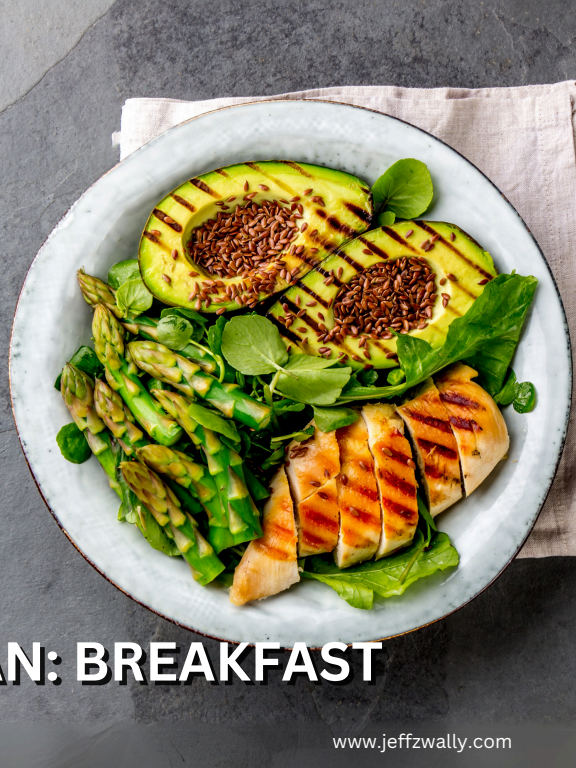




EATING CLEAN: BREAKFAST

Mango Yogurt Bowl

PREP TIME: 10 MIN

COOKING TIME: 5 MIN

SERVES: 1

Ingredients

1 1/4 cup (8 oz) plain Greek yogurt (non-fat or 2%)
1/3 cup cooked oatmeal (plain, unsweetened)
1/4 cup fresh mango, chopped
1/4 cup fresh blueberries
12 whole almonds, roughly chopped
1 teaspoon honey or maple syrup (optional, for sweetness)

Directions

1. **Prepare the Base:** Spoon the Greek yogurt into a bowl and spread it evenly.
2. **Add the Oatmeal:** Scoop the cooked oatmeal on top of the yogurt. Spread it evenly or leave it in a mound.
3. **Add the Berries:** Arrange the sliced strawberries and blueberries over the yogurt.
4. **Top with Almonds:** Sprinkle the chopped almonds evenly across the bowl for crunch and healthy fats.
5. **Sweeten (Optional):** Drizzle honey or maple syrup over the top if desired for added sweetness.
6. **Serve:**



Macros

- Calories 460/serving
- Protein 28g
- Carbs 64g
- Fat 14g

Green Protein Smoothie

PREP TIME: 10 MIN

COOKING TIME: 5 MIN

SERVES: 1

Ingredients

1 cup fresh spinach
½ cup cucumber, chopped
1 banana (frozen for creaminess)
½ cup Greek yogurt (plain, unsweetened)
1 scoop French Vanilla
Transparent Labs whey protein
½ cup almond mil
3 ice cubes

Directions

1. **Prepare for blending:** Add all ingredients to a blender.
2. **Blend:** On high speed until smooth and creamy.
3. **Serve:** Pour into glass.



Macros

- Calories 350/serving
- Protein 35g
- Carbs 40g
- Fat 5g

Peanut Butter Protein Pancakes

PREP TIME: 10 MIN

COOKING TIME: 10 MIN

SERVES: 3

Ingredients

1 ½ cup flour
¼ cup oat flour
2 tablespoon sugar
1 ½ tablespoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 scoop (30g) Transparent
Labs peanut butter whey
protein
2 tablespoons PB2
1 ½ cup unsweetened almond
milk
½ cup cottage cheese
½ cup applesauce
2 tablespoon neutral oil

Directions

- 1. Mix Dry Ingredients:** In a large bowl, whisk together the all-purpose flour, oat flour, sugar, baking powder, baking soda, salt, whey protein, and PB2.
- 2. Blend Wet Ingredients:** In another large bowl, combine the almond milk, cottage cheese, applesauce, and oil. Use an immersion blender to smooth the mixture.
- 3. Combine Wet & Dry:** Gradually add the dry ingredients to the wet ingredients, folding gently until just combined. The batter will be slightly thick but should still be pourable. If needed, add more almond milk to adjust consistency.
- 4. Cook Pancakes:** Heat a griddle or non-stick skillet over medium heat. Lightly grease if necessary. Pour the batter in ¼-cup portions onto the griddle. Cook until the edges appear set and bubbles form on the surface, about 1-2 minutes. Flip and cook for another 1-2 minutes until golden brown and cooked through.
- 5. Serve:** Enjoy warm and top with fresh fruit, Greek yogurt, or a drizzle of honey.



Macros

- Calories 482/serving
- Protein 21g
- Carbs 69g
- Fat: 13g

Breakfast Greens Bowl

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

SERVES: 1

Ingredients

2 tbs ghee or olive oil
½ cup shredded Brussels sprouts
½ cup chopped kale
1 tbs water
Sea salt and black pepper, to taste
½ cup cooked white rice
½ lime, juiced
3 large eggs
1 tbs ghee or oil (for eggs)
1 tablespoon chopped green onions

Directions

- 1. Prepare the greens:** Have your Brussels sprouts and kale prepped and ready. Heat a large skillet over medium heat with 2 tablespoons of ghee or olive oil.
- 2. Sauté the greens:** Add the shredded Brussels sprouts and cook for about 30 seconds, then add the kale and sprinkle with a tablespoon of water. Stir to cook down, then season with sea salt, black pepper, and any other preferred seasonings. Once softened, remove from the skillet.
- 3. Cook the white rice:** In the same skillet, add ½ cup cooked white rice. Season with salt, pepper, and a squeeze of lime juice. Stir occasionally and cook for 2-3 minutes until warmed through.
- 4. Cook the eggs:** Crack 3 large eggs into the skillet and cook sunny side up. Cover with a lid and cook until the whites are set and the yolks remain runny, about 1.5-2 minutes.
- 5. Assemble the bowl:** Place the cooked eggs on top of the greens and rice and chopped green onions for extra flavor.
- 6. Serve & enjoy**



Macros

- Calories 480/serving
- Protein 35g
- Carbs 50g
- Fat: 12g

Avocado, Egg & Potato Breakfast Bowl

PREP TIME: 10 MIN

COOKING TIME: 15 MIN

SERVES: 1

Ingredients

1 cup cooked, cubed potatoes
½ avocado, sliced
10-12 cherry tomatoes,
quartered
½ cup fresh spinach leaves,
packed
½ cup fresh baby kale, packed
1 green onion, sliced
3 large eggs
2 tsps ghee/butter, divided
Pinch of salt and pepper

Directions

- Air-Fry the Potatoes:** Preheat your air fryer to 400°F (200°C). Toss the cooked, cubed potatoes with 1 teaspoon of melted ghee or butter, salt, and pepper. Air fry for 10-12 minutes, shaking the basket halfway through, until crispy and golden.
- Wilt the Greens:** While the potatoes cook, heat the remaining teaspoon of ghee or butter in a skillet over medium heat. Add spinach and kale, sautéing for 1-2 minutes until just wilted. Transfer to a serving bowl.
- Sauté Cherry Tomatoes:** Add potatoes to skillet and sauté for 3-5 minutes to soften, remove and set aside.
- Cook the Eggs:** In the same skillet, cook eggs to your preferred doneness—sunny-side, over-easy, or scrambled.
- Assemble the Bowl:** Add the crispy air-fried potatoes to the greens. Top with cherry tomatoes, avocado slices, and both cooked eggs. Garnish with sliced green onions.
- Serve:** Eat immediately while warm.



Macros

- Calories 560/serving
- Protein 26g
- Carbs 45g
- Fat: 40g

Baked Avocado Toast

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

SERVES: 1

Ingredients

1 thick slice sourdough bread
½ ripe avocado
6-7 asparagus spears
¼ cup cherry tomatoes, halved
2-3 eggs
2 tbsp crumbled feta cheese
1 tsp olive oil
Salt & pepper, to taste

Directions

- 1. Preheat oven:** Preheat to 400°F (200°C). Lightly oil a glass loaf pan or baking dish.
- 2. Bake asparagus & tomatoes:** In the loaf pan, toss asparagus and cherry tomatoes with olive oil, salt, pepper, and optional garlic powder or herbs. Bake for 10 minutes.
- 3. Add eggs & feta:** After 10 minutes, remove pan from oven. Crack 2-3 eggs into the pan (nestled between the veggies). Sprinkle feta over the top. Return to oven and bake for another 10 minutes, or until egg whites are set and yolks are cooked to your liking.
- 4. Toast the sourdough:** While the pan finishes baking, toast your slice of sourdough until golden and crisp.
- 5. Mash the avocado:** In a small bowl, mash the avocado with a pinch of salt, pepper, and lemon juice (optional).
- 6. Assemble the toast:** Spread mashed avocado onto the toasted sourdough. Top with the roasted asparagus, tomatoes, baked eggs, and melted feta.



Macros

- Calories: 495
- Protein: 26g
- Carbs: 26g
- Fat: 31g