



≡ *ON THE FLY*

LOW CARB BREAKFAST OPTIONS

BREAKFAST:

1) Open Faced Egg & Spinach Sandwich

Ingredients:

- 1 slice Ezekiel bread toasted
- ½ sliced avocado mashed or sliced
- 2 fists spinach
- 2 eggs
- 1 thumb size of ghee or avocado oil
- Everything but The Bagel seasoning on top.

Directions:

- Sauté spinach in ghee or avocado oil
- Spread sliced or mashed avocado on top of toasted Ezekiel bread.
- Cook eggs in a small amount of oil or ghee
- Place eggs on top of sautéed spinach
- Top with Everything But the Bagel Seasoning.

2) 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!

3) Protein Pancakes with Berries

Ingredients:

- ½ cup Kodiak Cakes or Birch Benders whole grain pancake mix
- ½ cup water
- 1 fist blueberries, blackberries or strawberries
- ¼ cup Vermont Sugar Free Syrup

Directions:

- Combine pancake/flapjack mix with water according to directions on package (½ cup mix to water should make about three 4" pancakes)
- Cook pancakes in 1 thumb size ghee or good oil
- Top with syrup
- Berries on the side

4) 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

5) Dreamy Oatmeal

Ingredients:

- ½ cup gluten free, whole grain oats
- ½ cup water
- ½ cup coconut or almond milk
- 1 cupped palm chopped strawberries
- dash of cinnamon
- 1 thumb almond butter

Directions:

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

6) 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:

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