

BREAKFAST OPTIONS

Avocado Toast

CALORIES: 493

PROTEINS: 21g

CARBS: 34g

FATS: 32g



- 1/2 avocado mashed
- 2 tablespoons chopped cilantro
- juice of 1/2 lime
- 1/2 teaspoon red pepper flakes, optional
- salt & pepper to taste
- 1 slice whole grain bread, or bread of choice
- 2 eggs, fried, scrambled, or poached

Eggs and Oats

• **CALORIES: 492**

• **PROTEIN: 20g**

• **CARBS: 57g**

• **FATS: 22g**

- 2 Scrambled eggs
- 1 cup-cooked oatmeal
- 1/2 cup-blueberries
- 1 tbsp-agave
- 2 tbsp-chopped walnuts
- cinnamon



Breakfast Bowl

CALORIES: 439

PROTEINS: 26g

CARBS: 40g

FATS: 20g

- 2 Scrambled eggs
- 2 slices-turkey Bacon
- 1/2 cup-Bell Peppers
- 1/2 cup-onions
- 1 cup-cubed sweet potato
- 1/4 cup-Mex cheese blend



Breakfast Taco

CALORIES: 428

PROTEINS: 41g

CARBS: 25g

FATS: 19g



- 2 Scrambled eggs
- 3 oz- grilled chicken
- 1-flour tortilla
- 1 tbsp mex cheese
- 2 tbsp-salsa