

Breakfast Choices

Spinach Vegetable and Avocados egg whole/ white omelet (1 serving)



- 1/2 cup chop mix bell peppers (red, green, orange and yellow)
- Two Tspn chop red onions
- 1 Mushrooms crimini
- 1/3 cup fresh dice cherry tomatoes
- 1cup loosely pack spinach
- 1 ½ to 2 Tbs Extra virgin olive
- 3 fresh egg whole or separate the yoke (beat with fork in a bowl)/ Can cut back to two eggs if too much
- 3 slice fresh avocado (Place on top of omelet upon serving)

Direction: Place peppers and onions in sauce pan with olive oil and sauté for 3-4 minute on medium heat, add tomatoes and cook for another two minute, add spinach and egg mix together and cook for another minute then use a spatula to flip and cook for another two to three minute and serve.

Cinnamon Oat meal and side of mix fresh fruits bowl

(3 serving)

- 1 cup or raw or steal cut oats
- 2 tsps ground cinnamon
- ½ tea spoon salt
- 2 tsp vanilla
- 3 Tsp agave, honey or sugar in the raw

- 3 cups water

Fruit bowl

1Cups mix fresh fruits (orange, banana, water Mellon, Strawberries, grapes, Black berries, Peach, cantaloupe, apples, Papaya, Blue berries, kiwi, mango, plums and blackberries/raspberries).

Directions: Add cinnamon, vanilla, and agave/sugar with water stir and bring to a boil add oat meal and cook at medium temperature for 10- 12 minute. Add water if necessary to make less thick. Serve with a cup of mix fruits on side.

Grill Chicken with avocado and vegetable/Panini.

Serving 4-6

- 3 cups finely chop grill chicken
- 1 ½ cup finely chop mix bell peppers (red, green, orange and yellow)
- ½ cup fine chop red onions
- 1 cup fresh dice cherry tomatoes/ plum/ vive ripe
- 4 cup loosely pack spinach (**then finely chop**)
- 3 Tbs Extra virgin olive
- 1 small fresh avocado thinly slice
- 1/3 cup fine sheared mozzarella cheese
- ¾ tsp sea salt
- 1 ½ tsp power garlic or 1 TSP very finely chop fresh garlic
- 2 tsp fresh or dry oregano
- 1 tsp black pepper
- 4-6 slice whole grain bread

Direction:

Preheat oven to 350 degree, add bell peppers and onions with salt garlic oregano, black pepper in sauce pan with olive oil and sauté for 3-4 minute on medium heat, add grill chicken and tomatoes and cook for another two minute (add a little water if necessary to keep moist), add spinach cook for another 1-2 minute, sprinkle mozzarella cheese evenly over and place in preheat oven and bake for 10 minutes. Remove from oven and top with avocado and serve with two slice of whole grain bread. For Panini place mix on bread top with avocado place sandwich on Panini grill or in oven until bread is golden brown.

Whole Wheat Banana Blueberry Power Pancake

Prep Time 5 Minutes

Cook Time 8 Minutes

Serving 5

Ingredients

1 ¼ Cup Whole Wheat Flour

2 teaspoon baking powder

1 Egg

1 cup milk plus more if necessary

½ teaspoon salt

1 table spoon sugar in raw or natural cane sugar

1/3 cup blueberry

1/3 cup ripe banana

1 Scoop vanilla Whey Protein powder 28-30 grams

DIRECTIONS:

Sift together flour and baking powder, set aside. Beat together the egg, milk, salt and sugar in the raw in a bowl. Stir in flour until just moistened, add blueberries, and smash bananas stir to incorporate.

Preheat a heavy-bottomed skillet over medium heat, and spray with cooking spray. Pour approximately 1/4 cup of the batter into the pan for each pancake. Cook until bubbly, about 1 1/2 minutes. Turn, and continue cooking until golden brown.

Fruit Smoothie

Ingredients:

Cantaloupe	Grapes
Raspberries	Pineapple
Strawberries	Banana

½ Cup Spinach	Blackberries
Blueberries	1/3 Raw oats
Apples	
Papaya	1 TBS Flaxseed
1 scoop whey protein powder (28g – 30g maximum)	
Use natural OJ or water as liquid to blend. Can choose additional fruits if desired	