

Brownie Protein Pancakes

9 ingredients · 15 minutes · 2 servings



Directions

1. Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
2. In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
3. Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
4. Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
5. Plate the pancakes and enjoy!

Notes

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time

Make the pancake batter in a blender.

Toppings

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour

Try oat flour instead. Results may vary.

Ingredients

- 2 **tbps** Ground Flax Seed
- 1/3 **cup** Water
- 1/2 **cup** Chickpea Flour
- 1/2 **cup** Chocolate Protein Powder
- 1 **tbsp** Cocoa Powder
- 1 **tbsp** Baking Powder
- 1 **cup** Unsweetened Almond Milk (or water)
- 1/4 **cup** Dark Chocolate Chips
- 1 1/2 **tsps** Coconut Oil

Cottage Cheese Pancakes

4 ingredients · 15 minutes · 5 servings



Directions

1. Add the cottage cheese, eggs, and oats to a blender. Blend until smooth.
2. Heat a bit of the oil over medium-low heat. Add 1/4 cup of the batter at a time, cooking for about three to four minutes per side or until golden brown. Repeat with the remaining batter and oil.
3. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three to four days.

Serving Size

One serving equals two pancakes.

More Flavor

Add a pinch of salt.

Additional Toppings

Maple syrup, honey, chocolate chips, chopped nuts, fruits, or hemp seeds.

Ingredients

- 1 cup** Cottage Cheese
- 4** Egg (large)
- 1 cup** Oats (rolled or quick)
- 1 tbsp** Extra Virgin Olive Oil (divided)

Avocado Toast with Tofu Scramble

7 ingredients · 15 minutes · 1 serving



Directions

1. In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, and salt. Use the spatula to stir and gently break up the tofu. Cook until the edges are firm and liquid is gone, about 15 minutes.
2. Top the sourdough with avocado and the scrambled tofu. Add more salt if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add black pepper, turmeric, and black salt.

Additional Toppings

Serve it with salsa or fresh fruit.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

- 6 ozs Silken Tofu (drained)
- 1 1/2 tsps Nutritional Yeast
- 1/2 tsp Garlic Powder
- 1/4 tsp Paprika
- 1/8 tsp Sea Salt
- 1 3/4 ozs Sourdough Bread (toasted)
- 1/2 Avocado (sliced)

Sweet Potato & Turkey Hash

8 ingredients · 40 minutes · 4 servings



Directions

1. Heat a large pan over medium heat and add half of the oil. Add the turkey and cook through, about nine to 10 minutes, breaking it up as it cooks. Season with salt, pepper, and half of the taco seasoning. Remove and set aside.
2. Add the remaining oil to the pan. Once hot, add the sweet potato. Cook for about nine to 10 minutes or until mostly softened, stirring occasionally.
3. Add the onion and bell pepper. Season with the remaining taco seasoning, salt, and pepper. Cook for eight to 10 minutes, stirring occasionally or until the sweet potato is cooked through and fork tender.
4. Return the turkey to the pan to warm through and toss everything together. Divide evenly between plates and top with avocado. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add chopped jalapeño or minced garlic.

Additional Toppings

Cilantro, salsa, sour cream, and/or green onion.

Ingredients

- 2 **tbsps** Avocado Oil (divided)
- 1 **1/4 lbs** Extra Lean Ground Turkey
- Sea Salt & Black Pepper (to taste)
- 2 **tsps** Taco Seasoning (divided)
- 2 Sweet Potato (small, chopped into small cubes)
- 1 Yellow Onion (medium, chopped)
- 1 Red Bell Pepper (medium, chopped)
- 2 Avocado (medium, sliced)

Hearty Egg, Bean, Tomato & Quinoa Bowl

9 ingredients · 25 minutes · 2 servings



Directions

1. Cook the quinoa according to the package directions.
2. Meanwhile, in a bowl, combine the tomatoes, onion, beans, and cilantro. Drizzle with 2/3 of the oil and season with salt and pepper.
3. Heat the remaining oil in a pan over medium heat. Add the whisked eggs and season with salt and pepper. Scramble until cooked to your desired doneness.
4. Divide the cooked quinoa, tomato and bean mixture, and eggs evenly into bowls and top with avocado. Enjoy!

Notes

Leftovers

Eggs are best enjoyed fresh. Refrigerate the remaining ingredients in an airtight container for up to three days. To meal prep, hard boil the eggs instead.

Serving Size

One serving is approximately 2/3 cup of cooked quinoa, 3/4 cups of tomato and beans, 2 1/2 eggs, and 1/4 of an avocado.

More Flavor

Add hot sauce.

No Scrambled Eggs

Use boiled, poached, or fried eggs instead.

Ingredients

- 1/2 cup Quinoa (dry, rinsed)
- 3/4 cup Cherry Tomatoes (halved)
- 2 tbsps Red Onion (finely chopped)
- 1 cup Black Beans (cooked)
- 1/4 cup Cilantro (finely chopped)
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 5 Egg (large, whisked)
- 1/2 Avocado (medium, sliced)

Herbed Tomato & Cottage Cheese Bowl

9 ingredients · 15 minutes · 1 serving



Directions

1. In a bowl, combine the tomatoes, onion, capers, parsley, basil, oil, salt, and pepper. Gently mix and let marinate for 10 minutes.
2. Add the cottage cheese to a bowl or plate. Top with marinated tomatoes and serve with toast. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate the tomato mixture and cottage cheese separately, in airtight containers, for up to two days.

Serving Size

One serving is approximately one cup of cottage cheese and 3/4 cup of tomato mixture.

More Flavor

Add a splash of balsamic glaze or lemon zest.

Additional Toppings

Toasted pine nuts.

Gluten-Free

Omit or use gluten-free bread instead.

Ingredients

- 1/2 cup Cherry Tomatoes (quartered)
- 1 stalk Green Onion (chopped)
- 1 1/2 tsps Capers (drained)
- 2 tbsps Parsley (chopped)
- 2 tbsps Basil Leaves (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 cup Cottage Cheese
- 1 slice Whole Grain Bread (toasted)

Zucchini & Yogurt Protein Overnight Oats

8 ingredients · 8 hours · 2 servings



Directions

1. Add all of the ingredients to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/3 cups.

Additional Toppings

Top with chocolate chips.

Dairy-Free

Use coconut yogurt and dairy-free milk.

Ingredients

1/3 cup Cow's Milk, Whole

1 cup Oats

1 cup Plain Greek Yogurt

2 tps Maple Syrup

1/4 Zucchini (small, grated)

1 tbsp Almond Butter

1/4 tsp Cinnamon

2 tbsps Vanilla Protein Powder

Strawberry, Cauliflower & Almond Butter Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate for up to two days.

Serving Size

One serving is approximately two cups.

More Flavor

Add cinnamon. Try with chocolate protein powder in place of vanilla.

Ingredients

2 cups Almond Butter

1 scoop Vanilla Protein Powder

1/2 cup Frozen Strawberries

1/4 cup Frozen Cauliflower

1 cup Oat Milk

Blueberry Cheesecake Overnight Oats

9 ingredients · 8 hours 20 minutes · 2 servings



Directions

1. Add the oats, protein powder, chia seeds, cream cheese, yogurt, milk, vanilla, and half of the maple syrup to a large container. Stir well to combine.
2. In a saucepan, combine the blueberries and remaining maple syrup. Heat over medium-low and bring to a low simmer. Cook for nine to 10 minutes or until the blueberries have burst, gently pressing on them with the back of a wooden spoon. Allow to cool for five minutes.
3. Stir the blueberries into the oats. Seal the container and place in the fridge overnight, or for at least eight hours.
4. Divide the oats evenly between bowls or containers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 3/4 cups.

Make it Vegan

Use vegan cream cheese, yogurt, and milk.

No Protein Powder

Omit the protein powder and reduce the milk slightly.

Ingredients

- 1 1/3 cups Oats (rolled)
- 3 tbsps Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1/4 cup Cream Cheese, Regular
- 1/4 cup Plain Greek Yogurt
- 1 1/3 cups Cow's Milk, Whole
- 1 tsp Vanilla Extract
- 1/4 cup Maple Syrup (divided)
- 1 1/2 cups Frozen Blueberries

Cherry & Blueberry Yogurt Parfait

9 ingredients · 10 minutes · 2 servings



Directions

1. In a bowl, mix the Greek yogurt, oat milk, flax, and chia seeds together until smooth.
2. Layer the yogurt mixture, cherries, and blueberries into individual serving glasses, bowls, or jars.
3. If desired, drizzle the honey over the fruit layers. Repeat the layering process until all ingredients are used.
4. Top the parfait with pumpkin seeds and cinnamon. Serve immediately or refrigerate until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/2 cups.

Dairy-Free

Use plant-based yogurt instead.

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Oat Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Chia Seeds
- 1/2 cup Cherries (pitted, halved)
- 1/2 cup Blueberries
- 1 1/2 tsps Raw Honey (optional)
- 2 tsps Pumpkin Seeds
- 1/16 tsp Cinnamon