

FREE HIGH-PROTEIN HIGH-PROTEIN BREAKFAST IDEAS

Three sample recipes from the Chris Reader PT recipe collection.

Each recipe includes the original photograph, ingredients, method and nutrition.





Spanish Omelet with Zucchini

Serves 2

35 Minutes

1 small potato, peeled & chopped

1 small onion, chopped

½ small zucchini, thinly sliced

6 eggs

Heat 1 tbsp. Olive oil in a non-stick pan over medium-high heat.

Add the potato and onion, and cook for about 4 minutes, until slightly softened.

Add the zucchini and continue to sauté for another 4 minutes. In a bowl, whisk the eggs and season with salt and pepper. Transfer the sautéed vegetables into the egg mixture and stir to combine.

Pour the egg and vegetable mixture into the same pan, ensuring an even distribution. Cook over low heat. After about 3 minutes, use a spatula to gently loosen the edges of the tortilla from the pan.

Continue cooking for 8-10 minutes. To flip the tortilla, place a large plate over the pan, invert it onto the plate, then slide it back into the pan to cook the other side.

Cook for 5-6 minutes or until the tortilla is fully set. Remove from heat and serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	329kcal	14g	21g	21g



Stuffed Omelet Roll-ups

Serves 4

25 Minutes

7 oz. (200g) cottage cheese

4 handfuls of watercress

peel of 1 lemon

6 eggs

4 tbsp. soy milk

1 tsp. mixed herbs

4 tsp. coconut oil

3.5 oz. (100g) smoked
salmon, chopped

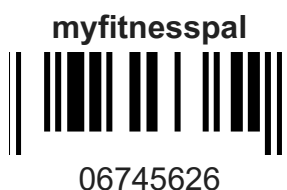
Combine the cottage cheese, watercress, and lemon peel in a high-sided bowl. Puree with a hand blender or food processor until a smooth paste is formed.

In a separate bowl, beat the eggs with the soy milk and mixed herbs.

Heat 1 teaspoon of coconut oil in a medium-sized frying pan over medium heat. Pour $\frac{1}{4}$ of the egg mixture into the pan. Cook for 2 minutes or until the egg sets, then flip and cook the other side for 30 seconds.

Remove the omelet from the pan and set aside. Repeat the process with the remaining egg mixture and coconut oil to make three more omelets.

To assemble, spread the cottage cheese paste evenly over each omelet. Top with chopped smoked salmon. Roll each omelet into a wrap and cut it in half.



GF	DF	LC	HP	Q
----	----	----	----	---

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	235kcal	4g	21g	15g



Turkey & Egg Stuffed Peppers

Serves 4

25 Minutes

4 eggs

4 egg whites

2 tbsp. almond milk

1 tsp. coconut oil

1 small onion, chopped

1 lb. (450g) lean ground turkey

2 tsp. oregano

1 tsp. cumin

2.1 oz. (60g) spinach, chopped

4 medium red bell peppers

1.7 oz. (50g) cheese, grated

chopped parsley, for garnish

Preheat the oven to 400°F (200°C).

Beat the eggs, egg whites, and almond milk; set aside.

Heat the coconut oil in a pan over medium heat. Add the onion and sauté for 3 minutes, until softened and lightly browned.

Add the turkey, oregano, and cumin; season with salt and pepper. Cook for about 5 minutes or until the meat is thoroughly cooked. Stir in the spinach and cook until it wilts approximately 2 minutes.

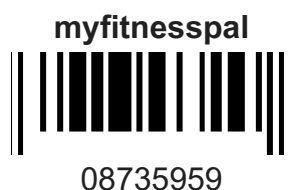
Increase the heat to medium-high and add the egg mixture to the pan. Use a spatula to gently pull the eggs across the pan, scrambling them, for about 3 minutes or until fully cooked; remove pan from heat.

Cut the bell pepper tops off and remove the seeds. Stuff each pepper with the turkey and egg mixture.

Place the stuffed peppers in a baking dish and top each with grated cheese.

Bake in the oven for 15 minutes or until the cheese is melted and the peppers are slightly browned on the edges.

Garnish with chopped parsley before serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	356kcal	12g	32g	20g