



EVERGREEN DOCTORS

Low Carb Breakfast Recipes

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Spinach Quiche with Sweet Potato Crust

4 servings

50 minutes

Ingredients

- 1 Sweet Potato (sliced into thin rounds)
- 4 milliliters Coconut Oil
- 7 Egg
- 3 Garlic (cloves, minced)
- 8 stalks Green Onion (chopped)
- 120 grams Baby Spinach (chopped)
- 1 Tomato (diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	182
Fat	9g
Carbs	11g
Fiber	2g
Protein	13g
Vitamin C	18mg
Calcium	106mg
Iron	3mg
Thiamine	0.1mg
Riboflavin	0.5mg
Niacin	1mg
Vitamin B6	0.4mg
Folate	118µg
Vitamin B12	0.8µg
Magnesium	49mg
Zinc	1mg

Directions

- 1 Preheat oven to 425°F (218°C). Grease a glass pie plate with a bit of coconut oil. Cover the base and sides of the plate with the sweet potato rounds. Layer the rounds until no glass is showing. Bake in the oven for 15 minutes.
- 2 Meanwhile, crack eggs into a mixing bowl and whisk well. Set aside.
- 3 Heat coconut oil in a skillet over medium heat. Add in minced garlic and green onions. Sautee for 3 to 5 minutes. Add in chopped spinach and saute just until wilted. Remove from heat.
- 4 Add spinach mix and diced tomatoes into the egg mix. Season with salt and pepper. Stir well.
- 5 Remove sweet potato crust from the oven. Pour egg mixture over top of the crust. Reduce the temperature of the oven to 375°F (191°C). Place quiche in the oven and bake for 30 to 40 minutes or until the top is golden brown.
- 6 Remove from oven and cut into slices. Enjoy!



Pesto Zoodles with Poached Egg

4 servings

20 minutes

Ingredients

4 Zucchini (large)
 42 grams Basil Leaves
 30 grams Baby Spinach
 1 Garlic (clove, minced)
 30 grams Walnuts
 74 milliliters Extra Virgin Olive Oil
 1 Lemon (juiced)
 3 grams Sea Salt
 4 Egg

Nutrition

Amount per serving	
Calories	311
Fat	27g
Carbs	9g
Fiber	3g
Protein	10g
Vitamin C	44mg
Calcium	95mg
Iron	3mg
Thiamine	0.1mg
Riboflavin	0.4mg
Niacin	1mg
Vitamin B6	0.5mg
Folate	102µg
Vitamin B12	0.5µg
Magnesium	67mg
Zinc	2mg

Directions

- 1 Spiralize your zucchinis into noodles and set aside.
- 2 In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
- 3 Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
- 4 You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!



Grain-Free Flax Bread

10 servings

1 hour

Ingredients

208 grams Ground Flax Seed
14 grams Baking Powder
5 grams Sea Salt
5 Egg (room temp)
119 milliliters Water (room temp)
74 milliliters Coconut Oil (melted)

Nutrition

Amount per serving	
Calories	209
Fat	16g
Carbs	7g
Fiber	5g
Protein	8g
Vitamin C	0mg
Calcium	128mg
Iron	2mg
Thiamine	0mg
Riboflavin	0.1mg
Niacin	0mg
Vitamin B6	0mg
Folate	12µg
Vitamin B12	0.2µg
Magnesium	4mg
Zinc	0mg

Directions

- 1 Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
- 2 In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
- 6 Once cooled, slice and store in the fridge or freezer.



Bell Pepper Egg Cups

1 serving
20 minutes

Ingredients

- 1 Red Bell Pepper
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	174
Fat	10g
Carbs	8g
Fiber	3g
Protein	14g
Vitamin C	152mg
Calcium	64mg
Iron	2mg
Thiamine	0.1mg
Riboflavin	0.6mg
Niacin	1mg
Vitamin B6	0.5mg
Folate	102µg
Vitamin B12	0.9µg
Magnesium	26mg
Zinc	2mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Slice pepper in half and carve out the seeds.
- 3 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!



Chocolate Avocado Smoothie

1 serving

5 minutes

Ingredients

1/4 Avocado
240 milliliters Unsweetened Almond Milk
16 grams Almond Butter
30 grams Baby Spinach
24 grams Chocolate Protein Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Nutrition

Amount per serving	
Calories	297
Fat	19g
Carbs	11g
Fiber	7g
Protein	25g
Vitamin C	13mg
Calcium	655mg
Iron	2mg
Thiamine	0.2mg
Riboflavin	0.8mg
Niacin	2mg
Vitamin B6	0.4mg
Folate	115µg
Vitamin B12	0.6µg
Magnesium	146mg
Zinc	2mg



Grain-Free Coconut Almond Porridge

1 serving
10 minutes

Ingredients

180 milliliters Unsweetened Almond Milk
28 grams Almond Flour
20 grams Unsweetened Shredded Coconut
7 grams Ground Flax Seed
1 gram Cinnamon

Directions

- 1 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 2 Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	353
Fat	31g
Carbs	15g
Fiber	9g
Protein	10g
Vitamin C	0mg
Calcium	421mg
Iron	2mg
Thiamine	0mg
Riboflavin	0.1mg
Niacin	0mg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Magnesium	93mg
Zinc	0mg



Taco Breakfast Skillet

4 servings

30 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
 80 grams Red Onion (chopped)
 454 grams Extra Lean Ground Beef
 16 grams Chili Powder
 6 grams Cumin
 600 milligrams Onion Powder
 725 milligrams Black Pepper
 36 grams Nutritional Yeast
 4 Egg
 1/2 Tomato (chopped)
 34 grams Black Olives
 1/2 Avocado (cubed)
 1 Jalapeno Pepper (sliced)
 4 grams Cilantro

Directions

- 1 In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
- 2 Once the beef is cooked, add in the chili powder, cumin, onion powder, black pepper and nutritional yeast until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
- 3 Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
- 4 Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

Nutrition

Amount per serving	
Calories	414
Fat	25g
Carbs	12g
Fiber	6g
Protein	36g
Vitamin C	11mg
Calcium	93mg
Iron	7mg
Thiamine	7.1mg
Riboflavin	7.9mg
Niacin	46mg
Vitamin B6	8.3mg
Folate	61µg
Vitamin B12	36.7µg

Magnesium	52mg
Zinc	7mg



Smoked Salmon & Quinoa Breakfast Bowl

2 servings

20 minutes

Ingredients

43 grams Quinoa (uncooked)
4 Egg
2 grams Cilantro (chopped)
5 milliliters Lime Juice (to taste)
40 grams Arugula (packed)
170 grams Smoked Salmon (sliced)

Nutrition

Amount per serving	
Calories	327
Fat	15g
Carbs	15g
Fiber	2g
Protein	32g
Vitamin C	4mg
Calcium	108mg
Iron	4mg
Thiamine	0.1mg
Riboflavin	0.6mg
Niacin	4mg
Vitamin B6	0.5mg
Folate	108µg
Vitamin B12	3.7µg
Magnesium	79mg
Zinc	2mg

Directions

- 1 Cook the quinoa according to the package directions and let cool.
- 2 Meanwhile, place the eggs in a saucepan and cover with water. Bring to a boil, then turn off the heat, cover with a lid and let sit for 10 to 12 minutes. Transfer the eggs to an ice bath. Peel and slice the eggs when cool enough to handle.
- 3 Toss the quinoa with cilantro and lime juice. Divide the arugula, quinoa, smoked salmon, and eggs between bowls. Enjoy!



Peaches & Cream Cauliflower Porridge

4 servings

10 minutes

Ingredients

485 milliliters Canned Coconut Milk
(full fat, divided)
59 milliliters Water
388 grams Cauliflower Rice
2 Peach (sliced)

Nutrition

Amount per serving	
Calories	271
Fat	21g
Carbs	14g
Fiber	3g
Protein	4g
Vitamin C	47mg
Calcium	31mg
Iron	1mg
Thiamine	0mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0mg
Folate	3µg
Vitamin B12	0µg
Magnesium	7mg
Zinc	0mg

Directions

- 1 Scoop out a few spoonfuls of the coconut cream from the canned coconut milk and set aside.
- 2 In a large pan, combine the remaining coconut milk, water, and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 3 Divide into bowls and top with the peaches and reserved coconut cream. Enjoy!



Simple Chocolate Protein Shake

1 serving

5 minutes

Ingredients

160 milliliters Unsweetened Almond Milk
24 grams Chocolate Protein Powder
6 Ice Cubes (large)

Directions

1

Add all the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Protein	20g
Vitamin C	0mg
Calcium	414mg
Iron	1mg
Thiamine	0.1mg
Riboflavin	0.5mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	8µg
Vitamin B12	0.6µg
Magnesium	58mg
Zinc	2mg



Veggie Baked Eggs with Pesto

2 servings

30 minutes

Ingredients

7 milliliters Extra Virgin Olive Oil
 1 Zucchini (medium, seeds scooped out and chopped)
 1 Red Bell Pepper (chopped)
 80 grams Red Onion (chopped)
 1 Garlic (clove, minced)
 Sea Salt & Black Pepper (to taste)
 4 Egg
 63 grams Pesto (or more to taste)

Nutrition

Amount per serving	
Calories	355
Fat	25g
Carbs	15g
Fiber	4g
Protein	18g
Vitamin C	97mg
Calcium	184mg
Iron	3mg
Thiamine	0.2mg
Riboflavin	0.8mg
Niacin	1mg
Vitamin B6	0.6mg
Folate	111µg
Vitamin B12	0.9µg
Magnesium	56mg
Zinc	2mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the zucchini, bell pepper and red onion and cook for five to six minutes or until the vegetables are just tender. Add the garlic, season with salt and pepper and continue to cook for another minute.
- 3 Remove the skillet from the heat and make small wells for the eggs in the middle of the pan. Crack the eggs into the pan and season with additional salt and pepper. Transfer to the oven and bake for 10 to 13 minutes or until the eggs are cooked to your liking.
- 4 Remove the from oven and top with the pesto. Enjoy!



Broccoli & Pepper Egg Scramble

1 serving
15 minutes

Ingredients

5 milliliters Extra Virgin Olive Oil
46 grams Broccoli (chopped)
1/4 Red Bell Pepper (chopped)
1/4 Yellow Onion (chopped)
1 Garlic (small clove, minced)
Sea Salt & Black Pepper (to taste)
2 Egg (whisked)

Nutrition

Amount per serving	
Calories	222
Fat	14g
Carbs	9g
Fiber	3g
Protein	15g
Vitamin C	80mg
Calcium	95mg
Iron	3mg
Thiamine	0.1mg
Riboflavin	0.5mg
Niacin	1mg
Vitamin B6	0.4mg
Folate	89µg
Vitamin B12	0.9µg
Magnesium	26mg
Zinc	2mg

Directions

- 1 Heat the oil in a nonstick pan over medium heat.
- 2 Add the broccoli, red pepper and onion to the pan and cook for 8 to 10 minutes or until the veggies are just tender. Add in the garlic and season with salt and pepper and cook for another minute.
- 3 Move the veggies to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the veggies into the egg once the eggs are cooked through. Season with additional salt if needed and enjoy!



Blueberry Almond Pancakes

2 servings

15 minutes

Ingredients

1 Egg
63 grams Almond Butter
30 milliliters Unsweetened Almond Milk
10 grams Maple Syrup
2 grams Baking Powder
2 milliliters Coconut Oil (for the pan)
37 grams Blueberries (fresh or frozen)

Nutrition

Amount per serving	
Calories	264
Fat	21g
Carbs	12g
Fiber	4g
Protein	10g
Vitamin C	2mg
Calcium	224mg
Iron	2mg
Thiamine	0mg
Riboflavin	0.5mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	29µg
Vitamin B12	0.2µg
Magnesium	94mg
Zinc	1mg

Directions

- 1 In a mixing bowl, whisk the egg, almond butter, and almond milk together until smooth. Stir in the baking powder and maple syrup.
- 2 Heat a pan over medium heat. When the pan is hot add the oil. Spoon the batter into the pan in scant 1/4 cup portions to form small pancakes. Divide the blueberries between pancakes and cook for about three to five minutes per side or until golden brown and cooked through. Repeat with any remaining batter, adding more oil to the pan as needed.
- 3 Divide pancakes between plates and enjoy!



Silken Tofu Scramble

2 servings

15 minutes

Ingredients

340 grams Silken Tofu (drained)
 9 grams Nutritional Yeast
 3 grams Garlic Powder
 1 gram Paprika
 750 milligrams Turmeric
 2 grams Sea Salt
 1 stalk Green Onion (sliced, optional)

Directions

- 1 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, turmeric, and salt. Use the spatula to stir and gently break up the tofu.
- 2 Cook until the edges are firm and liquid is gone, about 15 minutes. Transfer to a plate, garnish with green onions (optional) and enjoy!

Nutrition

Amount per serving	
Calories	120
Fat	5g
Carbs	8g
Fiber	2g
Protein	11g
Vitamin C	1mg
Calcium	62mg
Iron	2mg
Thiamine	3.7mg
Riboflavin	3.8mg
Niacin	20mg
Vitamin B6	3.9mg
Folate	3µg
Vitamin B12	16.9µg
Magnesium	53mg
Zinc	1mg



One Pan Egg, Sausage & Leek

1 serving
30 minutes

Ingredients

2 milliliters Extra Virgin Olive Oil
1/2 Leeks (trimmed, sliced)
113 grams Turkey Sausage (sliced)
400 milligrams Thyme (fresh)
Sea Salt & Black Pepper (to taste)
1 Egg

Nutrition

Amount per serving	
Calories	295
Fat	16g
Carbs	7g
Fiber	1g
Protein	28g
Vitamin C	9mg
Calcium	77mg
Iron	3mg
Thiamine	0.1mg
Riboflavin	0.5mg
Niacin	5mg
Vitamin B6	0.7mg
Folate	58µg
Vitamin B12	1.9µg
Magnesium	41mg
Zinc	4mg

Directions

- 1 Heat the oil in a pan over medium heat. Add leeks and sauté for six to seven minutes or until soft and slightly browned. Stir occasionally.
- 2 Add the sausage and thyme to the pan and cook for another 10 minutes. Season with salt and pepper.
- 3 Crack the egg(s) beside the cooked leeks and sausage. Season with salt and pepper, and cook until the whites are set and the yolk is cooked to your liking. Enjoy!



Berry Coconut Smoothie

2 servings

5 minutes

Ingredients

242 milliliters Canned Coconut Milk
(full fat)

93 grams Frozen Berries

1/4 Avocado

19 grams Collagen Powder

Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Nutrition

Amount per serving	
Calories	304
Fat	25g
Carbs	10g
Fiber	3g
Protein	10g
Vitamin C	12mg
Calcium	20mg
Iron	1mg
Thiamine	0mg
Riboflavin	0.1mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	23µg
Vitamin B12	0µg
Magnesium	9mg
Zinc	0mg



Peanut Butter Mocha Chia Pudding

4 servings

3 hours 10 minutes

Ingredients

424 milliliters Canned Coconut Milk
 118 milliliters Coffee (brewed drip or espresso)
 10 grams Cacao Powder
 64 grams Chia Seeds
 32 grams All Natural Peanut Butter
 19 grams Collagen Powder
 1 gram Stevia Powder (to taste)

Directions

1

Add all ingredients to a blender and blend for at least one minute, until completely smooth. Scoop into bowls or jars and refrigerate overnight or for a minimum of three hours. Enjoy!

Nutrition

Amount per serving	
Calories	343
Fat	29g
Carbs	13g
Fiber	7g
Protein	10g
Vitamin C	0mg
Calcium	119mg
Iron	2mg
Thiamine	0mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0mg
Folate	9µg
Vitamin B12	0µg
Magnesium	35mg
Zinc	0mg



Harissa Scrambled Egg with Avocado

1 serving

10 minutes

Ingredients

- 1 Egg
- 2 grams Harissa
- 2 grams Sea Salt (divided)
- 5 milliliters Avocado Oil
- 1/2 Avocado (medium, cubed)
- 1/4 Lime (juiced)
- 500 milligrams Cilantro (chopped)

Directions

- 1 In a small bowl, whisk together the egg, harissa, and half of the salt. Warm the oil in a pan over medium heat. Add the whisked egg to the pan and scramble until the eggs are cooked to your liking.
- 2 In a bowl, mix together the avocado, lime juice, and cilantro. Season it with the remaining salt.
- 3 Add the egg and avocado mixture to a plate and enjoy!

Nutrition

Amount per serving	
Calories	276
Fat	24g
Carbs	10g
Fiber	7g
Protein	8g
Vitamin C	13mg
Calcium	42mg
Iron	1mg
Thiamine	0.1mg
Riboflavin	0.4mg
Niacin	2mg
Vitamin B6	0.4mg
Folate	106µg
Vitamin B12	0.5µg
Magnesium	36mg
Zinc	1mg