



MAKE-AHEAD BREAKFASTS

5 Simple Recipes That Will Change Your
Relationship with Breakfast





A MESSAGE FROM OUR DIETICIAN

Most people leave the house in the morning without breakfast. Breakfasts pave the day for success and proper nutrition later on. These recipes are quick to make and are balanced with nutrients to keep you fuelled throughout busy days! If you have questions about nutrition, be sure to register for our sessions where we teach you important details in your nutrition journey. In the meantime, use these recipes to get yourself started on the right track

See you in your next session!

Jessica Roy, RD

RECIPES

Breakfast Egg Cups	2
Strawberry Protein Pancakes	3
Oatmeal Cups	4
Strawberry Overnight Oats	5
Breakfast Quiche	6



BREAKFAST EGG CUPS

Ingredients

- 1 tsp Olive oil
- 1/4 cup bell peppers
- 1/4 cup Onions
- 4 Eggs
- 2 cups Egg white, raw
- 1/4 cup Zucchini,
- 1/2 cup Cheddar Cheese

Directions

1. Preheat oven to 350.
2. Grease muffin pan with extra virgin olive oil cooking spray.
3. Crack eggs, egg whites, cheese, and vegetables into a large bowl and whisk together.
4. Pour the mixture evenly in the muffin tin (1/3C of mixture in each tin).
5. Bake for 20-25 minutes or until the tops are firm to the touch and eggs are cooked.
6. Fridge safe for up to 4 days (otherwise can be frozen for later consumption).

Nutrition Info

(per cup)

- Calories: 71kcal
- Protein: 8g
- Fat: 4g
- Carbohydrates: 1g

Macronutrients

(based on middle aged female)

- Selenium: 15 ug (27%)
- Vitamin B2: 0.3mg (25%)
- Choline: 51mg (12%)
- Vitamin C: 7mg (10%)
- Vitamin B12: 0.2ug (10%)



STRAWBERRY PROTEIN PANCAKES

Ingredients

1/3 cup egg whites
1/3 cup almond milk, unsweetened
1/3 cup oats
1 scoop vanilla protein powder
1/3 cup 1% cottage cheese
1/2 cup strawberries

Directions

1. Blend all ingredients together except strawberries, until smooth.
2. Add finely diced strawberries after blending and stir in mixture.
3. Pour batter to make four small pancakes.
4. Cook for 2-3 minutes each side until just browning.
5. You can refrigerate pancakes for up to three days.

Nutrition Info

(per pancake)

Calories: 85kcal
Protein: 12g
Fat: 1g
Carbohydrates: 6g

Macronutrients

(based on middle aged female)

Vitamin B2: 0.3mg (27%)
Phosphorus: 162mg (23%)
Selenium: 10ug (18%)
Vitamin C: 12mg (16%)
Vitamin B12: 0.3ug (13%)



OATMEAL CUPS

Ingredients

- 4 cups oats
- 1 1/2 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- 2 1/3 cup almond milk, unsweetened
- 1/4 cup stevia brown sugar
- 2 tsp vanilla extract
- 1/3 cup Walden Farm maple syrup
- 2 tsp lemon zest
- 2 tsp lemon juice
- 1 tbsp poppyseed

Directions

1. Preheat oven to 375.
2. Add all ingredients to a bowl and mix until well combined.
3. Spray a muffin tin with EVOO cooking spray.
4. Scoop 1/4 cup of mixture into each tin.
5. Bake for 20 minutes or until cooked through.

Nutrition Info

(per 1/4 cup)

- Calories: 119kcal
- Protein: 4g
- Fat: 3g
- Carbohydrates: 17g

Macronutrients

(based on middle aged female)

- Phosphorus: 125mg (18%)
- Calcium: 147mg (15%)
- Selenium: 8ug (15%)
- Copper: 0.1mg (14%)
- Vitamin B1: 0.2mg (14%)



STRAWBERRY OVERNIGHT OATS

Ingredients

1 tbsp almond butter
3/4 cup oats
1/4 cup strawberries, halved
1 tsp chia seeds
1 cup almond milk
1/2 scoop vanilla protein powder 1/2 cup plain
0% Greek yogurt

Directions

1. In a mason jar, combine oats, almond milk, whey protein
2. Stir until well combined and all the oats are covered in liquid.
3. Cover and refrigerate overnight.
4. For serving: add almond butter and stir just slightly so that you can see the swirls.

Nutrition Info

Calories: 428kcal
Protein: 26g
Fat: 15g
Carbohydrates: 33g

Macronutrients

(based on middle aged female)

Iron: 21 ug (119%)
Phosphorus: 707mg (101%)
Vitamin B12: 1mg (86%)
Magnesium: 222mg (69%)
Vitamin B12: 1.4ug (60%)



BREAKFAST QUICHE

Ingredients

- 1/4 cup grated parmesan
- 1 cup egg whites
- 3/4 cup 2% cottage cheese
- 2 tbsp green onions
- 2 cloves garlic
- 1/4 cup diced tomatoes
- 1/4 cup red & yellow bell peppers, diced
- 1/4 cup onion, diced
- 1 cup spinach
- 1 tbsp EVOO

Directions

1. Preheat oven to 325.
2. In an oven-safe skillet, heat oil to medium heat. Add green onions, peppers, and garlic until softened. Add spinach and stir and continue to cook until wilted.
3. Beat together egg whites and cottage cheese and pour in skillet. Bake in oven for 15 minutes.

Nutrition Info

(per slice)

- Calories: 51kcal
- Protein: 7g
- Fat: 1g
- Carbohydrates: 2g

Macronutrients

(based on middle aged female)

- Vitamin B2: 0.2 mg (20%)
- Selenium: 10.6ug (19%)
- Vitamin K: 9.4ug (10%)
- Phosphorus: 50mg (7%)
- Vitamin C: 4.5mg (6%)



GET MORE LIFE DONE AT WORK

We hope that you find these breakfast recipes easy, new, and of course, tasty! Being prepared with good nutrition will set the foundation for the rest of your day. It is important to include a variety of foods, so while you might love one recipe, be sure to keep a variety of foods in your diet.

At Bright, it is our goal to support you with skills and knowledge to support your health. Our nutrition sessions are designed to address popular nutrition topics and we aim to share evidence-based knowledge and to take down those walls about food that circulating myths have created.

Jessica Roy, RD