

# Low Carb Breakfast Options

FRIED EGGS AND VEGGIES <https://www.healthline.com/nutrition/7-healthy-low-carb-meals>

GREEN SMOOTHIE <https://fitfoodiefinds.com/the-best-green-smoothie-recipes/>

HASH BROWN EGG CUPS <https://cafedelites.com/cauliflower-hash-brown-egg-cups-low-carb-gluten-free/>

BLACK BEAN BREAKFAST BOWLS  
<https://fitfoodiefinds.com/black-bean-breakfast-bowls/>

PEANUT BUTTER AND JELLY CHIA PUDDING  
<https://minimalistbaker.com/peanut-butter-and-jelly-chia-pudding/>

KALE VEGGIE MINI FRITTATA <https://www.twopurplefigs.com/kale-veggie-mini-frittata/>

BRUSSELS SPROUTS BREAKFAST HASH  
<https://www.easyketoliving.com/brussels-sprouts-breakfast-hash/>

LOW CARB BREAKFAST BOWL RECIPE  
<https://www.easyketoliving.com/low-carb-breakfast-bowl-recipe/>

SPRING VEGETABLE EGG CASSEROLE  
<https://www.gimmesomeoven.com/spring-vegetable-breakfast-casserole/>

MEXICAN EGG WHITE OMELETTE <https://www.gimmesomeoven.com/easy-mexican-egg-white-omelet-recipe/>

BAKED EGGS WITH WILTED SPINACH <https://www.skinnytaste.com/baked-eggs-with-wilted-baby-spinach/>

## 5 BLACK BEAN BREAKFAST BOWLS

- a. <https://fitfoodiefinds.com/black-bean-breakfast-bowls/>