

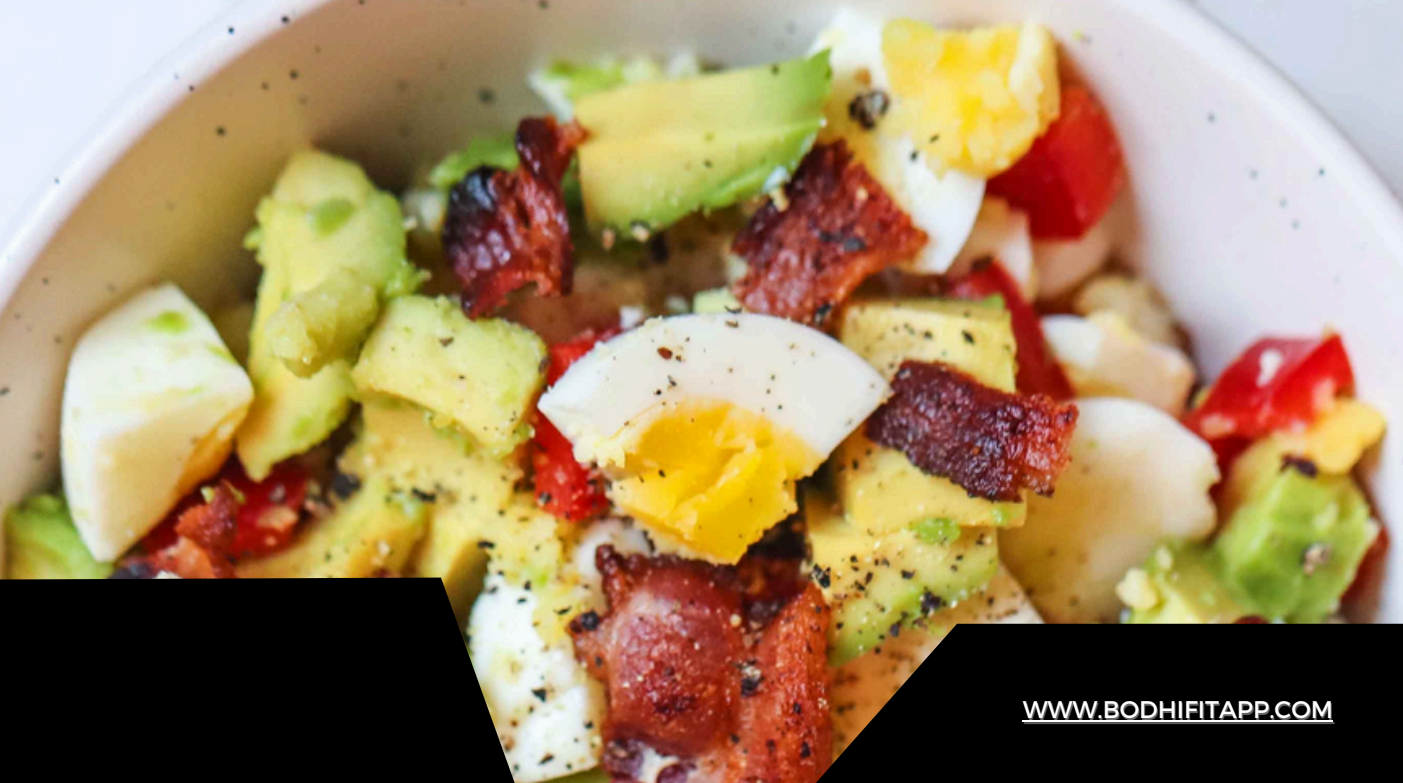


FUEL YOUR DAY

QUICK & DELICIOUS

HIGH-PROTEIN BREAKFASTS

to Boost Strength and Energize
Your Morning





WELCOME!

Welcome to your ultimate guide for high-protein breakfasts designed to kickstart your day with energy and strength!

As a strength coach, I know how crucial it is to fuel your body with the right nutrients, especially when you're pushing your limits in the gym.

This guide is packed with delicious, easy-to-make breakfast recipes that will help you reach your fitness goals, whether you're aiming to build muscle, increase endurance, or simply stay energized throughout the day.

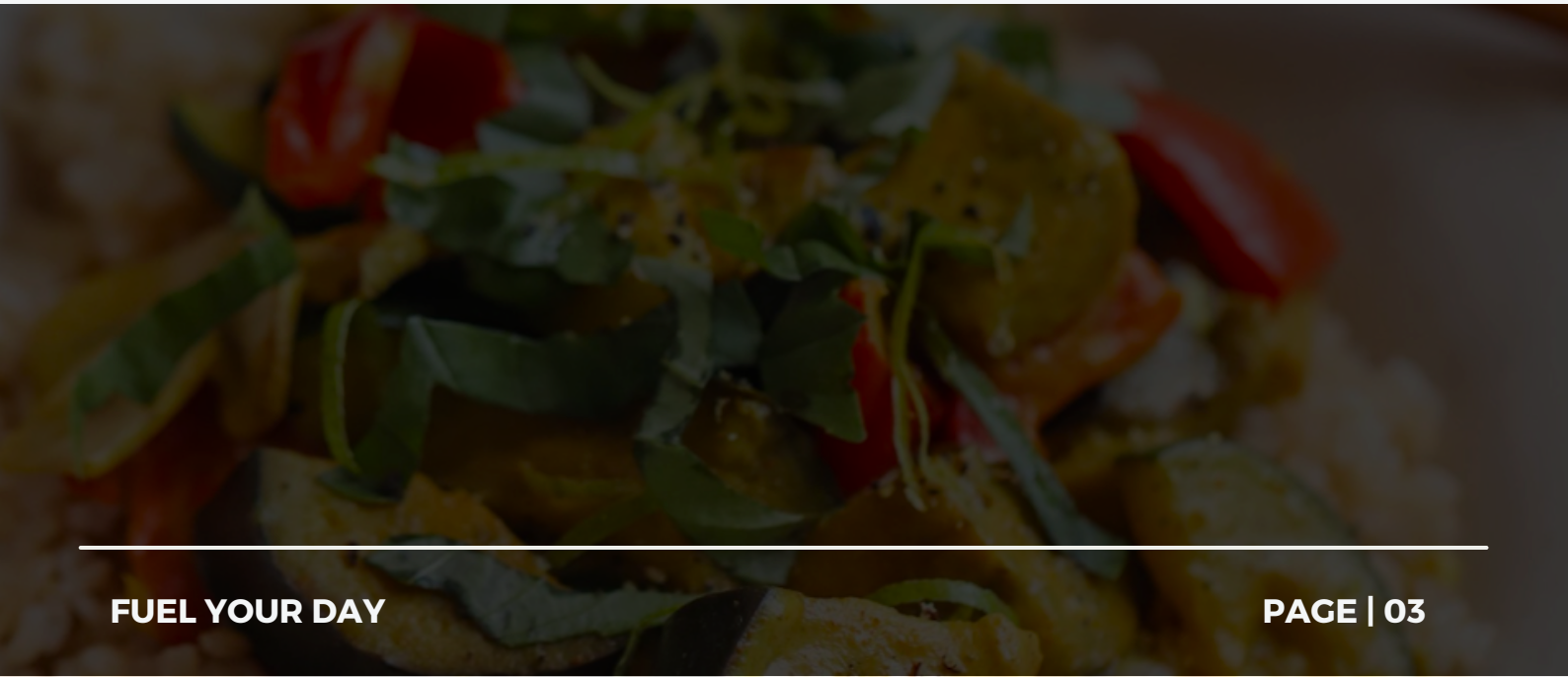
Let's power up your mornings and set the tone for a stronger, healthier you!

Eric Falstrault *Eric Falstrault*

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INGREDIENT PANEL

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (30g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



EGG, BACON & AVOCADO BOWL



kcal



Protein



Servings



Cook time



Carbs

INGREDIENTS



Serves 1

2 bacon medallions

2 hardboiled eggs, chopped

½ large avocado, chopped

1 tbsp. red onion, finely chopped

1 tbsp. red bell pepper, finely chopped

sea salt & ground pepper, to taste



What you need to do

1. Fry the bacon until crisp on a non-stick pan. Let it cool slightly and chop.
2. Combine the bacon, eggs, avocado, onion and bell pepper in a bowl.
3. Season with salt and pepper to serve.

GF	DF	LC	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	378	32	14	23



SALMON TARTAR W? AVOCADO & MANGO



kcal



Protein



Servings



Cook time



Carbs

INGREDIENTS



Serves 1

1 small salmon fillet (100g), cut in cubes

¼ avocado, cut in cubes

¼ cup (30g) mango, cut in cubes

1 tbsp. lime juice

⅓ tsp. honey

chili pepper, to taste

handful coriander, chopped



What you need to do

1. Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.
2. Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.
3. Set aside to chill in the fridge for at least 10 minutes, then serve with toast (not included in nutrition info).



GF DF LC Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	282	17	9	26



SPINACH SHAKSHUKA



kcal



Protein



Servings



Cook time



Carbs

INGREDIENTS



Serves 2

1 tbsp. coconut oil

1 large onion, chopped

2 garlic cloves, crushed

4 cups (300g) mushrooms, sliced

2 cups (450g) leaf spinach

4 eggs

handful parsley, chopped

GF	DF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	321	22	19	24



What you need to do

1. Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt and pepper.
2. Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.
3. Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 minutes covered with a lid until egg whites are set.
4. Dress in fresh parsley and serve.





HIGH PROTEIN BLUEBERRY

PANCAKES



kcal



Protein



Servings



Cook time



Carbs

INGREDIENTS



Serves 1

¼ cup liquid egg whites (around 4 eggs)

1 scoop (25g) of vanilla whey powder

½ banana, mashed

almond milk, if needed

¼ cup (25g) fresh or frozen blueberries

½ tsp. coconut oil

GF	LC	HP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	257	5	18	36

What you need to do

1. Whisk together the egg whites and protein powder.
2. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
3. Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).
4. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.
5. You can also make 3 small pancakes instead of 1 large.
6. Serve with your favorite toppings.



SMOKED SALMON FETA & ASPARAGUS



OMELET



kcal



Protein



Servings



Cook time



Carbs

INGREDIENTS



Serves 2

4 oz. (125g) asparagus

1 tsp. coconut oil

3 large eggs

5 tbsp. (70ml) milk, plant or dairy

2 oz. (60g) smoked salmon, cut into pieces

¼ cup (30g) feta cheese (or brie, camembert), cubed

4-5 cherry tomatoes, halved

dill, to serve

GF	LC	MP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	302	21	6	20



What you need to do

1. Wash the asparagus, break off the hard ends the discard (they will break themselves in the right place). Cut the softer stalks diagonally to about ½ cm pieces.
2. Boil in lightly salted water for about 2 minutes, then strain and set aside.
3. In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.
4. Heat the oven to 350°F (180°C). Heat the oil in a pan (diameter of approx. 24cm) over medium heat, and pour in the egg mixture. Rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).
5. Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.
6. To serve sprinkle with fresh dill and season with freshly ground black pepper.





OMELET WRAPS



kcal



Protein



Servings



Cook time



Carbs

INGREDIENTS



Serves 4

7 oz. (200g) cottage cheese

4 handfuls watercress

1 lemon, peel only

6 eggs

¼ cup (60ml) soy milk

1 tsp. mixed herbs

4 tsp. coconut oil

3.5 oz. (100g) smoked salmon, chopped

GF	DF	LC	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	237	15	3	20

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What you need to do

1. Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.
2. Beat the eggs with the milk and herbs in a separate bowl.
3. Heat 1 tsp. of oil in the medium size frying pan and fry ¼ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.
4. Remove the omelet from the pan and set aside. Fry the other omelets with the rest of the oil.
5. To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.





ENJOYED THIS GUIDE?

We're all about helping you achieve your health and fitness goals in a way that feels enjoyable.

We get that eating healthy can be tough, but don't worry, we've got your back!

Our recipes are super nutritious and flavorful, so you don't have to sacrifice taste for health.

If you're ready to take your fitness journey to the next level, **sign up for my exclusive training app today!**

Inside, you'll find a treasure of recipes tailored to every fitness goal, along with personalized training programs designed to boost your strength and performance.

Don't miss out—join our community and start seeing the results you've been working for!

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QUESTIONS? GET IN TOUCH BELOW!

If you have any questions about our programs or anything at all, please don't hesitate to get in touch!



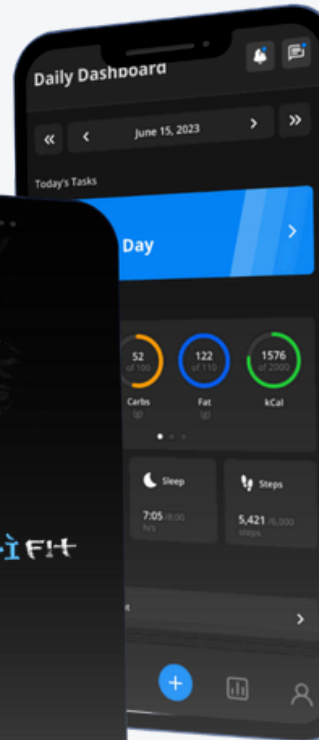
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