

E-BOOK

6 High-Protein Recipes

Breakfast Edition



Sommaire

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6 High-Protein Recipes *Breakfast Edition*

A Warm Welcome!

Hi there! I'm Hanan, the creator of Healthy Good Food.

I believe that eating healthy shouldn't be complicated or time-consuming.

That's why I created this 15-Minute Breakfast Guide.

My goal is to help you start your day with high-protein, delicious meals that fuel your body and mind without keeping you in the kitchen for hours.

In this book, you'll find my favorite quick recipes, each designed to be nutritious, satisfying, and easy to make. Whether you're a busy professional or just looking to improve your lifestyle, these recipes are for you.

Thank you for choosing Healthy Good Food.

Let's make every morning a healthy one!

Stay healthy,

www.healthygoodfood.com





Recipe 01: Ultimate Greek Yogurt Power Bowl

Prep time: 5 mins | Servings: 1 |
Calories: ~350 kcal

Ingredients:

- 1 cup Plain Greek Yogurt (Full fat or 2%).
- 1/2 cup fresh Blueberries or Strawberries.
- 2 tbsp Walnuts or Almonds (crushed).
- 1 tbsp Chia Seeds.
- 1 tsp Natural Honey or Maple Syrup.

Instructions:

1. Prepare the base: Scoop the Greek yogurt into a clean bowl and smooth the surface.
2. Add toppings: Arrange the fresh berries and crushed nuts on top of the yogurt.
3. Boost it: Sprinkle the chia seeds evenly over the bowl.
4. Sweeten: Drizzle the honey on top for a touch of natural sweetness.
5. Serve: Enjoy immediately for a fresh, protein-packed start!



Recipe 02: High-Protein Spinach & Feta Omelet

Prep time: 10 mins | Servings: 1 |
Calories: ~280 kcal

Ingredients:

- 2 Large organic eggs.
- 1 cup fresh baby spinach.
- 2 tbsp crumbled feta cheese.
- 1 tsp olive oil.
- Salt and black pepper to taste.
- Optional: Served with a slice of whole-grain toast.

Instructions:

1. **Sauté:** Heat the olive oil in a non-stick pan over medium heat. Add the spinach and sauté until it wilts (about 1–2 minutes).
2. **Whisk:** In a small bowl, whisk the eggs with a pinch of salt and pepper.
3. **Cook:** Pour the egg mixture over the spinach in the pan. Tilt the pan to ensure the eggs cover the entire surface.
4. **Flavor:** Once the edges start to set, sprinkle the crumbled feta cheese evenly over one half of the omelet.
5. **Fold:** Carefully fold the omelet in half using a spatula. Cook for another 30 seconds until the cheese is slightly melted.
6. **Serve:** Slide onto a plate and enjoy warm!



Recipe 03: Berry Blast Overnight Oats

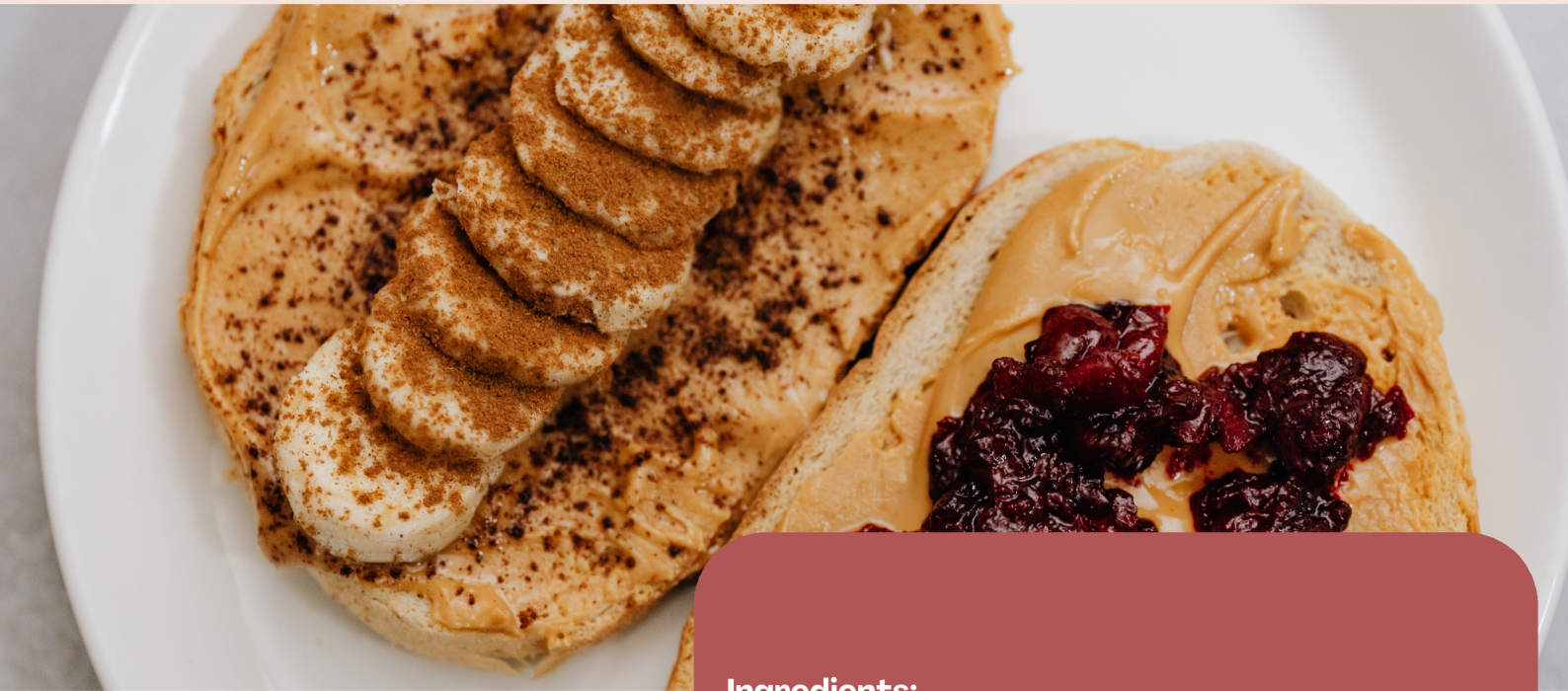
Prep time: 5 mins | Ready in: 4+ hours (in the fridge) | Servings: 1 | Calories: ~320 kcal

Ingredients:

- 1/2 cup Rolled oats (ensure they are certified gluten-free if needed).
- 1/2 cup Unsweetened almond milk (or milk of your choice).
- 1 tbsp Chia seeds.
- 1/2 cup Mixed berries (fresh or frozen - strawberries, blueberries, raspberries).
- 1 tsp Natural honey or maple syrup.
- Optional: A dash of vanilla extract.

Instructions:

1. Combine: In a glass jar or a small container, add the oats, milk, and chia seeds. Stir well until everything is combined.
2. Layer: Gently stir in half of the berries, then top with the remaining half.
3. Rest: Seal the jar with a lid and place it in the refrigerator overnight (or for at least 4 hours). The oats will soak up the milk and become creamy.
4. Serve: In the morning, give it a quick stir. If you prefer it thinner, add a splash more milk. Drizzle with honey just before serving for extra flavor.



Recipe 04: Almond Butter & Banana Energy Toast

Prep time: 3 mins | Servings: 1 |
Calories: ~310 kcal

Ingredients:

- 1 slice Whole-grain bread (or sourdough).
- 1 tbsp Natural almond butter (or peanut butter).
- 1/2 medium Banana, sliced.
- 1 tsp Chia seeds.
- A pinch of Cinnamon (optional, for extra flavor).

Instructions:

1. **Toast:** Toast your bread until golden brown and crispy to your preference.
2. **Spread:** Spread the almond butter generously over the warm toast.
3. **Top:** Arrange the banana slices neatly on top of the almond butter.
4. **Boost:** Sprinkle the chia seeds and a dash of cinnamon over the bananas.
5. **Serve:** Serve immediately as a quick, energy-packed breakfast.



Recipe 05: Savory Mushroom Scrambled Eggs

Prep time: 10 mins | Servings: 1 |
Calories: ~280 kcal

Instructions:

1. Sauté the mushrooms: Heat the olive oil in a non-stick pan over medium heat. Add the mushrooms and sauté until they are golden brown and tender (about 3–4 minutes).
2. Whisk: While the mushrooms cook, whisk the eggs in a small bowl with a pinch of salt and pepper.
3. Combine: Pour the whisked eggs into the pan with the mushrooms. If using spinach, add it now.
4. Scramble: Gently stir the mixture with a spatula, lifting the cooked eggs from the edges to the center. Cook until the eggs are soft and set to your liking.
5. Serve: Garnish with fresh chives if desired and serve hot.

Ingredients:

- 2 Large organic eggs.
- 1/4 cup chopped fresh mushrooms (cremini or button).
- 1 tsp Olive oil.
- 1/4 cup fresh spinach (optional, for color).
- Salt and black pepper to taste.
- Fresh chives (optional, for garnish).



Recipe 06: Creamy Cottage Cheese & Peach Bowl

Prep time: 3 mins | Servings: 1 |
Calories: ~260 kcal

Ingredients:

- 1/2 cup Low-fat cottage cheese.
- 1 Fresh peach, sliced (or canned peaches in natural juice).
- 1 tbsp Crushed walnuts or pecans.
- 1 tsp Natural honey or maple syrup.
- A few fresh mint leaves (optional, for garnish).

Instructions:

1. Base: Scoop the cottage cheese into a serving bowl and spread it evenly.
2. Fruit: Arrange the fresh peach slices neatly on top of the cheese.
3. Crunch: Sprinkle the crushed walnuts over the peaches for an extra boost of healthy fats and texture.
4. Finish: Drizzle with a touch of honey for natural sweetness.
5. Garnish: Top with mint leaves if you want a professional look. Enjoy!

Conclusion & Stay Connected

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Thank You for Reading!

- I hope you enjoyed these 6 quick and healthy breakfast recipes. My goal with Healthy Good Food is to make your kitchen experience easier, healthier, and much more delicious.
- Ready for more?
- Visit my website: www.healthygoodfood.com for hundreds of more recipes and tips!
- Follow us on social media: Join our community on [Insert Social Media Handles: e.g., @HealthyGoodFood] for daily inspiration.
- Share your creations: Did you try one of these recipes? Snap a photo and tag us! I'd love to see your breakfast masterpieces.
- Stay healthy and happy cooking, Hanan