

## PART 1 - BREAKFAST IDEAS

Never skip breakfast. It is the most important meal of the day. You'd be surprised how many healthy breakfast ideas require very little effort. Research suggests that people who eat breakfast are most successful at losing weight. Start your morning with a healthy, metabolism-revving breakfast using these 3 “magic” ingredients: whole grains and lean protein to help you stay full until lunch and some fruit or vegetables for added fiber.

### 1. Banana Bread French Toast



- 4 large eggs
- ¾ cup low-fat milk or almond milk
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 8 slices banana bread, about 1 inch thick
- 2 tablespoons butter, divided
- Toasted chopped walnuts, sliced banana and pure maple syrup for topping

#### INSTRUCTIONS:

1. Whisk eggs, milk, vanilla and cinnamon in a 4-cup measuring cup or mixing bowl.
2. Arrange 4 slices of banana bread in a 9-by-13-inch baking dish. Pour half of the egg mixture over the bread. Let soak for 1 minute, then turn the slices over and soak for 1 minute more.
3. Heat 1 tablespoon butter in a large nonstick skillet over medium heat. Add the slices and cook until golden, 2 to 3 minutes per side. Transfer to a plate and cover to keep warm. Repeat with the remaining banana bread, egg mixture and butter.
4. To serve, top with walnuts, sliced banana and maple syrup, if desired.

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### 2. Honey Roasted Cherry & Ricotta Toast



- 1 cup pitted fresh cherries
- 1 tablespoon honey, plus more for serving
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 2 teaspoons extra-virgin olive oil
- 4 whole-grain artisan bread
- 1 cup part-skim ricotta cheese
- 1 teaspoon fresh thyme
- ¼ cup slivered almonds, toasted

#### INSTRUCTIONS:

1. Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper.
2. Toss cherries with honey, lemon juice, oil and salt. Roast on the prepared pan, shaking it once or twice during cooking, until the cherries are warm and very soft, about 15 minutes.
3. Toast bread. Top with ricotta cheese, lemon zest, the roasted cherries, thyme, almonds and sea salt. Drizzle with more honey, if desired.
4. Make Ahead Tip: Refrigerate roasted cherries (Steps 1-2) for up to 3 days; reheat before serving.

## 3. Smashed Avocado Toast



- 2 slices whole wheat bread
- 2 eggs (fried)
- 1 avocado
- ½ purple onion, thinly sliced
- ½ cup thinly sliced peppers (any color works)
- 4 spears fresh asparagus (sliced in half)
- 1 tablespoon coconut oil
- ½ lime, juice
- Black pepper

### INSTRUCTIONS:

1. Melt coconut oil in a skillet over medium-high heat.
  2. Add onion, pepper, asparagus, and seasonings to skillet. Sauté vegetables for about 5 minutes. Add lime juice and sauté another minute or two.
  3. Toast bread then top with smashed avocado. Layer on the vegetables and fried egg then serve immediately.
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## 4. Cinnamon Whole Grain Power Pancakes



- ½ cup milk
- 2 whole eggs and 2 egg whites
- ½ cup vanilla protein powder
- ½ cup rolled oats
- ½ teaspoon cinnamon

### INSTRUCTIONS:

1. Place all ingredients in a blender and blend for 30 seconds until the batter is mostly smooth. Preheat a griddle to medium high heat.
2. Pour about ¼ cup pancake batter onto the hot griddle and cook for about three minutes or until bubbles form on top. Flip to the other side and cook for another 1-2 minutes. Transfer to a plate and serve topped with fruit, almond butter, chia seeds, and of course, maple syrup.

**NOTE: Store the extra pancakes in the fridge or freezer, or store the batter in the fridge for 1-2 days to make it last for several breakfasts.**

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## 5. Cinnamon Crunch French Toast



- 2 slice whole wheat bread
- 3 large eggs
- ¼ cup almond milk
- 3 tablespoon flaxseed, ground
- ½ teaspoon cinnamon

### INSTRUCTIONS:

1. In a medium bowl, combine eggs, milk, flax meal and cinnamon.
2. Whisk together until well combined.
3. Dunk each piece of bread into the mixture and immediately transfer to a hot pan.
4. Cook on each side until golden brown.
5. Serve with your favorite fruit and maple syrup.