



**Super Slim Down Breakfast  
Cookbook**

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## Savory Breakfast Biscuits

10 servings

20 minutes

### Ingredients

4 ozs Pork Sausage (casings removed)  
1/2 Red Bell Pepper (chopped)  
3/4 cup Almond Flour  
1 tsp Baking Powder  
1 tsp Thyme  
1/2 tsp Sea Salt  
2 Egg  
6 ozs Cheddar Cheese (shredded, divided)

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a cast-iron skillet over medium heat, add the sausage and peppers. Cook until the sausage is browned and the peppers are softened. Turn off the heat and set aside to cool.
- 3 In a large bowl, add the almond flour, baking powder, thyme and salt. Whisk to combine.
- 4 In a small bowl, add the eggs and whisk. Then add half of the cheese and stir to combine. Add the wet ingredients into the dry and then add the cooled sausage and peppers. Stir to combine until a sticky dough has formed.
- 5 Place roughly 3 tbsp of the mix onto the parchment-lined paper and press down gently to flatten. The mixture will be a little sticky. Repeat until the dough is used up. Top each biscuit with the remaining cheese.
- 6 Bake for 9 to 10 minutes or until the biscuits are cooked through and slightly browned on the bottom. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to two months.

**Serving Size:** One serving is one biscuit.

**Nut-Free:** Use gluten-free flour or brown rice flour instead of almond flour.

**More Flavor:** Add chili flakes, onion and/or minced garlic.



## Roasted Breakfast Turnips

2 servings

30 minutes

### Ingredients

- 1 Turnip (peeled, diced)
- 1 tbsp Avocado Oil
- 1/4 tsp Paprika
- 1/4 tsp Cumin
- 1/4 tsp Sea Salt
- 2 Egg
- 1 tbsp Dried Chives

### Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Place the diced turnips on a baking sheet and drizzle with avocado oil. Toss with the paprika, cumin and salt until evenly coated. Bake for 20 minutes or until golden and tender.
- 3 Remove from the oven and set the oven to broil. Create pockets in the turnips and gently crack an egg into each one. Return to the oven and broil for 4 to 5 minutes, or until the whites are set and the yolk is cooked to your liking.
- 4 Divide onto plates, garnish with dried chives and enjoy!

### Notes

**Leftovers:** Eggs are best enjoyed the same day. Refrigerate the turnips in an airtight container for up to two days.

**Serving Size:** One serving equals half a medium-sized turnip and one egg.

**More Flavor:** Add chili powder or chili flakes.

**Additional Toppings:** Top with roasted peppers, guacamole or salsa.

**Make it Vegan:** Roast the turnip with leftover diced veggies instead of topping with eggs.



## Cauliflower Rice Breakfast Bowl

2 servings

25 minutes

### Ingredients

- 4 slices Bacon
- 8 White Button Mushrooms (sliced)
- 1 tbsp Coconut Aminos
- 3 cups Cauliflower Rice
- 2 Egg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the bacon and cook for 15 to 18 minutes or until the bacon is cooked to your preference. Remove and set aside.
- 2 Meanwhile, in a pan over medium heat, add the mushrooms and cook for 3 to 4 minutes. Add the coconut aminos to the pan and stir. Then add the cauliflower rice and cook for 2 to 3 minutes. Remove and set aside.
- 3 Crack the eggs into the pan and cook until the whites are set and the yolk is done to your preference. Place the egg on top of the cauliflower rice and add the bacon on the side. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. For best results, consume the eggs the same day they were cooked.

**More Flavor:** Add chili flakes, sea salt or hot sauce.

**Additional Toppings:** Add sliced avocado or extra greens on the side.

**No Pork:** Use turkey bacon instead.

**No Coconut Aminos:** Use tamari or soy sauce instead.



## One Pan Breakfast Hash

2 servings

40 minutes

### Ingredients

4 cups Brussels Sprouts (halved)  
1/2 cup Red Onion (chopped)  
1 tsp Avocado Oil  
Sea Salt & Black Pepper (to taste)  
5 slices Bacon (chopped)  
4 Egg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

### Notes

**No Bacon:** Use prosciutto, ham or turkey bacon.

**More Vegetables:** Use additional vegetables such as peppers, potatoes or mushrooms.

**More Flavor:** Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

**Leftovers:** Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.



## Chocolate Avocado Smoothie

1 serving

5 minutes

### Ingredients

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Chocolate Protein Powder:** Use vanilla protein powder or hemp seeds and add cocoa powder.

**Likes it Sweet:** Add frozen banana.

**Nut-Free Version:** Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



## Crustless Broccoli Cheddar Quiche

6 servings

40 minutes

### Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 2 cups Broccoli (finely chopped)
- 4 1/3 ozs Cheddar Cheese (shredded)
- 6 Egg
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 tsp Garlic Powder

### Directions

- 1 Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
- 2 Arrange the broccoli and cheese in a single layer in the prepared pie pan.
- 3 In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
- 4 Slice the quiche into wedges and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to one slice. A standard 9-inch glass pie pan makes six servings.

**Dairy-Free:** Omit the cheese or use a dairy-free cheese instead.

**More Flavor:** Add finely chopped onions and red pepper flakes.

**No Almond Milk :** Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.



## Bacon, Eggs, Avocado & Sauerkraut

2 servings

15 minutes

### Ingredients

- 4 slices Bacon
- 4 Egg
- 1 Avocado
- 1/2 cup Sauerkraut

### Directions

- 1 In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
- 2 Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
- 3 Transfer cooked eggs to plate and add sauerkraut. Enjoy!



## Grain-Free Coconut Almond Porridge

1 serving  
10 minutes

### Ingredients

3/4 cup Unsweetened Almond Milk  
1/4 cup Almond Flour  
1/4 cup Unsweetened Shredded Coconut  
1 tbsp Ground Flax Seed  
1/2 tsp Cinnamon

### Directions

- 1 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 2 Divide into bowls and enjoy!

### Notes

**No Rice Milk:** Use an alternative milk of your choice.

**Likes it Sweet:** Add raisins, dates, maple syrup, honey or your sweetener of choice.

**Leftovers:** Refrigerate in an airtight container up to 3 to 5 days.

**Serving Size:** One serving is equal to approximately 1 1/4 cup of porridge.



## Zucchini, Mushroom & Egg Breakfast

1 serving  
20 minutes

### Ingredients

1/2 tsp Avocado Oil  
1/2 Zucchini (medium, sliced)  
6 White Button Mushrooms (sliced)  
2 Egg  
1/2 cup Arugula  
1/2 tsp Lemon Juice  
1/8 tsp Sea Salt

### Directions

- 1 Heat a skillet over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 2 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 3 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

### Notes

**Leftovers:** Refrigerate leftover vegetables in an airtight container for up to three days. Eggs are best enjoyed immediately.

**More Flavor:** Season the vegetables with chili flakes, cayenne, onion powder or garlic.

**Make it Vegan:** Omit the eggs and make a tofu scramble instead.



## Spinach & Sausage Egg Muffins

6 servings

30 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 8 3/4 ozs Pork Sausage (casing removed)
- 6 cups Baby Spinach (chopped)
- 8 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1 stalk Green Onion (chopped)

### Directions

- 1 Preheat the oven to 350°F (176°C) and grease a muffin tray with the oil or use a silicone muffin tray.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the prepared muffin tray and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing them from the tray. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is two egg muffins.

**More Flavor:** Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

**Make it Vegetarian:** Omit the sausage.

**No Sausage:** Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

**No Spinach:** Use kale or chard instead.



## Coconut Chia Pudding

2 servings

1 hour

### Ingredients

- 3/4 cup Canned Coconut Milk
- 3/4 cup Water
- 1/4 cup Chia Seeds
- 1 tsp Vanilla Extract

### Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to five days.

**Serving Size:** One serving is equal to approximately 1.5 cups of chia pudding.

**More Flavor:** Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

**Additional Toppings:** Top with shredded coconut, berries, banana slices, nuts or bee pollen.



## Taco Breakfast Skillet

4 servings

30 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Red Onion (chopped)
- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/4 tsp Onion Powder
- 1/4 tsp Black Pepper
- 1/4 cup Nutritional Yeast
- 4 Egg
- 1/2 Tomato (chopped)
- 1/4 cup Black Olives
- 1/2 Avocado (cubed)
- 1 Jalapeno Pepper (sliced)
- 1/4 cup Cilantro

### Directions

- 1 In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
- 2 Once the beef is cooked, add in the chili powder, cumin, onion powder, black pepper and nutritional yeast until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
- 3 Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
- 4 Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Eggs are best enjoyed the same day.

**Serving Size:** One serving is approximately one egg with one cup of beef and veggie mixture.

**More Flavor:** Add some grated cheese on top.

**Make it Vegetarian:** Use black beans and/or quinoa instead of ground beef.



## Spicy Tomato Scramble

1 serving  
10 minutes

### Ingredients

1 1/2 tps Extra Virgin Olive Oil  
1/4 cup Cherry Tomatoes (cut in half)  
1/2 Jalapeno Pepper (small, finely chopped)  
1 tbsp Cilantro (optional)  
2 Egg  
1/8 tsp Sea Salt

### Directions

- 1 Heat the oil in a non-stick pan over medium heat. Add the tomatoes and jalapeno pepper to the pan and sauté for 3 to 5 minutes or until the tomatoes and jalapeno have softened. If using, add the cilantro and mix well.
- 2 While the tomato mixture is cooking, crack the eggs into a small bowl and beat well. Add in the salt.
- 3 Push the tomato mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the tomato mixture in once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately 1/2 cup.

**More Flavor:** Add onions and garlic to the tomato mixture.

**Additional Toppings:** Top with hot sauce, diced avocado or extra cilantro. Serve with toast, roasted potatoes or sautéed greens.



## Egg & Beef Breakfast Bowl

3 servings

25 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Beef
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 2 tbsps Nutritional Yeast

### Directions

- 1 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 2 Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 3 Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is roughly 2 cups of the beef mixture.

**More Flavor:** Add sea salt, pepper, garlic, onions and/or chili flakes.

**Additional Toppings:** Top with sliced cherry tomatoes.



## Bacon, Avocado & Cheddar Egg Wrap

4 servings

25 minutes

### Ingredients

- 8 slices Bacon
- 4 Egg
- 1/4 tsp Sea Salt
- 1 tsp Avocado Oil (divided)
- 2 ozs Cheddar Cheese (shredded)
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)

### Directions

- 1 Heat a skillet over medium heat. Add the bacon and cook for 5 to 7 minutes each side or until it is cooked through and crispy. Remove and set aside.
- 2 Meanwhile, in a mixing bowl, whisk the eggs and salt together until well combined.
- 3 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 4 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan. Flip the egg and sprinkle 1/4 of the shredded cheese onto the top side of the egg and continue cooking for 60 to 90 seconds until the cheese begins to melt. Remove and repeat with remaining egg and cheese.
- 5 To serve, layer the lettuce, avocado and cooked bacon on top of the melted cheese and roll or fold altogether. Enjoy!

### Notes

**Leftovers:** Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

**Pan Size:** This recipe was tested in a 8-inch non-stick pan.

**Dairy-Free:** Omit the cheese.

**More Flavor:** Add garlic powder or dried herbs to the eggs.

**No Cheddar Cheese:** Use another semi-hard cheese instead, like gouda or havarti.

**No Romaine:** Use leaf lettuce, spring mix or baby spinach instead.

**Make it Meat-Free:** Use tomato slices instead of bacon.