

Egg and Vegetable Breakfast Burrito:

Ingredients:

- 2 large eggs (12g protein)
- 1/4 cup diced bell peppers and onions
- 1/4 cup black beans, drained and rinsed (approximately 8g protein)
- 1/4 cup shredded cheese (approximately 7g protein)
- 1 large whole wheat tortilla
- Salt, pepper, and any desired spices

Instructions:

In a skillet, sauté the diced bell peppers and onions until tender.

Beat the eggs in a bowl and season with salt, pepper, and any desired spices.

Pour the beaten eggs into the skillet with the vegetables and scramble until cooked through.

Warm the black beans in the microwave or on the stovetop.

Lay the whole wheat tortilla flat and add the scrambled eggs, black beans, and shredded cheese.

Roll up the tortilla to form a burrito and enjoy!

Greek Yogurt Berry Parfait:

Ingredients:

- 1 cup plain Greek yogurt (approximately 23g protein)
- 1/2 cup mixed berries (such as strawberries, blueberries, raspberries)
- 1/4 cup granola
- Honey or maple syrup (optional)

Instructions:

In a glass or bowl, layer the Greek yogurt, mixed berries, and granola.

Drizzle with honey or maple syrup if desired for added sweetness.

Enjoy this protein-packed parfait for a satisfying and nutritious breakfast!

Protein Pancakes:

Ingredients:

- 1/2 cup rolled oats (blended into flour) (approximately 5g protein)
- 1/2 cup cottage cheese (approximately 14g protein)
- 2 large eggs (12g protein)
- 1 teaspoon baking powder
- Optional: berries, sliced bananas, or nuts for topping

Instructions:

In a blender, combine the rolled oats, cottage cheese, eggs, and baking powder until smooth.

Heat a non-stick skillet over medium heat and lightly grease with cooking spray or butter.

Pour the pancake batter onto the skillet to form pancakes of your desired size.

Cook until bubbles form on the surface, then flip and cook until golden brown on both sides. Serve with your favorite toppings such as berries, sliced bananas, or nuts.

Turkey and Vegetable Breakfast Scramble:

Ingredients:

- 3 large eggs (18g protein)
- 2 slices turkey bacon, chopped (approximately 10g protein)
- 1/4 cup diced bell peppers and onions
- 1/2 white onion
- 1/4 cup diced tomato
- Handful of spinach
- Salt, pepper, and any desired spices

Instructions:

In a skillet, cook the chopped turkey bacon until crispy.

Add the diced bell peppers and onions to the skillet and sauté until tender.

Beat the eggs in a bowl and season with salt, pepper, and any desired spices.

Pour the beaten eggs into the skillet with the turkey bacon and vegetables.

Add the spinach to the skillet and scramble everything together until the eggs are cooked through.

Serve hot and enjoy this protein-packed breakfast scramble!

Protein-Packed Breakfast Bowl:

Ingredients:

- 1/2 cup cooked quinoa (approximately 4g protein)
- 1/4 cup black beans, drained and rinsed (approximately 8g protein)
- 1/4 cup diced avocado
- 2 tablespoons salsa
- 1 fried or poached egg (6g protein)
- Optional: chopped cilantro, lime wedges

Instructions:

In a bowl, layer the cooked quinoa, black beans, diced avocado, and salsa.

Top with a fried or poached egg.

Garnish with chopped cilantro and serve with lime wedges on the side if desired.

Enjoy this protein-packed breakfast bowl for a nutritious and satisfying start to your day!

Remember, using organic or chemical-free ingredients can enhance the nutritional value and overall quality of your breakfasts. Enjoy these protein-rich recipes to fuel your day!