

Fast Forward to Fit

Low Carb Breakfast Options

FRIED EGGS AND VEGGIES



Ingredients:

- Coconut oil
- fresh vegetables or frozen vegetable mix (carrots, cauliflower, broccoli, green beans)
- eggs
- spices
- spinach (optional)
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Instructions:

1. Add [coconut oil](#) to your frying pan and turn up the heat.
2. Add vegetables. If you use a frozen mix, let the vegetables thaw in the heat for a few minutes.
3. Add 3–4 [eggs](#).
4. Add spices — either a blend or simply salt and pepper.
5. Add spinach (optional).
6. Stir-fry until ready.

HASH BROWN EGG CUPS



Ingredients

- 1 head of cauliflower, stalk and leaves removed, cut into florets
- 1 extra large egg, whisked
- 1/2 cup cheddar cheese, (or Mozzarella)
- 1/4 cup grated Parmesan cheese
- 1/2-1 teaspoon salt, (to your tastes)
- pepper, (optional - to taste)
- 1/2 teaspoon garlic powder, (or 1 teaspoon onion powder)
- 12 small-medium sized eggs

Instructions

1. Preheat oven to 230C | 350F Lightly spray a 12-hole muffin tin with cooking oil spray (or grease with butter), wipe over excess with a paper towel and set aside.
2. Pulse the cauliflower in two batches for about 30-50 seconds until a fine 'rice' is formed. It's ok if there are a few bigger pieces in there. (Be careful not to over process or the cauliflower will form a raw puree.)
3. Measure out 3 cups (480g or 17oz in weight) of the cauliflower rice into a microwave safe bowl and heat for about 8 minutes or until soft. Alternatively, lightly steam over a pot of boiling water or in a vegetable steamer until soft. Remove and allow to cool for a good 5 minutes before handling.
4. Using paper towels, an old tea towel or a cheesecloth, squeeze out as much liquid as you can until hardly any liquid can be squeezed out. (It's easier to wrap the cauliflower in the towel (or cloth) and squeeze it into a ball over the sink. Less mess)
5. Transfer back into your bowl (make sure there's no liquid in it), and add the whisked egg, cheeses, salt and garlic powder. Divide the mixture into each muffin hole and firmly press them with your fingertips to create a 'nest' or cup.

6. Bake for about 15-20 minutes or until the cheese has melted, the cups are golden and the edges are browned. Remove from the oven; break the eggs into each cup; season with salt and pepper; return to the oven and bake for a further 10-15 minutes, or until the whites are set and the yolks are cooked to your liking.
7. Allow them to cool for 5 minutes before handling them, or they may fall apart. Lightly slide a knife around the sides of each cup. Using a fork, gently lift one side first to make sure they're not sticking to the bottom, and lift out of the pan.
8. Garnish with red chilli flakes and parsley (optional) or leave as is.

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:

- Sautee peppers, onion and garlic in oil 2-3 minutes in a large skillet
- Add sausage and cook another 2-3 minutes or until sausage is browned
- Add kale and cook until slightly wilted
- 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:

- Combine oil, lemon salt and pepper
- Pour dressing over arugula
- Add parmesan to dressed arugula
- Cook eggs over easy or medium in a small amount of oil or ghee
- Top arugula with eggs and enjoy

Egg Bites:



Ingredients:

- ½ pack of bacon or turkey bacon(4-5 strips), chopped
- 1 head of broccoli, stem removed, roughly chopped
- ½ bell pepper chopped
- 2 handfuls of spinach
- 14 eggs
- ¼ tsp pepper
- ¼ tsp salt
- ½ 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 ¾ 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.

Chia See Pudding



Ingredients

- 6 Tablespoons chia seeds
- 2 cups unsweetened almond milk
- 1/2 teaspoon vanilla extract
- ¼ cup blueberries

Instructions

1. In a bowl or mason jar, mix together chia seeds, milk, stevia and vanilla. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.
2. Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds,
3. Cover and put the mixture in the fridge to "set-up" for at least 2 hours or overnight. The chia pudding should be nice and thick, not liquidy.
4. Add Stevia to taste. Top with blueberries.

Kale Veggie Mini Frittata



Ingredients

- 1 tablespoon butter (or use oil)
- 2 scallions sliced
- 1 large sweet potato peeled and sliced up into 1/16th of an inch thick slices
- 1 bunch of asparagus tips
- 4 sun-dried tomatoes sliced
- 8 eggs
- 2 tablespoons milk (any type and any fat concentration)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon fresh black pepper
- pinch of red pepper flakes (optional)
- 1 cup chopped fresh kale
- 2 tablespoons fresh basil sliced
- 1 tablespoon fresh parsley minced

Instructions

1. Preheat the oven to 375 degrees.
2. Grease a large muffin pan (1cup capacity each) or a standard size muffin pan and set aside.
3. In a non-stick skillet over medium-high heat, melt the butter and add the scallions. Sauté for a minute and add in the sweet potatoes and sauté for another minute.
4. Add in the asparagus and sun-dried tomatoes and sauté for 30 seconds, then lower the heat to low and cover the skillet with a lid.
5. Let the veggies slowly cook and soften up on low heat for about 5 minutes.
6. While the veggies are cooking, in a large bowl, beat the eggs, milk, kale, herbs and seasoning.
7. Arrange the slightly cooled vegetables in each muffin pan cavity in any way you prefer. Pour the egg mixture dividing it evenly over the veggies.
8. Bake the frittatas for about 8 minutes (depending on the size) until eggs are puffed and cooked through.

9. Remove them from the oven and allow them to cool for 1-2 minutes. Gently remove the frittatas from the muffin pan and then serve them on their own or on toasted whole grain bread (or gluten-free bread if needed).

Recipe Notes

- **Adding pesto to these Kale Veggie Mini Frittata recipe** makes for a nice Mediterranean flavor.
- Before baking these Kale Veggie Mini Frittatas, sprinkle them with some **grated or crumbled cheese** of your choice.
- **Season your mini frittata with your favourite spices** and add some **chopped cooked chicken** or turkey for a non-vegetarian version.
- **Want to make it an extra light an low-cal breakfast?** Why not make it an egg-white kale vegetable mini frittata? Just skip the yolks!
- You can make this mini frittata recipe in a large skillet and cut it up into wedges. Simply adjust the baking time to 20 minutes at least.

BRUSSELS SPROUTS BREAKFAST HASH



Ingredients

- Sliced Mushrooms
- Chopped Onion
- Chopped Brussels Sprouts
- Eggs
- Butter or Coconut Oil, for frying

Instructions

1. Heat butter or coconut oil in a [frying pan](#).
2. When hot, add the mushrooms and onions.
3. Cook until reduced and the onions are translucent.
4. Add the brussels sprouts and more butter/coconut oil if needed.

5. Once the vegetables are almost cooked, make room for the eggs and crack them into the frying pan.
6. Cook until done to your liking then enjoy.

SPRING VEGETABLE EGG CASSEROLE



Ingredients

- 2 tablespoons olive oil
- 1 small white onion, peeled and diced
- 1 large carrot (or 1 cup of baby carrots), peeled and diced
- 1 pound asparagus, cut on the diagonal into bite-sized pieces
- 4 ounces sugar snap peas, halved
- 3–4 cups chopped broccoli florets (about 1 medium head of broccoli)
- 2 cloves garlic, minced
- 8 ounces baby bella mushrooms, sliced
- 1 pint cherry tomatoes, halved
- 4 ounces crumbled feta cheese
- 12 large eggs, whisked
- 1/2 cup milk
- salt and pepper

Instructions

1. Preheat oven to 350°F. Grease a 9 x 13-inch baking dish with cooking spray.

2. Heat 1 tablespoon oil in a large saute pan over medium-high heat. Add onion and saute for 4-5 minutes, or until it is soft and translucent.
3. Add the remaining 1 tablespoon of oil, carrot, asparagus, snap peas, broccoli and garlic, and stir to combine. Continue cooking for about 8-10 minutes, stirring occasionally, until the veggies have softened and cooked through. Add the mushrooms and cherry tomatoes, and stir for another 3-4 minutes.
4. Transfer about half of the veggie mixture to the prepared baking dish, and spread the veggies out in an even layer. Sprinkle evenly with half of the feta cheese. Repeat by adding the remaining veggies on top in an even layer, followed by the rest of the cheese.
5. In a separate mixing bowl, whisk the eggs and milk and a generous pinch of salt and pepper together until combined. Then evenly pour the egg mixture over the veggies.
6. Bake for 30-40 minutes, or until a toothpick inserted in the middle of the casserole comes out clean. Serve immediately.

Notes

*If you would like to make this casserole in advance, just cover and refrigerate the casserole for up to 1 day before baking. Then remove the cover, let the casserole rest out at room temperature while the oven is heating up, then bake as directed.

*Feel free to add any of your other favorite spring vegetables to this recipe, too. The idea is just to be sure that they are cooked through before combining them with the egg mixture.

*If you would like extra seasoning with this casserole, you could whisk some seasonings to the egg mixture. For example, you could use 1 teaspoon Italian seasoning, or 1/4 cup basil pesto, or a few tablespoons chopped fresh basil — whatever sounds good!

MEXICAN EGG WHITE OMELETTE



Ingredients

- 2 teaspoons olive oil
- 1 small jalapeno, thinly sliced and seeded (if desired), stem discarded
- 1/2 cup diced red onion
- 1 clove garlic, minced
- handful of grape or cherry tomatoes, halved
- salt and pepper
- 6 egg whites, whisked
- half an avocado, peeled, pitted and diced
- chopped fresh cilantro
- crumbled cotija cheese

Instructions

1. Heat oil in a medium saute pan over medium-high heat. Add jalapeno and onion and saute for 3 minutes, stirring occasionally. Add the garlic and tomato and continue sauteing for 3 minutes, stirring occasionally. Season to taste with a pinch of salt and pepper. Then transfer the mixture to a separate plate.
2. Return pan to the stove, and reduce heat to medium*. Add the whisked egg whites and cook for 2-3 minutes until the eggs are set and the bottom of the egg is golden. Remove from heat. Add the onion mixture, diced avocado, cilantro and cotija cheese to the egg white, and fold over to form the omelet. Serve warm, garnished with extra cilantro and cheese if desired.

3. *Your pan is probably still greased from the olive oil at this point. But if not, you can add a bit more oil or mist the pan with cooking spray before adding the egg, in order to keep it from sticking.

BAKED EGGS WITH WILTED SPINACH



Ingredients

- 2 tsp olive oil
- 1/4 cup diced shallots
- 1 1/2 lb baby spinach, large stems removed
- 4 large eggs
- salt and freshly ground pepper, to taste
- 2 tbsp shredded Asagio cheese
- baking spray

Instructions

1. Preheat an oven to 400°F.
2. Lightly spray four oven-safe dishes or ramekins with cooking spray.
3. Heat a large skillet over medium-low heat, add oil, shallots and cook 2-3 minutes.
4. Add spinach, salt and pepper and cook until the spinach wilts, about 2-3 minutes.
5. Mix in Asagio cheese and remove from heat.
6. Divide the wilted spinach among the oven-safe dishes, making a well in the center of each.
7. Break an egg into each dish and season with salt and pepper.
8. Place the ramekins on one or two rimmed baking sheets and bake until the whites are set and the yolks are firm around the edges but still soft in the center, about 17 minutes or to your liking.

9. Serve immediately.