

## **My Favorite Fat Loss Breakfasts (Made the night before!)**

### **Vegetable Egg Bake**

*\*\* I make these in a loaf pan and I DOUBLE the recipe so I have enough for 2 MEALS. Simply cook and cut in half! You can also freeze these to have later in the week or the following week*

**Yields: 2 OR 2 meals worth:**

**Ingredients:**

- 4 whole eggs
- 2C Any veggies you like (I use peppers/spinach/broccoli)
- Salt and pepper to taste
- Optional: ½ of an avocado, sliced
- Olive oil spray

**Directions:**

- Preheat oven to 450 degrees and spray the loaf pan with olive oil spray
- Place frozen or fresh veggies in the loaf pan, ensuring they are evenly distributed
- In a medium bowl, beat the eggs.
- Add the egg mixture to the loaf pan.
- Top with salt and pepper to taste
- Bake at 400 degrees for about 30 minutes (check halfway, some ovens differ)
- Top with avocado and transfer to a glass tupperware to grab and go for work

### **Pumpkin Protein Chia Seed Overnight Pudding**

*\*\*I love making this the evening before because it is seriously DELICIOUS, packed with fiber and good fats that keep me going for hours. I love making the night before because I can eat it when I am running around in the morning!*

**Yields: Serves 2 OR 2 meals worth**

**Ingredients:**

- 1/4 cup chia seeds
- 1 cup pumpkin puree (not pumpkin pie mix)
- 1 & 1/2 cups unsweetened almond milk
- 2 tablespoons pure maple syrup
- 1 teaspoon vanilla
- 1/2 to 1 teaspoon pumpkin pie spice
- Optional toppings: pecans, pumpkin pie spice, almond butter

**Directions:**

- You will make this in 2 separate mason jars or other container, so divide all of the ingredients in half (you can also make in one and then split it in the morning)
- Combine half of the chia seeds, pumpkin, milk, syrup, vanilla, and pumpkin spice in one of the jars, then repeat with the rest of the ingredients in the second jar.
- Tightly close each jar and give them a good shake until everything is well combined.
- Set them in the fridge for at least 2 hours but preferably overnight.
- The pudding is ready to eat when you take it out of the fridge. Top it with pecans, more pumpkin spice, fresh berries or almond butter!

### **Green Monster Smoothie**

*\*\*I make these at least once a week and love that I can throw it in a shaker cup and bring it to work. It is packed with so many different fruits/veggies/protein/good fats/carbs (yet still not super high in calories) that it fills me all morning long! It*

is also great post workout

**Yields: 1**

**Ingredients:**

- 1 scoop protein powder of choice
- 1 Handful baby spinach
- 1 frozen banana (makes it super creamy)
- 1C unsweetened almond milk or other dairy of choice
- 4-5 ice cubes
- 1T flaxseed meal
- 1T coconut oil
- 1/4C frozen berries (any that you have on hand)

**Directions**

- Place all ingredients in a blender and blend until smooth. Transfer to a cup and enjoy!

**Banana Coconut Pancakes (grain free and gluten free)**

*\*\* These are SO good and can be made the night before as well! They are filling and contain no grains or gluten.*

**Yields: 1**

**Ingredients:**

- 2T coconut flour
- 1/2 medium banana
- 2 whole eggs
- 1/4C gluten free oats
- 1/2 scoop vanilla whey protein
- Optional if you want thinner cakes: 1-2T water or almond milk

**Directions:**

- Heat a small skillet over medium heat and spray with olive oil spray
- Place all ingredients in a small blender and mix until all are combined.
- When pan is hot. Pour half the batter in and cook until bubbles start to form (about 3 minutes) and flip. Repeat with the other cake and then serve immediately.
- Top with fresh berries!

**Greek Yogurt Berry Parfait**

**Yields: 1**

**Ingredients:**

- 1 container PLAIN Greek Yogurt (I like Fage 2%)
- 1/3C berries of choice, chopped if using strawberries
- 1/3C gluten free oats, raw
- 1/2 banana, sliced
- 21 almonds

**Directions:**

- Begin layering ingredients in a mason jar or other container you have on hand.
- Layer of yogurt, then oats, then berries, then 7 of the nuts
- Repeat for 3 layers and top with banana slices.
- You can make this the night before OR morning of!
- ENJOY

