



Breakfast Recipes (low carb)



Peanut Butter Mocha Chia Pudding

4 servings

3 hours 10 minutes

Ingredients

420 milliliters Canned Coconut Milk
120 milliliters Coffee (brewed drip or espresso)
10 grams Cacao Powder
70 grams Chia Seeds
30 grams All Natural Peanut Butter
20 grams Collagen Powder
1 gram Stevia Powder (to taste)

Nutrition

Amount per serving	
Calories	346
Fat	29g
Carbs	13g
Fiber	7g
Protein	11g
Sodium	41mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	128mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	0µg
Zinc	0mg

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!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup.

More Flavor: Add cinnamon and/or banana.

Additional Toppings: Cacao nibs, hemp hearts, fresh or dried fruit, nuts, seeds.

Make it Vegan: Omit the collagen powder.

No Stevia: Use maple syrup, raw honey, dates, or coconut sugar to taste.



Berry Coconut Smoothie

2 servings

5 minutes

Ingredients

240 milliliters Canned Coconut Milk
(full fat)
100 grams Frozen Berries
1/4 Avocado
20 grams Collagen Powder

Nutrition

Amount per serving	
Calories	305
Fat	25g
Carbs	10g
Fiber	3g
Protein	11g
Sodium	51mg
Vitamin A	37IU
Vitamin C	13mg
Calcium	20mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	5µg
Zinc	0mg

Directions

1

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

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 3/4 cup.

More Flavor: Add baby spinach, hemp seeds, and/or chia seeds before blending.

Make it Vegan: Omit collagen powder and use plant-based protein powder.



One Pan Egg, Sausage & Leek

1 serving

30 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	301
Fat	16g
Carbs	7g
Fiber	1g
Protein	30g
Sodium	792mg
Vitamin A	1121IU
Vitamin C	9mg
Calcium	79mg
Iron	3mg
Vitamin D	41IU
Vitamin E	1mg
Vitamin K	22µg
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!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add garlic and mushrooms.

Additional Toppings: Mint or parsley.

No Turkey Sausage: Use beef or pork sausage instead.



Blueberry Almond Pancakes

2 servings

15 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	255
Fat	20g
Carbs	12g
Fiber	4g
Protein	10g
Sodium	154mg
Vitamin A	177IU
Vitamin C	2mg
Calcium	211mg
Iron	2mg
Vitamin D	27IU
Vitamin E	8mg
Vitamin K	4µg
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!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to two pancakes.

More Flavor: Add vanilla extract or more maple syrup to taste.

Additional Toppings: Maple syrup, honey, jam, butter, or fresh fruit.

No Coconut Oil: Use another oil for frying, like avocado oil.

No Maple Syrup: Omit or use another sweetener instead.



Broccoli & Pepper Egg Scramble

1 serving

15 minutes

Ingredients

5 milliliters Extra Virgin Olive Oil
50 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	224
Fat	14g
Carbs	10g
Fiber	3g
Protein	15g
Sodium	161mg
Vitamin A	1783IU
Vitamin C	84mg
Calcium	97mg
Iron	3mg
Vitamin D	82IU
Vitamin E	3mg
Vitamin K	55µg
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!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Chives, red pepper flakes, and/or hot sauce.

Serve it With: Toast, fresh fruit, mixed greens or quinoa.



Veggie Baked Eggs with Pesto

2 servings

30 minutes

Ingredients

- 5 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)
- 1 tsp Sea Salt & Black Pepper (to taste)
- 4 Egg
- 60 grams Pesto (or more to taste)

Nutrition

Amount per serving	
Calories	347
Fat	25g
Carbs	15g
Fiber	3g
Protein	18g
Sodium	335mg
Vitamin A	3063IU
Vitamin C	97mg
Calcium	180mg
Iron	3mg
Vitamin D	82IU
Vitamin E	5mg
Vitamin K	55µg
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!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add red pepper flakes or other dried herbs and spices.



Peaches & Cream Cauliflower Porridge copy

4 servings

10 minutes

Ingredients

450 milliliters Canned Coconut Milk
(full fat, divided)

60 milliliters Water

350 grams Cauliflower Rice

2 Peach (sliced)

Nutrition

Amount per serving	
Calories	253
Fat	20g
Carbs	14g
Fiber	3g
Protein	4g
Sodium	51mg
Vitamin A	245IU
Vitamin C	43mg
Calcium	29mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	2µg
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!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one cup of cauliflower porridge and half a cup of peaches.

More Flavor: Add cinnamon, nutmeg, sea salt, lemon juice, or vanilla extract.

Additional Toppings: Add almond slices, hemp seeds, or your choice of sweetener.



Smoked Salmon & Quinoa Breakfast Bowl

2 servings

20 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	342
Fat	16g
Carbs	18g
Fiber	4g
Protein	32g
Sodium	721mg
Vitamin A	1093IU
Vitamin C	5mg
Calcium	143mg
Iron	5mg
Vitamin D	664IU
Vitamin E	3mg
Vitamin K	22µg
Zinc	3mg

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!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Season the quinoa with salt and pepper. Add sliced red onion, capers, or avocado to the finished bowl.



Flaxseed Pudding

8 servings

1 hour

Ingredients

200 grams Ground Flax Seed
700 milliliters Unsweetened Almond Milk
5 grams Monk Fruit Sweetener
5 grams Cinnamon
10 milliliters Coconut Oil (runny)

Nutrition

Amount per serving	
Calories	157
Fat	11g
Carbs	9g
Fiber	6g
Protein	6g
Sodium	59mg
Vitamin A	184IU
Vitamin C	0mg
Calcium	209mg
Iron	2mg
Vitamin D	37IU
Vitamin E	0mg
Vitamin K	0µg
Zinc	0mg

Directions

- 1 Combine all of the ingredients in a large container and mix well. Refrigerate for at least one hour or until the ground flax has set.
- 2 Stir well, top with cinnamon and divide into cups or containers if on-the-go. Top with favourite berries, nuts or seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 1/2 cup of flax seed pudding.

Additional Toppings: Top with your favorite nuts, seeds and/or berries.



Taco Breakfast Skillet

4 servings

30 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
80 grams Red Onion (chopped)
500 grams Extra Lean Ground Beef
1 1/2 tsps Chili Powder
5 grams Cumin
1 tsp Onion Powder
1/2 tsp Black Pepper
35 grams Nutritional Yeast
4 Egg
1/2 Tomato (chopped)
35 grams Black Olives
1/2 Avocado (cubed)
1 Jalapeno Pepper (sliced)
1 gram Coriander Seed (ground)

Nutrition

Amount per serving	
Calories	427
Fat	26g
Carbs	10g
Fiber	5g
Protein	38g
Sodium	281mg
Vitamin A	913IU
Vitamin C	11mg
Calcium	85mg
Iron	7mg
Vitamin D	45IU
Vitamin E	2mg
Vitamin K	10µg
Zinc	7mg

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!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Eggs are best enjoyed the same day.

Serving Size: One serving is approximately one egg with one cup of beef and veggie mixture.

More Flavor: Add some grated cheese on top.

Make it Vegetarian: Use black beans and/or quinoa instead of ground beef.



Grain-Free Coconut Almond Porridge

1 serving
10 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	363
Fat	32g
Carbs	15g
Fiber	8g
Protein	10g
Sodium	127mg
Vitamin A	376IU
Vitamin C	0mg
Calcium	418mg
Iron	2mg
Vitamin D	76IU
Vitamin E	0mg
Vitamin K	0µg
Zinc	0mg

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!

Notes

No Rice Milk: Use an alternative milk of your choice.

Likes it Sweet: Add raisins, dates, maple syrup, honey or your sweetener of choice.

Leftovers: Refrigerate in an airtight container up to 3 to 5 days.

Serving Size: One serving is equal to approximately 1 1/4 cup of porridge.



Pesto Zoodles with Poached Egg

4 servings

20 minutes

Ingredients

4 Zucchini (large)
40 grams Basil Leaves
30 grams Baby Spinach
1 Garlic (clove, minced)
30 grams Walnuts
75 milliliters Extra Virgin Olive Oil
1 Lemon (juiced)
1/2 tsp Sea Salt
4 Egg

Nutrition

Amount per serving	
Calories	313
Fat	28g
Carbs	9g
Fiber	3g
Protein	10g
Sodium	389mg
Vitamin A	1894IU
Vitamin C	44mg
Calcium	94mg
Iron	2mg
Vitamin D	41IU
Vitamin E	4mg
Vitamin K	97µg
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!

Notes

Nut-Free: Use sunflower or pumpkin seeds instead of walnuts.

More Carbs: Use brown rice pasta instead of zucchini noodles.

No Spinach: Use kale or any dark leafy green.

Meat Lover: Skip the poached egg and top with chicken, bacon or steak instead.

Vegan: Skip the poached egg and top with beans, lentils or chickpeas instead.



Grain-Free Flax Bread

10 servings

1 hour

Ingredients

- 200 grams Ground Flax Seed
- 15 grams Baking Powder
- 5 grams Sea Salt
- 5 Egg (room temp)
- 120 milliliters Water (room temp)
- 75 milliliters Coconut Oil (melted)

Nutrition

Amount per serving	
Calories	206
Fat	16g
Carbs	7g
Fiber	5g
Protein	8g
Sodium	391mg
Vitamin A	135IU
Vitamin C	0mg
Calcium	134mg
Iron	2mg
Vitamin D	21IU
Vitamin E	0mg
Vitamin K	0µg
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.

Notes

Leftovers: Refrigerate in an airtight container or food wrap for up to five days. Freeze for up to two months.

Serving Size: One serving is one slice of bread.



Spinach Quiche with Sweet Potato Crust

4 servings

50 minutes

Ingredients

- 1 Sweet Potato (sliced into thin rounds)
- 3/4 tsp 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
Sodium	181mg
Vitamin A	9272IU
Vitamin C	18mg
Calcium	106mg
Iron	3mg
Vitamin D	72IU
Vitamin E	2mg
Vitamin K	183µg
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!

Notes

Pie Plate: This recipe was developed and tested using a 9-inch glass pie plate.



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
Sodium	147mg
Vitamin A	4266IU
Vitamin C	152mg
Calcium	64mg
Iron	2mg
Vitamin D	82IU
Vitamin E	3mg
Vitamin K	6µg
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!

Notes

More Flavour: Roast the red pepper in the oven before cracking the egg into them.

Added Touch: Sprinkle with cheese during the last 2 minutes.

Serve it With: Toast for dipping or our Grain-Free Flax Bread.

More Protein: If it is a large bell pepper, fill remaining space with egg whites for added protein.



Simple Chocolate Protein Shake

1 serving

5 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Protein	20g
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg
Vitamin D	67IU
Vitamin E	0mg
Vitamin K	0µg
Zinc	2mg

Directions

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

Notes

Serving Size: One serving is approximately 1 1/4 cups of shake.

More Flavor: Use frozen fruit instead of ice cubes.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

No Chocolate Protein: Use vanilla or another flavour instead.

Ice: Six ice cubes is approximately one cup of ice.

Protein Powder: A plant-based protein powder was used to create and test this recipe.



Silken Tofu Scramble

2 servings

15 minutes

Ingredients

340 grams Silken Tofu (drained)
1 tbsp Nutritional Yeast
1 tsp Garlic Powder
1/2 tsp Paprika
1/4 tsp Turmeric
1/4 tsp Sea Salt
1 stalk Green Onion (sliced, optional)

Nutrition

Amount per serving	
Calories	120
Fat	5g
Carbs	8g
Fiber	2g
Protein	11g
Sodium	318mg
Vitamin A	523IU
Vitamin C	1mg
Calcium	62mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	10µg
Zinc	1mg

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!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 3/4 cup.

More Flavor: Add black pepper and black salt.

Additional Toppings: Serve it with salsa, avocado slices, fresh fruit, toast, tortillas, or roasted veggies.



Harissa Scrambled Egg with Avocado

1 serving

10 minutes

Ingredients

- 1 Egg
- 1 tsp Harissa
- 1/4 tsp Sea Salt (divided)
- 1 tsp Avocado Oil
- 1/2 Avocado (medium, cubed)
- 1/4 Lime (juiced)
- 1 1/2 tsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	276
Fat	24g
Carbs	10g
Fiber	7g
Protein	8g
Sodium	668mg
Vitamin A	456IU
Vitamin C	13mg
Calcium	42mg
Iron	1mg
Vitamin D	41IU
Vitamin E	3mg
Vitamin K	23µg
Zinc	1mg

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!

Notes

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

Serving Size: One serving is one egg and half of an avocado.

More Flavor: Add jalapeño and cheese.