



# Janna - Breakfast Ideas

LISA HAYNE

## MON



**BREAKFAST**  
Pineapple Coconut Overnight Oats



**SNACK 1**  
Cinnamon Yogurt Overnight Oats

## THU



**BREAKFAST**  
Pineapple Cucumber Smoothie



**SNACK 1**  
Bacon, Feta & Tomato Egg Muffins

## SUN



**BREAKFAST**  
Banana Mango Chia Pudding



**SNACK 1**  
Dragon Fruit & Kiwi Smoothie

## TUE



**BREAKFAST**  
Cashew Butter & Jelly Overnight Oats



**SNACK 1**  
Carrot Cake Baked Oatmeal

## FRI



**BREAKFAST**  
Creamy Blueberry Smoothie



**SNACK 1**  
Green Coconut Ginger Juice

## WED



**BREAKFAST**  
Banana & Nut Chia Oats



**SNACK 1**  
Blueberry Chia Baked Oatmeal

## SAT



**BREAKFAST**  
Blackberry Chia Pudding



**SNACK 1**  
Blueberry Coconut Smoothie

## MON

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

**Calories** 656   Cholesterol 0mg  
**Fat** 36g   Sodium 80mg  
**Saturated** 26g   Vitamin C 25mg  
**Carbs** 74g   Calcium 634mg  
**Fiber** 15g   Iron 4mg  
**Sugar** 20g   Magnesium 88mg  
**Protein** 12g   Zinc 2mg

## TUE

**FAT 30%**   **CARBS 55%**   **PROTEIN 15%**

**Calories** 661   Cholesterol 17mg  
**Fat** 22g   Sodium 159mg  
**Saturated** 6g   Vitamin C 16mg  
**Carbs** 93g   Calcium 536mg  
**Fiber** 12g   Iron 5mg  
**Sugar** 33g   Magnesium 142mg  
**Protein** 25g   Zinc 4mg

## WED

**FAT 31%**   **CARBS 49%**   **PROTEIN 20%**

**Calories** 449   Cholesterol 18mg  
**Fat** 16g   Sodium 163mg  
**Saturated** 4g   Vitamin C 13mg  
**Carbs** 58g   Calcium 617mg  
**Fiber** 11g   Iron 3mg  
**Sugar** 16g   Magnesium 51mg  
**Protein** 23g   Zinc 1mg

## THU

**FAT 45%**   **CARBS 42%**   **PROTEIN 13%**

**Calories** 272   Cholesterol 117mg  
**Fat** 14g   Sodium 222mg  
**Saturated** 5g   Vitamin C 95mg  
**Carbs** 30g   Calcium 162mg  
**Fiber** 5g   Iron 3mg  
**Sugar** 19g   Magnesium 66mg  
**Protein** 9g   Zinc 2mg

## FRI

**FAT 41%**   **CARBS 37%**   **PROTEIN 22%**

**Calories** 475   Cholesterol 4mg  
**Fat** 23g   Sodium 151mg  
**Saturated** 17g   Vitamin C 91mg  
**Carbs** 46g   Calcium 561mg  
**Fiber** 16g   Iron 3mg  
**Sugar** 18g   Magnesium 108mg  
**Protein** 27g   Zinc 2mg

## SAT

**FAT 21%**   **CARBS 54%**   **PROTEIN 25%**

**Calories** 492   Cholesterol 12mg  
**Fat** 12g   Sodium 225mg  
**Saturated** 2g   Vitamin C 52mg  
**Carbs** 71g   Calcium 681mg  
**Fiber** 18g   Iron 4mg  
**Sugar** 41g   Magnesium 110mg  
**Protein** 32g   Zinc 3mg

## SUN

**FAT 41%**   **CARBS 44%**   **PROTEIN 15%**

**Calories** 627   Cholesterol 0mg  
**Fat** 29g   Sodium 106mg  
**Saturated** 23g   Vitamin C 74mg  
**Carbs** 70g   Calcium 634mg  
**Fiber** 11g   Iron 3mg  
**Sugar** 47g   Magnesium 77mg  
**Protein** 23g   Zinc 0mg

## FRUITS

- 3 1/2 Banana
- 1 cup Blackberries
- 1/2 Kiwi
- 1 Lemon
- 1 1/2 tsps Lemon Juice
- 3/4 Lime
- 1 Mango
- 1 cup Pineapple
- 1/3 cup Raspberries

## BREAKFAST

- 1 1/3 tsps All Natural Peanut Butter
- 2 tsps Cashew Butter
- 2/3 cup Maple Syrup
- 2 tsps Raspberry Jam
- 2 cups Steel Cut Oats

## SEEDS, NUTS & SPICES

- 1 1/4 cups Chia Seeds
- 1/8 tsp Cinnamon
- 1/3 cup Ground Flax Seed
- 1/2 tsp Ground Ginger

## FROZEN

- 113 grams Dragon Fruit
- 1/4 cup Frozen Banana
- 2 1/2 cups Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Frozen Pineapple
- 5 Ice Cubes

## VEGETABLES

- 2 cups Baby Spinach
- 1/4 cup Basil Leaves
- 2 Carrot
- 1 cup Cherry Tomatoes
- 1/4 Cucumber
- 1 tbsp Ginger
- 6 stalks Green Onion

## BOXED & CANNED

- 3 1/16 cups Canned Coconut Milk
- 1/4 cup Coconut Cream

## BAKING

- 3 1/2 cups Oats
- 1 tsp Stevia Powder
- 1/4 cup Unsweetened Applesauce
- 1/4 cup Unsweetened Shredded Coconut
- 1 1/4 tsps Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 6 slices Bacon
- 1/3 cup Feta Cheese

## COLD

- 6 Egg
- 1 1/2 cups Oat Milk
- 1 1/2 cups Plain Coconut Milk
- 3 1/4 cups Plain Greek Yogurt
- 3 1/8 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt
- 1/2 cup Whipping Cream

## OTHER

- 1 cup Coconut Water
- 19 grams Collagen Powder
- 1 cup Vanilla Protein Powder
- 5 1/8 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	346	Cholesterol	0mg
Fat	24g	Sodium	33mg
Saturated	20g	Vitamin C	20mg
Carbs	27g	Calcium	62mg
Fiber	5g	Iron	1mg
Sugar	8g	Magnesium	34mg
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	341	Cholesterol	17mg
Fat	13g	Sodium	90mg
Saturated	3g	Vitamin C	14mg
Carbs	40g	Calcium	347mg
Fiber	5g	Iron	3mg
Sugar	15g	Magnesium	77mg
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	289	Cholesterol	17mg
Fat	11g	Sodium	155mg
Saturated	3g	Vitamin C	13mg
Carbs	34g	Calcium	567mg
Fiber	7g	Iron	2mg
Sugar	15g	Magnesium	42mg
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	132	Cholesterol	0mg
Fat	2g	Sodium	30mg
Saturated	0g	Vitamin C	92mg
Carbs	29g	Calcium	114mg
Fiber	5g	Iron	2mg
Sugar	18g	Magnesium	57mg
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	321	Cholesterol	4mg
Fat	9g	Sodium	103mg
Saturated	4g	Vitamin C	79mg
Carbs	41g	Calcium	510mg
Fiber	15g	Iron	2mg
Sugar	17g	Magnesium	79mg
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	188	Cholesterol	0mg
Fat	9g	Sodium	86mg
Saturated	1g	Vitamin C	15mg
Carbs	24g	Calcium	410mg
Fiber	12g	Iron	3mg
Sugar	10g	Magnesium	25mg
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	373	Cholesterol	0mg
Fat	24g	Sodium	31mg
Saturated	18g	Vitamin C	33mg
Carbs	37g	Calcium	130mg
Fiber	7g	Iron	1mg
Sugar	24g	Magnesium	19mg
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	310	Cholesterol	0mg
Fat	12g	Sodium	47mg
Saturated	6g	Vitamin C	5mg
Carbs	47g	Calcium	572mg
Fiber	10g	Iron	3mg
Sugar	12g	Magnesium	54mg
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.

# Carrot Cake Baked Oatmeal

4 SERVINGS 40 MINUTES



## INGREDIENTS

2 cups Oats  
2 tbsps Ground Flax Seed  
1/2 tsp Ground Ginger  
2 Carrot (small, peeled and grated)  
1 1/2 cups Oat Milk  
1/4 cup Maple Syrup (plus extra for drizzling)  
1/4 cup Unsweetened Applesauce  
1/4 cup Coconut Cream (optional, to garnish)

## NUTRITION

### AMOUNT PER SERVING

Calories	320	Cholesterol	0mg
Fat	9g	Sodium	69mg
Saturated	3g	Vitamin C	2mg
Carbs	53g	Calcium	189mg
Fiber	7g	Iron	2mg
Sugar	18g	Magnesium	65mg
Protein	8g	Zinc	2mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, mix together the oats, flax seed, and ground ginger. Stir in the grated carrot, oat milk, maple syrup, and applesauce. Pour the mixture into a baking dish.
- 03 Bake for 30 minutes or until cooked through. Allow it to cool for ten minutes. Serve onto plates, top with coconut cream and maple syrup, if using, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Enjoy cold, or reheat before serving.

### SERVING SIZE

One serving is equal to one square piece. An 8 x 8-inch baking dish was used to make four servings.

### MORE FLAVOR

Add grated apple, cinnamon, and/or nutmeg.

# Blueberry Chia Baked Oatmeal

12 SERVINGS 45 MINUTES



## INGREDIENTS

3 cups Water  
2 cups Steel Cut Oats  
1/2 cup Vanilla Protein Powder  
1/4 cup Unsweetened Shredded Coconut  
3 tbsps Ground Flax Seed  
2 tbsps Chia Seeds  
1 tsp Stevia Powder  
1/2 cup Frozen Blueberries (or fresh)

## NUTRITION

### AMOUNT PER SERVING

Calories	160	Cholesterol	1mg
Fat	5g	Sodium	8mg
Saturated	1g	Vitamin C	0mg
Carbs	24g	Calcium	50mg
Fiber	4g	Iron	1mg
Sugar	1g	Magnesium	9mg
Protein	7g	Zinc	0mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C) and line a baking dish with parchment paper.
- 02 In a mixing bowl, gently combine all the ingredients, folding in the blueberries last.
- 03 Transfer to the baking dish and bake until a toothpick comes out clean, about 40 to 45 minutes. Let cool before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days or freeze for up to three months.

### SERVING SIZE

One serving equals one square when making 12 servings in a 9 by 13-inch baking dish.

### MORE FLAVOR

Add vanilla extract, cinnamon, or chopped nuts. Use milk instead of water.

### ADDITIONAL TOPPINGS

Serve it with milk, nut butter, seed butter, honey, or maple syrup.

# Bacon, Feta & Tomato Egg Muffins

12 SERVINGS 30 MINUTES



## INGREDIENTS

6 slices Bacon (chopped coarsely)  
6 stalks Green Onion (chopped)  
1/3 cup Feta Cheese (crumbled coarsely)  
1/4 cup Basil Leaves (whole)  
1 cup Cherry Tomatoes (halved lengthways)  
6 Egg (Large)  
1/2 cup Whipping Cream

## NUTRITION

### AMOUNT PER SERVING

Calories	140	Cholesterol	117mg
Fat	12g	Sodium	192mg
Saturated	5g	Vitamin C	3mg
Carbs	1g	Calcium	48mg
Fiber	0g	Iron	1mg
Sugar	1g	Magnesium	9mg
Protein	6g	Zinc	1mg

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Grease or line a muffin tray or use a silicone muffin tray.
- 02 Cook the bacon in a frying pan over medium heat, stirring for five minutes or until crisp. Add the green onions and cook, stirring for another two minutes or until the onion is soft. Drain on a paper towel and set aside.
- 03 Divide the bacon mixture, feta cheese, basil, and tomatoes evenly between the cups of the prepared muffin tray.
- 04 Whisk the eggs and the cream together and pour into the muffin tray.
- 05 Bake for 18 to 20 minutes or until a thin-bladed knife inserted into the center comes out clean. Let the egg muffins cool slightly before removing them from the tray. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

### SERVING SIZE

One serving is equal to one egg muffin.

# Green Coconut Ginger Juice

1 SERVING 5 MINUTES



## INGREDIENTS

1/3 cup Canned Coconut Milk  
2/3 cup Water  
1/4 Lime (juiced)  
1 cup Baby Spinach  
2 tsps Ginger (grated)

## NUTRITION

### AMOUNT PER SERVING

Calories	154	Cholesterol	0mg
Fat	14g	Sodium	48mg
Saturated	13g	Vitamin C	12mg
Carbs	5g	Calcium	51mg
Fiber	1g	Iron	1mg
Sugar	1g	Magnesium	29mg
Protein	2g	Zinc	0mg

## DIRECTIONS

- 01 Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
- 02 Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.

## NOTES

### MAKE IT SWEETER

Add maple syrup, honey or monk fruit sweetener.

### MAKE IT THICKER

Add avocado, greek yogurt or frozen cauliflower.

# Blueberry Coconut Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Coconut Water  
1 cup Frozen Blueberries  
1/4 cup Frozen Banana  
1/4 cup Plain Greek Yogurt  
1/4 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	304	Cholesterol	12mg
Fat	3g	Sodium	139mg
Saturated	1g	Vitamin C	37mg
Carbs	47g	Calcium	271mg
Fiber	6g	Iron	1mg
Sugar	31g	Magnesium	85mg
Protein	26g	Zinc	2mg

## DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is equal to approximately 1 1/3 cup.

### MAKE IT VEGAN

Use coconut or cashew yogurt instead.

### MORE FIBER

Add a combination of chia seeds, hemp seeds, and baby spinach before blending.

# Dragon Fruit & Kiwi Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Plain Coconut Milk (unsweetened from the carton)  
113 grams Dragon Fruit (red, cubed, fresh or frozen)  
1/2 Kiwi  
1/2 Lime (juiced)  
1 tsp Maple Syrup  
19 grams Collagen Powder  
5 Ice Cubes

## NUTRITION

### AMOUNT PER SERVING

Calories	254	Cholesterol	0mg
Fat	5g	Sodium	75mg
Saturated	5g	Vitamin C	41mg
Carbs	33g	Calcium	504mg
Fiber	4g	Iron	2mg
Sugar	23g	Magnesium	58mg
Protein	18g	Zinc	0mg

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### NO COCONUT MILK

Use cow's milk or any other alternative milk.

### ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds before blending.

### MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

### NO RED DRAGON FRUIT

Use a white flesh dragon fruit or strawberries.

### DRAGON FRUIT SIZE

Four ounces or 113 grams of dragon fruit is equal to approximately 1/2 of a small dragon fruit.