



Protein-Packed

BREAKFAST

Recipes



SoulFitClub

WELCOME!

Thank you for downloading the *Protein-Packed Breakfast Recipe Guide*.

These recipes will help you start your day feeling healthy, energized, and ready for whatever comes your way.

Because as it turns out ... breakfast really IS the most important meal of the day!

Inside you'll find:

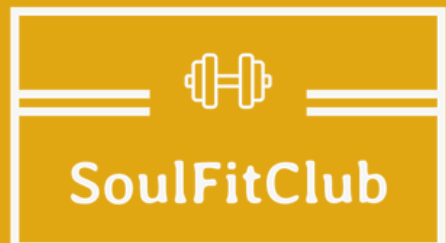
- ✓ **Make-ahead breakfasts,**
- ✓ **Fast & easy choices**
- ✓ **Delicious smoothie recipes**
- ✓ **Plant-based options**
- ✓ **Grab & go meals**

Plus, you'll learn why having protein in the morning is so important for your results AND your overall health.

We hope this guide gives you a few great ideas and helps to make your mornings a little easier (and healthier)!

Committed to Your Success,

Becky LaBrecque



Why Should You Join the **BREAKFAST CLUB?**

First, let's talk about WHY breakfast is so important!

Did you know that a whopping 20% of people skip breakfast?

But studies show that isn't necessarily the best strategy for your health or weight loss (if that's one of your goals).

People who eat breakfast have a smaller appetite during the day, make healthier food choices, and sleep better!

Plus, skipping breakfast (when compared to skipping dinner) hurts your body's ability to control your blood sugar.



Why Should You Join the **BREAKFAST CLUB?**

What's the big deal about protein?

When you eat enough protein during breakfast, it affects your body all day long.

Most of us eat the majority of our protein for dinner, but according to the American Society of Nutrition, it's best to spread it out equally over the course of a day.

That's because **our body can only metabolize about 25 to 40 grams of protein at a time** (depending on individual factors including body size).

The daily recommended intake of protein for healthy adults is 10% to 35% of your total calories every day.

A PROTEIN-FILLED BREAKFAST:

- ✓ Helps your body repair and build muscle,
- ✓ Releases hormones that keep you feeling full,
- ✓ Improves blood sugar control for hours,
- ✓ Boosts calorie burn, and
- ✓ Can help cut back on nighttime snack cravings!



PROTEIN

Sources

One of the easiest ways to get protein is by eating meat, poultry, fish, eggs, or dairy products.

A general rule of thumb is that one portion = the size of a deck of playing cards.

However, there are plenty of delicious plant-based sources of protein!



CHECK OUT THIS LIST OF TOP SOURCES OF PLANT-BASED PROTEIN:

- ✔ **Cooked legumes** - 1 cup (180 grams) of cooked beans/lentils has up to 17 grams of protein
- ✔ **Soy** - 1 cup (90 grams) of edamame contains 17 grams, while 3 oz (85 grams) of tofu has 7 grams
- ✔ **Grains** - 1 cup (185 grams) of cooked quinoa has 8 grams of protein, and 1 cup (230 grams) of oatmeal, 4 grams
- ✔ **Nuts & Seeds** - 1 oz (30 grams) of hemp seeds contains 9 grams of protein while chia seeds contain 5 grams. There's about 7 grams in 2 tablespoons of nut butter.
- ✔ **Cooked vegetables** - 1 cup (180 grams) of spinach contains 5 grams; while 1 cup of broccoli (150 grams) contains 2 grams.



What About

PROTEIN POWDER?

Whenever possible, it's a good idea to get your nutrition from whole foods and not supplements.

Whole foods contain more nutrients your body needs (like fiber, vitamins, minerals, plant compounds, and more).

Plus, whole foods can help keep you feeling fuller, longer.

The problem: it can be challenging to get enough protein – especially at breakfast if you don't have time to cook. That's when you might think about supplementing with protein powder.

If you've ever felt overwhelmed or confused about which protein powder is the best fit for you, you're not alone!

There are hundreds of different options on the market – and they all use different sources of protein, not to mention all of the other ingredients that are added!

What About

PROTEIN POWDER?

Choosing the right one for YOU will depend on your goals and tastes. If you have questions, check with a coach or nutritionist.

NOTE: Some protein powders actually are complete meal replacement beverages because they also contain carbohydrates and fats. Be sure to check the label!

SOME COMMON PROTEIN SOURCES USED IN PROTEIN POWDER:

- ✔ **Whey protein** - considered the most easily used by the body.
- ✔ **Soy protein** - a popular plant-based option.
- ✔ **Egg protein** - a slow-releasing protein.
- ✔ **Brown Rice protein** - an affordable plant-based protein that has a mild flavor.
- ✔ **Pea protein** - another plant-based option that's generally economical.
- ✔ **Hemp protein** - a plant-based choice that's high in omega-3 fatty acids.





Your Perfect **SMOOTHIE FORMULA**

Smoothies can be a quick and easy high-protein breakfast option.

You're only limited by your imagination when it comes to all of the different kinds of smoothies you can make!

Here's a quick guide to blending up a delicious green smoothie at home. Just put together the following components, and voila.

#1

THE BASE (START WITH ABOUT 1 CUP/240 ML):

- ✓ Water
- ✓ Coconut water
- ✓ Unsweetened milk or plant milk
- ✓ Plain yogurt
- ✓ Kefir
- ✓ Green tea (chilled)



Your Perfect SMOOTHIE FORMULA

#2

VEGETABLE (1-2 HANDFULS, ORGANIC IF POSSIBLE):

- ✓ Spinach
- ✓ Kale
- ✓ Cucumber
- ✓ Dandelion greens
- ✓ Carrots
- ✓ Shredded zucchini



#3

FRUIT (1/2-1 CUP, ABOUT 74-150 GRAMS):

- ✓ Banana
- ✓ Berries
- ✓ Cherries
- ✓ Pineapple
- ✓ Avocado
- ✓ Pumpkin puree



#4

BOOSTERS (1-2 TBSP. OPTIONAL):

- ✓ Protein powder (use 1 scoop)
- ✓ Dry spices (such as cinnamon, ginger, cardamom, turmeric)
- ✓ Fresh herbs
- ✓ Fresh ginger
- ✓ Cacao nibs
- ✓ Nuts
- ✓ Superfood/greens powders
- ✓ Coffee (chilled)
- ✓ Chia seeds
- ✓ Flaxseeds
- ✓ Tofu



Your Perfect SMOOTHIE FORMULA

#5

SWEETENERS (1-2 TSP. OPTIONAL):

- ✓ Dates, figs, prunes, or dried apricots
- ✓ Raw honey
- ✓ Pure maple syrup
- ✓ Stevia (go easy with stevia because not only is it very sweet, it also leaves a bitter aftertaste)



Place your ingredients in a high-speed blender and blend until smooth. Enjoy!

BLENDING TIPS:

Tip 1: Be sure to include a frozen component - like ice cubes or frozen fruit - to give your smoothie a thick and creamy texture.

Tip 2: The order you put your ingredients into the blender matters! It can make a big difference in the texture of your smoothies! If you're using a leafy green, blend it with your base liquid before adding other ingredients. The same goes for powdery ingredients such as protein powder, superfoods, and cacao.

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BREAKFAST RECIPES

We've rounded up a delicious variety of plant-based, vegetarian, and healthy "clean" breakfast recipes.

CHECK OUT THE QUICK REFERENCES:

- ✔ **PB** = Plant-Based
- ✔ **Veg** = Vegetarian (includes dairy or eggs)
- ✔ **MP** = Good for meal prep

- **Egg Muffins - MP**
- **No Bake Cookie Oatmeal - PB**
- **Maple Cinnamon Quinoa Bowl - PB**
- **Cottage Cheese and Berries - Veg**
- **Protein Pancakes - PB, MP**
- **Tofu Scramble - PB, MP**
- **Smoked Salmon Avocado Toast**
- **Sheet Pan Eggs & Hash - MP**
- **Egg in a Mug - Veg**
- **Sugar Cookie Overnight Oats - Veg**
- **Breakfast Burger**
- **Yogurt Parfait - Veg, MP**
- **Frittata - MP, Veg, PB**



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BREAKFAST RECIPES

EGG MUFFINS, TWO WAYS

**Makes 12 muffins (MP, Veg)*

There are sooo many reasons to love egg muffins.

They're super simple to make ... you can mix up the ingredients based on what you have on-hand ... they're portable ... and you can bake up a giant batch and pop them in the freezer, where they will keep for 3 months.

Not only that, but they're a fantastic way to sneak some veggies into your breakfast.

THE BASIC FORMULA:

Step #1: Whisk together a dozen eggs with a couple pinches of salt and pepper

Step #2: Place your add-ins in your muffin cups

Step #3: Pour in the egg mixture,

Step #4: Bake!

We've included two yummy recipes but don't limit yourself to them. Try adding salsa, baked sweet potato, black beans, and more!



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BREAKFAST RECIPES

EGG MUFFIN BASE

- 12 large eggs
- salt and pepper, to taste

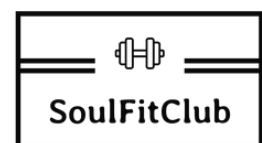
CHEESY BACON & BROCCOLI

- 4 cups (600 grams) steamed broccoli florets
- 3 slices uncured bacon, cooked
- ½ cup (50 grams) organic shredded cheddar cheese (or your favorite vegan cheese)

MEDITERRANEAN EGG MUFFINS

- 24 grape tomatoes, cut in half
- 1½ cups (45 grams) packed baby spinach, chopped
- 1 cup (100 grams) goat cheese crumbles

1. Preheat your oven to 350°F/175°C. Prepare your muffin tin by spraying each cup with nonstick cooking spray.
2. In a medium bowl, whisk together the eggs, salt and pepper.
3. Equally divide your prepared add-in ingredients among the muffin tin cups, and then fill each cup with the egg mixture until it almost reaches the top.
4. Bake for 20–25 minutes. These will keep for 3–4 days in the refrigerator or you can freeze them in an airtight container.
5. **TIP:** If freezing, place them in a freezer bag and remove as much air as possible, and double wrap them in another bag.



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BREAKFAST RECIPES

NO BAKE COOKIE OATMEAL

**Makes 1 serving (PB)*

Warm, comforting, and yummy!

TIP: You also can prepare this in the microwave. Microwave the first two ingredients for 1 ½ to 2 minutes, and let sit for about a minute before stirring in the nut butter, protein powder, and maple syrup.



INGREDIENTS

- ½ cup (40 grams) rolled oats
- 1 cup (240 ml) oat milk
- 2 tbsp almond butter or peanut butter
- 1 scoop chocolate protein powder (or 1 tbsp cacao)
- 1 tbsp maple syrup

DIRECTIONS

1. Combine the oatmeal and oat milk in a small saucepan over medium heat. Cook for about 5 minutes, until the oatmeal reaches your desired level of tenderness.
2. Remove from heat and pour into a bowl. Stir in the other ingredients. If the mixture is thicker than you enjoy, add a little more oat milk.
3. Enjoy!

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BREAKFAST RECIPES

MAPLE CINNAMON QUINOA BOWL

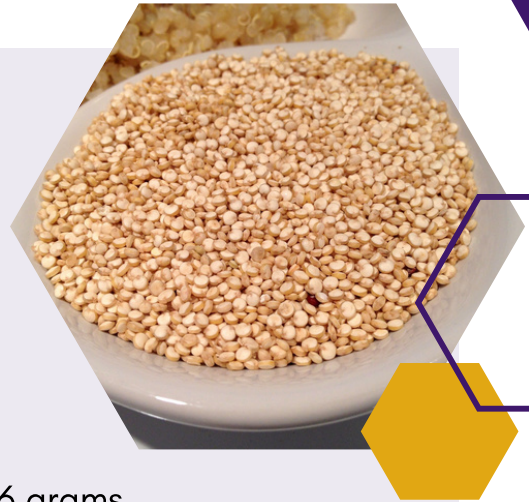
**Makes 1 serving (PB)*

Quinoa usually isn't the first grain that pops into mind when it comes to breakfast, but its high protein content (as well as its texture) makes it a good choice. Each cooked cup contains 8 grams of protein, while the same amount of oatmeal contains 6 grams.

Meal prep tip: Cook up a batch of quinoa ahead of time and keep it in your fridge so it's ready to go!

Quinoa tips: Rinse quinoa well before cooking, especially if you are going to be feeding it to picky eaters. It helps eliminate that distinctive quinoa taste.

If you have a rice cooker, use it to prepare your quinoa. It's a foolproof way to get the perfect texture!



INGREDIENTS

- 1 cup (90 grams) cooked quinoa
- 1 ½ cup (120 grams) oat milk
- ½ tsp. cinnamon
- 1 tbsp pure maple syrup
- 2 tbsp raisins

DIRECTIONS

1. Prepare quinoa according to package directions.
2. Stir in the rest of the ingredients. Enjoy!

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BREAKFAST RECIPES

COTTAGE CHEESE & BERRY BOWL

**Makes 1 serving (Veg)*

This quick breakfast is salty and sweet – and it’s packed with protein and calcium thanks to the cottage cheese.

INGREDIENTS

- ½ cup (115 grams) low-fat cottage cheese
- ½ cup (80 grams) fresh berries, your choice!
- ¼ cup (30 grams) raw walnuts, chopped
- Drizzle of honey or maple syrup

DIRECTIONS

1. Combine all the ingredients in a bowl and enjoy!



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BREAKFAST RECIPES



HOMEMADE PROTEIN PANCAKE MIX

**Makes 4 servings (PB, MP)*

Healthy pancakes for breakfast? Yes please!

Making your own mix at home can save you \$\$\$ plus you can feel good about the ingredients.

TIP: You can use any kind of protein powder you want in this mix, but brown rice powder will have a less earthy/"health-food" taste.

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BREAKFAST RECIPES

PROTEIN PANCAKE MIX INGREDIENTS

- 2½ cups (200 grams) rolled oats
- ½ cup (125 grams) plain or vanilla brown rice protein powder
- ¼ cup (50 grams) coconut sugar
- 2 tbsp baking powder
- 1 tsp sea salt

TO MAKE THE MIX

1. Place the rolled oats in a food processor or high-speed blender. Pulse until finely ground.
2. Place all of the ingredients in a mixing bowl. Mix well before transferring to a mason jar or other airtight container to store until ready to use!

TO MAKE THE PANCAKES (1 SERVING)

1. Pour ¾ cup (about 100 grams) of the mix into a mixing bowl and add ¼ cup (60 ml) of liquid (water, milk, etc.). Stir well until it reaches pancake batter consistency.
2. You might need to add a little more liquid depending on your protein powder. Using a tablespoon at a time, add just enough to create a fairly thick batter.
3. Stir in your mix-ins (berries, nuts, etc.).
4. Over medium heat, heat a frying pan that's been coated with oil or nonstick spray. When it's hot, add the batter to form your desired size of pancake (silver dollar or one big one!).
5. Cover the pan and cook for a couple minutes, keeping a close eye on it. When the edges start to turn brown, flip it over to cook on the other side.
6. Place pancake(s) on a plate and top with your favorite toppings and enjoy!

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BREAKFAST RECIPES

TOFU SOUTHWESTERN SCRAMBLE

**Makes 4 servings (PB, MP)*

You can enjoy this healthy plant-based comfort food dish any time of the day, but it is especially yummy for breakfast.

It also keeps for 3 days in the fridge, which makes it perfect for meal prep.



INGREDIENTS

- 1 tbsp olive oil
- 1 14-oz (400 gram) package firm tofu, rinsed and crumbled
- 1 tsp chili powder
- 1 tsp ground cumin
- ½ tsp sea salt, divided
- 1 cup (175 grams) chopped vegetables: onions, mushrooms, peppers and/or zucchini, diced
- ¾ cup (80 grams) frozen corn, thawed
- ½ cup (125 grams) salsa
- ½ cup (50 grams) crumbled goat cheese

DIRECTIONS

1. Heat half the oil in a large nonstick skillet over medium heat. Add the tofu, spices, and half of the salt, and cook for about 5-6 minutes, until the tofu starts to brown. Transfer the tofu to a bowl.
2. Add the remaining oil to the skillet and add the vegetables and corn. Cook about 5-7 minutes, until it starts to become tender, and then add the salsa.
3. Cook another 3-4 minutes until warm, and then return the tofu to the pan to reheat, another couple minutes.
4. Stir in cheese until it begins to melt. Serve or divide into portion-sized containers to eat later.

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BREAKFAST RECIPES

SMOKED SALMON AVOCADO TOAST

**Makes 1 serving*

This is a protein-packed treat for breakfast, lunch, dinner, or a snack!

Try using a sprouted grain bread to boost the heartiness factor.



INGREDIENTS

- ½ avocado
- Pinch of sea salt
- 1 tsp lemon juice
- 4-5 baby spinach leaves, stems removed and cut into thin strands
- 1 large slice multi-grain or sprouted grain bread (from grocery freezer section)
- 2-3 thin tomato slices
- 1.5 ounces (40 grams) thinly sliced smoked salmon
- (optional: 1 tsp of capers and/or fresh dill)

DIRECTIONS

1. Scoop the avocado into a medium bowl. Season with salt and add the lemon juice. Start mashing, and when it's almost smooth, add the spinach leaves. Continue mashing until well combined.
2. Lightly toast your bread.
3. When it's done, spread with the avocado mixture and arrange the tomato slices, salmon on top. Garnish with optional capers and dill.

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BREAKFAST RECIPES

SHEET PAN EGGS & HASH

**Makes 4 servings*

This is another handy meal prep recipe that will have you looking forward to breakfast!

Tip: When reheating your eggs & hash, do it on the stovetop in a nonstick or cast iron skillet. Reheating in the microwave can lead to rubbery eggs.

INGREDIENTS

- 4 medium yellow potatoes, washed and diced
- 2 bell peppers (any color you like!), seeded & chopped
- 1 medium onion, chopped
- 2 carrots, chopped
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp sea salt
- 1 tsp dried thyme
- 1/4 tsp garlic powder
- 4 strips uncured, low-sodium, center cut bacon, sliced into 2-inch pieces
- 4 large pastured eggs



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BREAKFAST RECIPES

SHEET PAN EGGS & HASH DIRECTIONS

1. Preheat the oven to 425°F/220°C. Line a baking sheet with parchment paper.
2. Place the potatoes, peppers, onion, and carrots in a large mixing bowl. Stir in olive oil and toss well to coat. Sprinkle the paprika, salt, thyme, and garlic powder over the vegetables and stir again to incorporate.
3. Pour the vegetables onto the prepared baking sheet. Add the bacon slices over the top.
4. Place the pan in the oven and roast for about 30 minutes, stirring once midway through.
5. Remove from the oven and carefully drain the bacon fat (set it aside to cool before discarding).
6. Make 4 “wells” in the vegetable mixture and add an egg into each one. Place the pan back in the oven and bake for another 8 or so minutes until each egg is cooked through.
7. Eat immediately or spoon into separate meal prep containers.



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BREAKFAST RECIPES

EGG IN A MUG

**Makes 1 serving (Veg)*

This is the fastest and easiest high-protein breakfast ever. Turn it into a whole meal by adding an apple.

TIP: If you have leftover cooked veggies or quinoa, try adding 1-2 tablespoons to the mixture.



INGREDIENTS

- 2 eggs
- 1-2 tbsp salsa
- 1-2 tbsp goat cheese crumbles.

DIRECTIONS

1. Whisk together two pastured eggs in a mug. Stir in the salsa and cheese.
2. Microwave for 75-90 seconds, let sit for a minute, and eat!

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BREAKFAST RECIPES

SUGAR COOKIE OVERNIGHT OATMEAL

**Makes 1 serving (PB)*

Perfect for busy mornings, you can double, triple, or even quadruple this recipe and make several portions at once. They'll keep in the fridge for 3-4 days.

INGREDIENTS

- ½ cup (115 grams) plain nonfat Greek yogurt
- ¼ cup (60 ml) oat milk
- 1 tbsp chia seeds
- ¼ cup (20 grams) old fashioned rolled oats
- 1 tsp honey or maple syrup
- ¼ teaspoon pure vanilla extract
- Small pinch sea salt
- (optional: dates or a little lemon zest)
- ½ scoop vanilla protein powder
- (optional: 1-2 tbsp toasted pecans)



DIRECTIONS

1. Mix everything except the protein powder and pecans in a mason jar and place in the refrigerator overnight.
2. Before serving in the morning, stir in the protein powder and nuts. Taste and add more sweetener if necessary. Enjoy!

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BREAKFAST RECIPES

BREAKFAST BURGER

**Makes 1 serving*

Another breakfast that you'll look forward to! This one feels decadent. Experiment with your sausage choices in this: use a plant-based patty sausage or try extra-lean beef or chicken sausage.



INGREDIENTS

- 1 plant-based sausage patty or 2 extra-lean breakfast sausages
- 2 slices Canadian/Shortcut bacon
- 1 pastured egg
- 2 thin slices of whole multi-grain (or gluten-free) bread or English muffin
- Ketchup and Dijon mustard, to taste
- 1-2 tomato slices
- 6-8 baby spinach leaves

DIRECTIONS

1. Spray a non-stick skillet with cooking spray and heat over medium-high heat.
2. Cook sausage and bacon, turning occasionally, for 3-4 minutes or until the bacon is crisp and the sausage is fully cooked through. Remove from the skillet and place on a plate, covering to keep warm.
3. If necessary, add more spray to the skillet and add the egg, cooking until desired doneness.
4. Toast bread or English muffin. Add ketchup and mustard, if desired, and top the base with tomato and spinach before adding the sausage, bacon, and egg. Place on the topper and enjoy!

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BREAKFAST RECIPES

BERRY-LICIOUS YOGURT PARFAIT

**Makes 1 serving (MP, Veg)*

Try using different fruits (fresh or frozen) in these for variety – strawberries, raspberries, blueberries, pineapple, etc. Be sure to use low-sugar preserves. You can make these parfaits just before it's time to eat – or double (or quadruple) the amounts and whip up a batch in meal prep containers ahead of time. They will keep for 3–4 days in the refrigerator. Wait till just before serving to add the drizzle of honey or maple syrup.

INGREDIENTS

- ½ cup berries (fresh, or if using frozen make sure they are thawed)
- 1 tbsp no-sugar-added preserves (blueberry or other fruit)
- 1 tbsp hemp hearts
- 3 tbsp low-sugar granola
- 1 cup nonfat plain Greek yogurt (optional)
- Drizzle of additional preserves, honey or maple syrup



DIRECTIONS

1. Place the berries in a small bowl. Mix in the preserves. Set aside.
2. In another small bowl, mix together the granola with the hemp hearts. Set aside.
3. Layer your parfait: Start by spreading the berry mixture on the bottom of your bowl, then the yogurt, and top with the granola.
4. Store covered in the fridge.
5. Just before it's time to eat, drizzle with extra preserves, honey, or maple syrup.

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BREAKFAST RECIPES

FRITTATA TWO WAYS

**Makes 4-6 servings (PB, MP, Veg)*

We've got a treat for you - a frittata that you can make with eggs or, if you want to go plant-based, fully vegan!

It's your choice: use eggs or the tofu mixture in the recipe.

Don't limit yourself to the veggies we've included here. Frittatas are a fantastic way to use leftovers.

VEGAN MIXTURE

- 1 package (16 oz or 450 grams) organic silken tofu, drained
- ¼ cup (60 ml) unsweetened non-dairy milk
- 2 tsp arrowroot or tapioca flour
- 3 tbsp nutritional yeast
- 1 tsp mustard
- ½ tsp garlic powder
- ½ tsp sea salt
- ⅛ tsp pepper

CONVENTIONAL FRITTATA

- 6-8 large pastured eggs
- ½ cup (50 grams) goat cheese, crumbled
- Salt and pepper to taste



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BREAKFAST RECIPES

FOR THE FRITTATA FILLING

- 1 tbsp olive oil
- 2 medium potatoes, diced
- 1 small onion, diced
- 1 bell pepper, diced
- 1 carrot, finely chopped
- 2 cloves garlic, minced
- Handful grape or cherry tomatoes, quartered
- Handful of baby spinach leaves
- Sea salt and pepper, to taste



DIRECTIONS

1. Preheat the oven to 375°F/170°C.
2. For the vegan frittata: Place all the base ingredients in a high-speed blender or food processor and blend until smooth. Set aside.
3. For the conventional frittata: Whisk the eggs, and then stir in the cheese, salt, and pepper. Set aside.
4. In an oven-proof skillet over medium heat, heat the oil. Add the potatoes and onion and saute for about 5 minutes before adding the diced pepper and carrot.
5. Continue to cook until soft, and add the garlic and tomatoes, cooking for another 2-3 minutes. Stir in the baby spinach and season with salt and pepper to taste.
6. Add your egg or tofu mixture to the veggies and place the pan in the oven.
7. Bake the egg frittata for about 20 minutes, until it is golden and the eggs start to pull from the sides of the pan.
8. The vegan version will bake in about 35 minutes, until golden brown. Let sit for about 10 minutes before cutting.
9. This will keep in the refrigerator for 3-4 days.

A Healthy Lifestyle

YOU CAN LIVE WITH

The fact is, what you eat affects how you feel – starting from the moment you open your eyes in the morning!

When you start your day with a healthy breakfast, it sets you up to **WIN THE DAY!**

We hope you absolutely love these recipes.

As a coach, I specialize in helping my clients find simple solutions that make it easier to maintain a healthy lifestyle.



- ✓ **Motivation**
- ✓ **Accountability**
- ✓ **Support**
- ✓ **A Complete Customized Plan** – and a proven process! – that fits your needs and schedule
- ✓ **Coaching** in other areas that affect your results (stress, sleep, workouts, and more!)

If you're looking to make changes in your energy, fitness, or wellness, I'm here for you! Reach out to set up a free virtual consultation and start feeling better today! You can email me at soulfitclubup@gmail.com or reach out on social media!

Let's do this together!

Becky LaBrecque

