

POWER STRENGTH

TRAINING SYSTEMS



**Heathy
Breakfast
Options
to Fuel
Your Day
Right**

Avocado Baked Eggs

Ingredients:

- 2 Eggs
- 1 Avocado
- 1/4 Teaspoon Seasoning

Directions:

1. Put broiler on high
2. Make rings out of foil
3. Halve your avocado and remove pit
4. Crack eggs, season, and broil for desired doneness (usually 5-7 minutes at top rack)

Avocado Baked Eggs

Nutritional Information:

- Calories (kcal): 472
- % Calories from Fat: 74.0%
- % Calories from Carbohydrates: 12.6%
- % Calories from Protein: 13.4%

- Total Fat (g): 41g
- Saturated Fat (g): 8g
- Monounsaturated Fat (g): 23g
- Polyunsaturated Fat (g): 5g
- Cholesterol (mg): 424mg
- Total Carbohydrate (g): 16g
- Dietary Fiber (g): 5g
- Protein (g): 17g



Maple Walnut Apple Oatmeal

5 Minute Prep Time.

10 Minute cook time

Serves 1 large bowl or 2 small

Ingredients:

½ Cup Water

½ Cup Low-fat milk

½ Cup Old Fashioned Oats

½ tsp. Cinnamon

Apple (cored and cut into small pieces)

¼ Cup Crushed walnuts

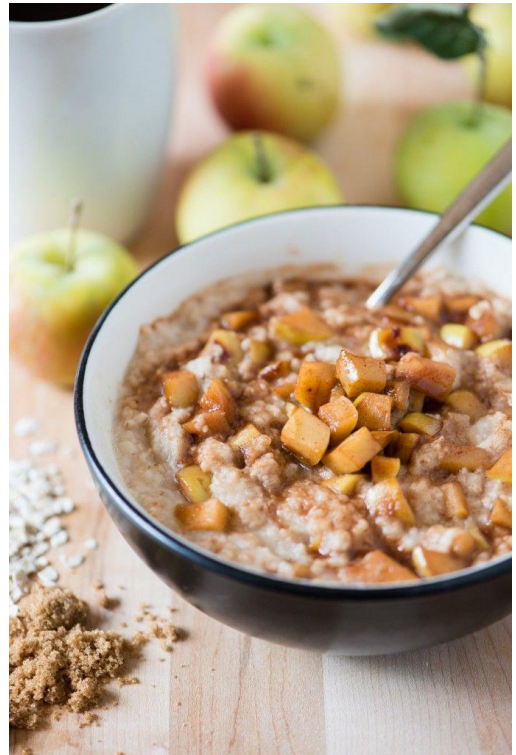
100% Pure Maple Syrup (optional)

1 Scoop Vanilla whey protein (equal to 25g protein)

¼ Cup Water

Directions:

1. Bring ½ Cup of water and milk to a boil in a small pot on medium heat.
2. Add oats and cinnamon.
3. Reduce heat to medium-low and simmer until liquid is absorbed (7-10 minutes), stirring occasionally.
4. Remove from heat and mix in apples, walnuts and maple syrup.
5. Combine ¼ Cup of water with whey protein until it is dissolved in separate bowl. Mix together.
6. Add mixture to oatmeal



Breakfast Quiches

Prep-time: 5-8 minute

Cook-time: 20 minute cook time

Serves 1 large or 2 small. (Makes about 12

Preheat oven to 400 Degrees.

Ingredients:

2 Cups Spinach

¼ Cup Red Pepper (chopped)

¼ Cup Onion (chopped)

1 Cup Egg whites

3 Eggs

¼ Cup Low-fat Swiss cheese

5 oz. Lean turkey deli meat

3 cloves Garlic (chopped)

¼ tsp. Cinnamon

Olive oil cooking spray

½ Cup Salsa



Directions:

1. Blend all ingredients on low except salsa.
2. Lightly coat a non-stick muffin tray with spray.
3. Evenly distribute mixture into each muffin cup, filling each half way. Attempt to distribute vegetables, meat evenly.
4. Cook until egg is cooked all the way through (approximately 20 minutes).

Casserole Egg Bake

Prep time: 15 minutes

Cook time: 20-25 minutes

Preheat oven to 375 degrees

Ingredients:

10-12 Eggs

1 Cup Spinach

1 pound Ground turkey
(Cooked)

1 Cup Cherry tomatoes

1 Cup Mushrooms

½ Cup Bell peppers

½ Cup Potatoes/Sweet Potatoes
or whole

Wheat bread (optional)

½ Cup Mozzarella cheese

1 tsp. Salt and pepper



Directions:

1. Spray casserole dish with non-stick spray and preheat oven to 375.
2. Crack all eggs in large bowl and whisk together, then add spinach, veggies, turkey and potatoes to bowl.
3. Pour whisked eggs and mixture into casserole dish.
4. Sprinkle cheese, salt and pepper on dish.
5. Put in oven and bake for 20-25 minutes, or until cooked all the way through.

Rancher's Omelet

Prep time: 5 minutes

Cook time: 10 minutes

Ingredients:

3 oz. Turkey Sausage

¼ Cup Red pepper
(diced)

¼ Cup Onion (diced)

¼ Cup Tomato (diced)

1 tsp. Garlic (minced)

1 Cup Egg whites

2 Whole eggs

¼ tsp. Salt

Pinch Pepper

1 oz. Light cheese

¼ Cup Salsa



Directions:

1. Cook turkey sausage, then dice it.
2. Preheat a large non-stick frying pan on medium heat.
3. Add pepper and onion.
4. Saute until onions are lightly browned, stir frequently.
5. Add cooked sausage, tomato and garlic and sauté for one minute more. Remove from pan and set aside.
6. Whisk egg whites, eggs, salt and pepper together in a mixing bowl.
7. Re-spray pan if needed and pour egg mixture into the pan. Cook until the top of the mixture begins to bubble and bottom is golden brown.
8. Transfer omelet to plate, place cheese onto one half of the omelet and the vegetable and sausage mixture on top of the cheese.

Health Cakes

Prep time: 5 min

Cook time: 5 min

Ingredients:

1 banana

1 cup spinach/mixed greens

3-4 eggs

1 tbsp flax seeds (optional)

1 tbsp chia seeds (optional)

1 tbsp cinnamon

1 tsp coconut oil

2 tbsp peanut butter

1/4 cup fresh/frozen blueberries, raspberries, or fruit of choice

Syrup



Directions

1. Combine banana, spinach, eggs, seeds, and cinnamon in blender.
2. Coat pan with coconut oil, pour mixture in, and scramble on medium heat.
3. Mixture is ready when it looks dry and has a tiny brown color.
4. Transfer to plate.
5. Top with raspberries/blueberries or fruit of choice. (If using frozen fruit, heat in microwave for 1-2 minutes).
6. Take peanut butter and melt in microwave for 1-2 minutes.
7. Drizzle over top of scrambled mixture and fruit. Add a little bit of syrup and enjoy!

Egg Muffins

Prep time: 5 minutes

Cook time: 18-20 minutes

Ingredients:

6 eggs

1 cup gluten free baking mix

1 cup cheddar cheese

1 cup chopped red/yellow/orange peppers onions spinach

Directions:

1. Mix ingredients together and pour into muffin tins.
2. Bake at 350 for 18 -20 minutes.
3. Makes 12 regular muffins or 24 mini muffins.

