

## OPEN FACED EGG & SPINACH SANDWICH

### INGREDIENTS:

- 1 slice Ezekiel bread toasted
- 1/2 sliced avocado mashed or sliced
- 2 fists spinach
- 2 eggs
- 1 thumb size of ghee or avocado oil
- Everthing But The Bagel seasoning

### DIRECTIONS:

1. Saute spinach in ghee or avocado oil.
2. Spread sliced or mashed avocado on top of toasted Ezekiel bread.
3. Cook eggs in a small amount of oil or ghee.
4. Place eggs on top of sauteed spinach.
5. Top with Everything But The Bagel seasoning.



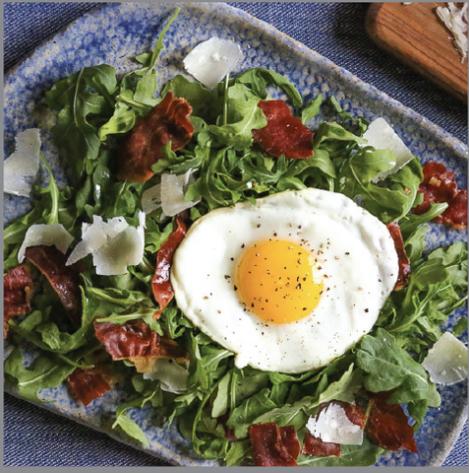
## TURKEY SAUSAGE, KALE & PEPPER STIR FRY

### INGREDIENTS:

- 1 palm size of sliced turkey sausage
- 1 fist kale, stems removed
- 1 onion sliced
- 1 tbsp minced garlic
- 1 thumb coconut, avocado, or olive oil

### DIRECTIONS:

1. Saute peppers, onions, and garlic in oil 2-3 minutes in a large skillet.
2. Add sausage and cook another 2-3 minutes or until sausage is browned.
3. Add kale and cook until slightly wilted.
4. Add salt and pepper to taste and enjoy!



## ARUGULA SALAD TOPPED WITH EGGS

### INGREDIENTS:

- 2 eggs
- 2 fists arugula
- 1 thumb olive or avocado oil
- 1 fresh squeezed lemon
- Small cupped palm shredded parmesan
- Pinch of salt and pepper

### DIRECTIONS:

1. Combine oil, lemon, salt and pepper
2. Pour dressing over arugula
3. Add parmesan to dresses arugula
4. Cook eggs over easy or medium in a small amount of oil or ghee
5. Top arugula with eggs and enjoy



## PROTEIN PANCAKES WITH BERRIES

### INGREDIENTS:

- 1/2 cup Kodiak Cakes or Birch Benders whole grain pancake mix
- 1/2 cup water
- 1 fist blueberries, blackberries, or strawberries
- 1/4 cup Vermont Sugar Free Syrup or topped with nut butter

### DIRECTIONS:

1. Combine pancake mix with water water according to directions on package (1/2 cup mix to water should make about three 4" pancakes).
2. Cook pancakes in 1 thumb size ghee or good oil
3. Top with syrup
4. Enjoy berries on the top or side.



## DREAMY OATMEAL

### INGREDIENTS:

- 1/2 cup gluten free, whole grain oats
- 1/2 cup water
- 1/2 cup coconut or almond milk
- 1 cupped palm chopped strawberries /other berries
- 1 thumb almond butter

### DIRECTIONS:

1. Cook oats according to package instructions with water and milk combo. Top with other ingredients and enjoy.



## GREEN SMOOTHIE

### INGREDIENTS:

- 1 cup frozen berries or tropical mix
- 1 cup of fresh greens (spinach, kale, or arugula)
- 1/2-1 cup milk (almond or coconut)
- 1/2 tablespoon ground seeds (flax, chia, etc.)

### DIRECTIONS:

1. Place all ingredients into a high-speed blender and blend until smooth. We recommend starting with 1/2 cup of milk and going up from there depending on how thick you like your smoothies.



## EGG BITES

### INGREDIENTS:

- 1/2 pack of bacon or turkey bacon (4-5 strips), chopped
- 1 head of broccoli, stem removed, roughly chopped
- 2 handfuls of spinach
- 14 eggs
- 1/4 tsp pepper
- 1/4 tsp salt
- 1/2 tsp onion powder

### DIRECTIONS:

1. Preheat oven to 350 and spray muffin pan with non stick oil.
2. Heat a skillet on medium heat, add bacon and cook 3--5 min, add in broccoli, peppers and spinach and saute until veggies soften and bacon starts to brown.
3. Set pan aside In a large bowl crack eggs and add spices, beat until blended.
4. Add veggies to the eggs and stir.
5. Using a 1/3 cup measuring cup fill each muffin cup about  $\frac{3}{4}$  of the way full with egg mixture.
6. Cook muffins for 20--30 min or until toothpick comes out clean.
7. Pop 2 in the microwave and heat for 45 seconds.