



## High Protein Breakfasts

This collection of healthy recipes includes simple, delicious breakfast options with at least 15 grams of protein. Adjust serving size and pair with other protein-rich sides to meet your personal macronutrient goals.



# Welcome!

I'm so glad you're here!

I've partnered with a team of credentialed nutrition professionals and culinary facilitators that have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

The recipes in this e-book are delicious AND health promoting. I hope you find a few that work in your daily life.

Stay curious & get cooking!

*Susie Spell*

APRN & Health Coach  
Vital Transformations LLC







# Recipes

## COOK

- Tomato Sauce with Collards and Eggs
- Tex Mex Scrambled Eggs
- Chicken Apple Sausage
- Broccoli Bacon Cheddar Frittata
- Paleo Banana Pancakes
- Spicy Tempeh Breakfast "Sausage" Crumble

## NUTRIENT GUIDE

Per serving:

-  calories
-  carbohydrates
-  total fat
-  protein

## NO-COOK

- Mixed Berry Yogurt Parfaits
- Blood Orange Chia Pudding
- Tropical Protein Smoothie



# Tomato Sauce with Collards and Eggs

Serves 2

Prep: 10 mins. | Total: 20 mins.

## Ingredients

- 6 cup collards, spines removed and leaves chopped
- 2 Tbs olive oil
- 1/2 cup onion, chopped
- 1 cup tomato sauce, prepared
- 4 eggs

## Directions

### Prep

- 1.Remove tough spines from collard and chop leaves..

### Make

- 1.Add oil to a large sauté pan and add the onion. Sauté over medium flame until soft and fragrant. Add collards and sauté for an additional 3 minutes until the leaves turn bright green.
- 2.Add tomato sauce and stir the mixture to incorporate.
- 3.Make 4 wells in the mixture and crack an egg into each. Reduce heat to low and place a lid on the pan.
- 4.Cook until eggs reach desired doneness.
- 5.Season with salt and pepper.

Per serving:

**C** 413 calories

**C** 16g carbohydrates

**F** 31g total fat

**P** 18g protein



# Tex Mex Scrambled Eggs

Serves 2

Prep: 15 mins. | Total: 30 mins.

## Ingredients

- 1 cup tomatoes, grape, halved
- 1/4 cup onion, finely chopped
- 1/4 cup pepper, red bell, chopped
- 2 Cloves garlic, minced
- 1/2 tsp olive oil
- 1/8 tsp salt
- 1/4 cup cilantro, fresh, chopped
- 1/3 cup black beans
- 4 eggs
- 1/2 avocado, sliced

## Directions

### Prep

1. Preheat oven to 400° F.

### Make

1. In a small bowl, combine grape tomatoes, onion, red pepper, and garlic. Toss with olive oil.
2. On a sheet pan, lined with parchment paper evenly spread the tomato mixture. Sprinkle with salt.
3. Bake for about 15 minutes until tomatoes begin to break down. Remove from oven and toss with cilantro and black beans.
4. In a medium saute pan over medium-high heat, coat a pan with cooking spray. Pour whisked eggs into the pan and scramble until the desired doneness.
5. Remove eggs from the pan on two plates, top with cherry tomato mixture and serve with avocado slices.

Per serving:

- C** 351 calories
- C** 31g carbohydrates
- F** 16g total fat
- P** 22g protein



# Chicken Apple Sausage

Serves 4

Prep: 10 mins. | Total: 15 mins.

## Ingredients

- 1 lb chicken breast, ground
- 1 apple, peeled and grated
- 1/2 tsp sage, ground
- salt & pepper to taste
- 1 Tbs olive oil

## Directions

### Prep

1. Peel and grate apple with a cheese grater.

### Make

1. In a large bowl, combine ground chicken, grated apple, ground sage, salt and pepper, and combine until well mixed.
2. Use hands to form 4 patties.
3. Heat 1 tbsp olive oil in a pan over medium heat.
4. Add chicken patties to pan and cook for 3-4 min each side.

Per serving:

- C** 191 calories
- C** 5g carbohydrates
- F** 8g total fat
- P** 23g protein



# Broccoli Bacon Cheddar Frittata

Serves 4

Prep: 10 mins. | Total: 20 mins.

## Ingredients

- 1 Tbs olive oil
- 1 cup broccoli, chopped
- 3 pre-cooked bacon strips, chopped
- 1/2 tsp garlic, granulated
- 6 eggs
- 1/4 cup milk
- 1/2 cup cheddar cheese, shredded

Per serving:

- C** 229 calories
- P** 3g carbohydrates
- F** 16g total fat
- P** 17g protein

## Directions

1. Preheat oven to 375° F.
2. Heat olive oil in a cast iron skillet over medium heat.
3. Add broccoli, season with salt and pepper and cook until bright green (about 1-2 minutes).
4. Add bacon and granulated garlic; cook one more minute.
5. Whisk the eggs, milk and cheese in a medium bowl until well combined. Pour into the cast iron skillet. Cook 1-2 minutes, stirring constantly.
6. Transfer skillet to the oven and bake 10 minutes or until top is set.



# Paleo Banana Pancakes

Serves 2

Prep: 15 mins. | Total: 30 minutes.

## Ingredients

- 4 Eggs, large
- 1 cup Bananas, Mashed
- 2 tsp Vanilla Extract
- 1 tsp Cinnamon, ground
- 1/8 tsp Nutmeg, ground
- 1/4 cup Coconut Flour
- 1/2 tsp Baking Soda
- Cooking Spray

Per serving:

- C** 320 calories
- C** 37g carbohydrates
- F** 11g total fat
- P** 16g protein

## Directions

1. In a large bowl, whisk together the eggs. Add the mashed bananas and vanilla and whisk in to combine.
2. Add the cinnamon, nutmeg, coconut flour, and baking soda one at a time. Whisk after each ingredient is added to minimize lumps.
3. Heat a large, non-stick griddle over medium heat. Spray with cooking spray. Pour about 2 tablespoons of batter per pancake. Cook until the bottom of each pancake is golden brown, about 4 minutes, and then flip. Cook an additional 2-3 minutes.
4. Remove to a plate and keep warm before serving.



# Spicy Tempeh Breakfast "Sausage" Crumble

Serves 2

Prep: 15 mins. | Total: 30 minutes.

## Ingredients

- 8 oz tempeh, chopped/crumbled
- 1 tsp maple syrup
- 1 tsp dried sage
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 1 Tbs fresh rosemary, chopped
- 1 tsp nutmeg
- 1/8 tsp ground cayenne pepper
- 1/4 tsp red pepper flakes
- 2 Tbs Worcestershire sauce
- 1 Tbs olive oil
- 1/4 cup white onion, diced
- 4 Cloves garlic

Per serving:

- C** 336 calories
- C** 21g carbohydrates
- F** 20g total fat
- P** 24g protein



## Directions

### Prep

1. Crumble tempeh, chop onions and garlic.

### Make

1. In a large bowl, combine the tempeh, maple syrup, salt, pepper, dried sage, dried thyme, smoked paprika, rosemary, nutmeg, cayenne pepper, red pepper flakes, and Worcestershire sauce. Season with salt and pepper to taste. Stir well to combine.
2. In a pan over medium-high heat, add the olive oil. Sauté onion and garlic until onion is translucent. Stir in tempeh mixture and cook until heated through.



# Yogurt & Mixed Berry Jam Parfaits

Serves 3

Prep: 15 mins. | Total: 20 mins.

## Ingredients

- 1 cup raspberries, frozen or fresh
- 1 cup blueberries, wild, frozen
- 1 lemon, juiced (2 tablespoon)
- 2 Tbs maple syrup
- 2 Tbs chia seeds
- 3 cup yogurt, Greek plain

## Directions

### Prep

1. Wash raspberries if using fresh.

### Make

1. Add both berries to the saucepan with lemon juice and simmer over medium heat until the fruit breaks down. Mash with a fork to break apart and create a smoother jam.
2. Remove from heat and stir in maple syrup and chia seeds.
3. Let stand for 10 minutes to thicken. If you want a thicker consistency, stir in more seeds a teaspoon at a time.
4. Once cool, layer jam and yogurt to create parfaits.
4. You can transfer any extra jam to a jar and refrigerate for up to two weeks.

Per serving:

**C** 253 calories

**C** 31g carbohydrates

**F** 7g total fat

**P** 19g protein



# Blood Orange Chia Pudding

Serves 2

Prep: 10 mins. | Total: 6 hrs 10 mins.

## Ingredients

- 1/2 cup Greek Yogurt, nonfat, plain (Or Preferred Non-Dairy Yogurt)
- 2 Blood Oranges, medium
- 3/4 cup Water
- 1/8 tsp Salt
- 2 Tbs Maple Syrup
- 6 Tbs Chia Seeds
- 1/4 cup Almonds, slivered, raw

Per serving:

- C** 405 calories
- C** 50g carbohydrates
- F** 18g total fat
- P** 15g protein

## Directions

### Prep

1. Wash and dry blood oranges. Juice one of the blood oranges, reserve the other for serving.

### Make

1. Pour the yogurt, blood orange juice, water, salt, maple syrup, and chia seeds into a large mason jar or another sealable container. Tighten the lid and shake well to combine.
2. Allow mixture to sit for 10 minutes before shaking again. Place container in the refrigerator for at least 6 hours to allow the pudding to thicken.
3. When ready to serve, peel and cut the remaining blood orange. Top the chia pudding with chopped blood orange and slivered almonds.



# Tropical Protein Smoothie

Serves 1

Prep: 10 mins. | Total: 10 mins.

## Ingredients

- 1 scoop Vanilla Protein Powder
- 1/2 cup frozen chopped pineapple
- 1 cup plain, unsweetened soy milk
- 1/3 cup kale, spines removed and leaves chopped (or spinach)
- 1 tsp coconut oil
- 1/2 lime, juiced

## Directions

### Prep

1. Remove spines from kale and chop leaves.

### Make

1. Place all ingredients in a high speed blender and process until smooth.

Per serving:

<b>C</b>	228 calories
<b>C</b>	26g carbohydrates
<b>F</b>	11g total fat
<b>P</b>	20g protein

