurt alternatives.

Ingredients

- 1 cup** Plain Greek Yogurt
- 1/2 cup** Cow's Milk, Whole
- 2 tsps** Maple Syrup
- 1 tsp** Vanilla Extract
- 1/2 cup** Quick Oats
- 2** Kiwi (peeled and sliced)
- 2 tsps** Walnuts (chopped)

Strawberry & Feta Avocado Toast

6 ingredients · 10 minutes · 1 serving



Directions

1. Place the avocado on top of the toasted bread. Use a fork and smash it. Season with salt and lime juice.
2. Add strawberries and feta cheese on top and enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is equal to one slice of toast.

Additional Toppings

Top with arugula.

Dairy-Free

Omit the feta cheese or use plant-based cheese instead.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

- 1/2 Avocado (medium)
- 50 grams Sourdough Bread (sliced, toasted)
- 1/4 tsp Sea Salt
- 1/4 Lime (juiced)
- 1/4 cup Strawberries (chopped)
- 1 1/2 tbsps Feta Cheese (crumbled)

Strawberry Banana Oat Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend on high until smooth. Pour in a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Granola and/or hemp seeds.

Ingredients

1 cup Oat Milk

1/4 cup Oats (rolled)

1 cup Frozen Strawberries

1/2 Banana (medium)

3 Ice Cubes

132 grams Tofu (soft)

Creamy Chocolate Banana Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend well until smooth. Serve and enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is approximately 3 1/2 cups.

Make it Vegan

Use dairy-free yogurt.

Likes it Sweet

Add maple syrup or honey.

More Flavor

Add peanut butter.

Ingredients

1 tbsp Cacao Powder

1 1/2 cups Plain Greek Yogurt

1 cup Water

1 Banana (medium)

Raspberry Lemon Chia Pudding

6 ingredients · 8 hours 5 minutes · 2 servings



Directions

1. Add all of the ingredients to a large bowl and mix very well until combined. Ensure the chia seeds are mixed in, and the berries are lightly mashed. Divide the mixture evenly between jars, making one jar per serving, and refrigerate for at least eight hours or overnight.
2. Serve with extra raspberries and lemon zest (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

Additional Toppings

Top with crushed toasted nuts.

No Coconut Yogurt

Use any yogurt of choice.

No Coconut Milk

Use any milk of choice.

Ingredients

1 cup Unsweetened Coconut Yogurt

1 cup Plain Coconut Milk (from the carton)

1/4 cup Chia Seeds

1/2 Lemon (juiced, zested, plus extra for garnish)

1 cup Raspberries (plus extra for garnish)

1 tbsp Maple Syrup

Smoked Salmon & Asparagus Frittata

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Whisk the eggs in a large bowl. Add in the asparagus, mozzarella, and basil. Stir and season with salt and pepper.
3. Spray a deep baking dish or oven-safe pan with avocado oil spray. Pour the egg mixture into the dish. Cook in the oven for 20 to 22 minutes or until cooked through.
4. Top the frittata with smoked salmon and basil. Divide evenly between plates and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Store the salmon separately until serving.

Serving Size

A 7-inch (18 cm) round baking dish was used to make four servings. One serving is roughly 1/4 of the frittata.

More Flavor

Add shallot to the frittata.

Dairy-Free

Omit the mozzarella or use plant-based cheese instead.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

- 6 Egg
- 2 cups Asparagus (trimmed, chopped)
- 57 grams Mozzarella Ball (torn into pieces)
- 2 tbsps Basil Leaves (plus extra for garnish)
- Sea Salt & Black Pepper (to taste)
- 2 grams Avocado Oil Spray
- 57 grams Smoked Salmon