



Erin - Brekky Ideas

LISA HAYNE

MON



BREAKFAST
Pineapple Coconut Overnight Oats



SNACK 1
Cinnamon Yogurt Overnight Oats

TUE



BREAKFAST
Cashew Butter & Jelly Overnight Oats

WED



BREAKFAST
Banana & Nut Chia Oats

THU



BREAKFAST
Pineapple Cucumber Smoothie

FRI



BREAKFAST
Creamy Blueberry Smoothie

SAT



BREAKFAST
Blackberry Chia Pudding

SUN



BREAKFAST
Banana Mango Chia Pudding

MON

FAT 49% **CARBS 44%** **PROTEIN 7%**

Calories 661 Cholesterol 0mg
Fat 37g Sodium 77mg
Saturated 26g Vitamin C 25mg
Carbs 74g Calcium 621mg
Fiber 13g Iron 4mg
Sugar 20g Magnesium 140mg
Protein 12g Zinc 2mg

TUE

FAT 34% **CARBS 46%** **PROTEIN 20%**

Calories 342 Cholesterol 17mg
Fat 13g Sodium 90mg
Saturated 3g Vitamin C 14mg
Carbs 40g Calcium 344mg
Fiber 5g Iron 3mg
Sugar 15g Magnesium 88mg
Protein 17g Zinc 2mg

WED

FAT 33% **CARBS 46%** **PROTEIN 21%**

Calories 292 Cholesterol 17mg
Fat 11g Sodium 153mg
Saturated 2g Vitamin C 13mg
Carbs 34g Calcium 558mg
Fiber 6g Iron 2mg
Sugar 15g Magnesium 77mg
Protein 16g Zinc 1mg

THU

FAT 12% **CARBS 80%** **PROTEIN 8%**

Calories 134 Cholesterol 0mg
Fat 2g Sodium 30mg
Saturated 0g Vitamin C 92mg
Carbs 29g Calcium 109mg
Fiber 5g Iron 2mg
Sugar 18g Magnesium 74mg
Protein 3g Zinc 1mg

FRI

FAT 23% **CARBS 48%** **PROTEIN 29%**

Calories 324 Cholesterol 4mg
Fat 9g Sodium 102mg
Saturated 3g Vitamin C 79mg
Carbs 41g Calcium 500mg
Fiber 14g Iron 3mg
Sugar 17g Magnesium 114mg
Protein 25g Zinc 2mg

SAT

FAT 43% **CARBS 46%** **PROTEIN 11%**

Calories 194 Cholesterol 0mg
Fat 10g Sodium 82mg
Saturated 0g Vitamin C 15mg
Carbs 24g Calcium 391mg
Fiber 10g Iron 3mg
Sugar 10g Magnesium 95mg
Protein 6g Zinc 1mg

SUN

FAT 56% **CARBS 39%** **PROTEIN 5%**

Calories 378 Cholesterol 0mg
Fat 24g Sodium 29mg
Saturated 17g Vitamin C 33mg
Carbs 37g Calcium 117mg
Fiber 6g Iron 2mg
Sugar 24g Magnesium 66mg
Protein 5g Zinc 0mg

FRUITS

- 3 1/2 Banana
- 1 cup Blackberries
- 1 Lemon
- 1 1/2 tsps Lemon Juice
- 1 Mango
- 1 cup Pineapple
- 1/3 cup Raspberries

BREAKFAST

- 1 1/3 tbsps All Natural Peanut Butter
- 2 tbsps Cashew Butter
- 1/3 cup Maple Syrup
- 2 tbsps Raspberry Jam

SEEDS, NUTS & SPICES

- 1 1/16 cups Chia Seeds
- 1/8 tsp Cinnamon

FROZEN

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Frozen Pineapple

VEGETABLES

- 1 cup Baby Spinach
- 1/4 Cucumber
- 1 tsp Ginger

BOXED & CANNED

- 2 3/4 cups Canned Coconut Milk

BAKING

- 1 1/2 cups Oats
- 1 1/4 tbsps Vanilla Extract

COLD

- 1/2 cup Plain Coconut Milk
- 3 cups Plain Greek Yogurt
- 3 1/8 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

OTHER

- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Water

Pineapple Coconut Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1/2 cup Oats
1 cup Canned Coconut Milk
1 tbsp Chia Seeds
1/2 cup Frozen Pineapple
1 tsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	348	Cholesterol	0mg
Fat	25g	Sodium	32mg
Saturated	20g	Vitamin C	20mg
Carbs	27g	Calcium	58mg
Fiber	4g	Iron	1mg
Sugar	8g	Magnesium	51mg
Protein	5g	Zinc	1mg

DIRECTIONS

01 Whisk all of the ingredients together in a bowl. Cover and place in the fridge overnight, or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 3/4 cup.

MORE FLAVOR

Use crushed canned pineapple instead of frozen pineapple.

ADDITIONAL TOPPINGS

Top with toasted coconut.

THINNER CONSISTENCY

Use cow's milk or any other milk alternative.

Cashew Butter & Jelly Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Plain Greek Yogurt
1/2 cup Oats
3 tbsps Unsweetened Almond Milk
2 tsps Chia Seeds
2 tsps Maple Syrup
2 tbsps Cashew Butter
2 tbsps Raspberry Jam
1/3 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	342	Cholesterol	17mg
Fat	13g	Sodium	90mg
Saturated	3g	Vitamin C	14mg
Carbs	40g	Calcium	344mg
Fiber	5g	Iron	3mg
Sugar	15g	Magnesium	88mg
Protein	17g	Zinc	2mg

DIRECTIONS

- 01 In a bowl, add the yogurt, oats, almond milk, chia seeds, and maple syrup. Mix to combine.
- 02 Lightly fold in the cashew butter and jam to the yogurt mix. Cover and refrigerate overnight. When ready to eat, top with raspberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight jar for up to three days.

SERVING SIZE

One serving is roughly 1 1/2 cups.

DAIRY-FREE

Use coconut yogurt or other non-dairy yogurt.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, sliced almonds, and/or pumpkin seeds.

NO ALMOND MILK

Use cow's milk or any other milk alternative.

Banana & Nut Chia Oats

4 SERVINGS 8 HOURS



INGREDIENTS

2 cups Plain Greek Yogurt
2 cups Unsweetened Almond Milk
1/4 cup Oats (rolled)
1/4 cup Chia Seeds
1 1/3 tbsps All Natural Peanut Butter
1 1/3 tbsps Maple Syrup
2 tps Vanilla Extract
2 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	292	Cholesterol	17mg
Fat	11g	Sodium	153mg
Saturated	2g	Vitamin C	13mg
Carbs	34g	Calcium	558mg
Fiber	6g	Iron	2mg
Sugar	15g	Magnesium	77mg
Protein	16g	Zinc	1mg

DIRECTIONS

- 01 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 02 Divide into containers and add the sliced banana. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in a sealed container for up to four days.

NUT-FREE

Use a nut-free milk such as oat or soy.

MORE FLAVOR

Add a pinch of cinnamon.

NO BANANA

Use mixed berries instead of banana.

MAKE IT VEGAN

Use a vegan yogurt.

CONSISTENCY

For a thicker consistency, add more chia seeds.

Pineapple Cucumber Smoothie

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Pineapple (fresh or frozen)
1 cup Baby Spinach
1/2 cup Water
1/4 Cucumber (roughly chopped)
1 1/2 tsps Lemon Juice
1 1/2 tsps Chia Seeds (optional)
1 tsp Ginger (fresh, grated, optional)

NUTRITION

AMOUNT PER SERVING

Calories	134	Cholesterol	0mg
Fat	2g	Sodium	30mg
Saturated	0g	Vitamin C	92mg
Carbs	29g	Calcium	109mg
Fiber	5g	Iron	2mg
Sugar	18g	Magnesium	74mg
Protein	3g	Zinc	1mg

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 1 1/2 cups.

LIKES IT SWEET

Add honey, dates, or another sweetener of choice to taste.

MORE PROTEIN

Add collagen powder or hemp seeds.

NO BABY SPINACH

Use kale instead.

PINEAPPLE

If using fresh pineapple add ice cubes for a colder smoothie.

Creamy Blueberry Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Blueberries
1 cup Frozen Cauliflower
1/2 cup Unsweetened Coconut Yogurt
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 Lemon (small, juiced)
1 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	324	Cholesterol	4mg
Fat	9g	Sodium	102mg
Saturated	3g	Vitamin C	79mg
Carbs	41g	Calcium	500mg
Fiber	14g	Iron	3mg
Sugar	17g	Magnesium	114mg
Protein	25g	Zinc	2mg

DIRECTIONS

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

NOTES

ADDITIONAL TOPPINGS

Add spinach, avocado, kale, or other berries to your smoothie.

EXTRA CREAMY

Use almond milk or oat milk instead of water.

LEMON

One lemon yields approximately 1/4 cup of lemon juice.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Blackberry Chia Pudding

2 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 cup Blackberries
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract
1/4 cup Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	194	Cholesterol	0mg
Fat	10g	Sodium	82mg
Saturated	0g	Vitamin C	15mg
Carbs	24g	Calcium	391mg
Fiber	10g	Iron	3mg
Sugar	10g	Magnesium	95mg
Protein	6g	Zinc	1mg

DIRECTIONS

- 01 Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
- 02 Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
- 03 Top with additional blackberries if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Granola, nuts, seeds, yogurt.

NUT-FREE

Use oat milk or coconut milk instead of almond milk.

Banana Mango Chia Pudding

4 SERVINGS 30 MINUTES



INGREDIENTS

1/3 cup Chia Seeds
1 3/4 cups Canned Coconut Milk
2 1/2 tbsps Maple Syrup
1 tsp Vanilla Extract
1 Mango (cubed)
1 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	378	Cholesterol	0mg
Fat	24g	Sodium	29mg
Saturated	17g	Vitamin C	33mg
Carbs	37g	Calcium	117mg
Fiber	6g	Iron	2mg
Sugar	24g	Magnesium	66mg
Protein	5g	Zinc	0mg

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with coconut milk, maple syrup, and vanilla. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with mango and banana. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

ADDITIONAL TOPPINGS

Top with coconut flakes.

Cinnamon Yogurt Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/3 cup Oats (rolled)
1 tbsp Chia Seeds
1/8 tsp Cinnamon
1/4 tsp Vanilla Extract
1/2 cup Unsweetened Coconut Yogurt
1/2 cup Plain Coconut Milk (from the carton)
1/2 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	313	Cholesterol	0mg
Fat	12g	Sodium	45mg
Saturated	6g	Vitamin C	5mg
Carbs	47g	Calcium	563mg
Fiber	9g	Iron	3mg
Sugar	12g	Magnesium	89mg
Protein	7g	Zinc	1mg

DIRECTIONS

- 01 Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove from the fridge and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 1 1/4 cup.

NO COCONUT YOGURT

Use another type of yogurt.

ADDITIONAL TOPPINGS

Berries, nuts and/or seeds.