

# HIGH PROTEIN BREAKFASTS

8 high protein / low calorie recipes

by Christy Ewing



# GREEK YOGURT BOWL

326 calories | 42g protein | 21g fiber

## Ingredients:

150g Oikos Triple Zero Strawberry  
45g Kellog's All Bran Buds  
40-50g Frozen Berries  
1 scoop (27.2g) Legion Vanilla Whey Protein

## Instructions:

Microwave frozen berries for 30 seconds if you'd like.  
Weigh out the rest of ingredients, add to the bowl and mix together.

# EGG MCMUFFIN

433 calories | 31g protein

## Ingredients:

1 Turkey sausage patty  
1 Sourdough English Muffin  
2 eggs  
1 slice of Colby Jack Cheese  
Optional: Season with Everything But the Bagel

## Instructions:

Scramble your eggs and warm up your sausage patty on a large skillet  
Toast your english muffin  
Assemble and add seasoning :) (I also add ketchup to mine)



# CHOCOLATE PB PROTEIN SHAKE

288 calories | 44g protein

## Ingredients:

170g Oikos Triple Zero Vanilla Greek Yogurt  
½ banana  
1 scoop (27.2g) Legion Chocolate Whey Protein  
1 tbsp PB Fit (peanut butter powder)  
Water as needed

## Instructions:

Combine ingredients and blend

# EGG CASSEROLE

295 calories | 28g protein

## Ingredients:

16oz ground turkey sausage  
5 eggs (beaten)  
400g liquid egg whites  
168g fiesta blend shredded cheese  
1.5 cup low fat cottage cheese  
4 cups shredded hash browns  
0.5-1 cup chopped red or green pepper  
1 (4oz) can of diced green chiles  
Fresh salsa

## Instructions:

Preheat oven to 350 degrees  
Cook the ground turkey and combine cooked ground turkey, eggs, liquid eggs, cheese, cottage cheese, and hashbrowns, peppers in large bowl.  
Stir together and pour into pre-greased 9x13 baking dish.  
Cover with foil and bake for 60 minutes. Uncover and bake for an additional 10 minutes.  
Cut into 8 squares and serve with fresh salsa.



# STRAWBERRY VANILLA SHAKE

269 calories | 38g protein

## Ingredients:

150g Oikos Triple Zero Strawberry Greek Yogurt  
40-50g Frozen Berries  
½ banana  
1 scoop (27.2g) Legion Vanilla Whey Protein  
Water as needed

## Instructions:

Combine ingredients and blend

# BREAKFAST BURRITO

578 calories | 42g protein

## Ingredients:

1 Turkey sausage patty chopped up  
150g liquid egg whites  
85g shredded hash browns  
28g fiesta cheese blend  
½ red pepper  
1 Mission Carb Balance Whole Wheat Tortilla (71g)

## Instructions:

Warm up sausage patty on skillet and chop  
Combine liquid egg whites, cheese, chopped pepper, chopped sausage, and hash browns in large skillet  
Salt and pepper to taste  
Warm tortilla and top with egg mixture. Wrap and enjoy!

# CHEESY EGGS

272 calories | 50g protein

## Ingredients:

2 large eggs  
200g liquid egg whites  
¼ cup 0% cottage cheese  
Salt and pepper to taste

## Instructions:

Combine ingredients in large skillet, mix and cook until eggs are scrambled  
Season to taste and enjoy!

# EGG WHITE OMELET

230 calories | 19g protein

## Ingredients:

60g shredded, raw sweet potato  
6 chopped asparagus spears  
3 egg whites (6 Tbs. liquid egg whites) 1 tsp. water  
25g chopped avocado  
2 Tbs. shredded Parmesan cheese  
2 Tbs. fresh salsa

## Instructions:

1. Heat frying pan over medium heat.
2. Place the shredded sweet potatoes on a plate. Spray with cooking spray and microwave for 2 minutes.
3. Spray a frying pan with cooking spray. Add the asparagus and sweet potatoes to the pan. Sauté with seasonings of choice for 5 minutes, then transfer to a plate.
4. Beat the egg whites and water together in a bowl, then add to a greased frying pan and sprinkle with sea salt. Cover and cook for 3 minutes. Flip eggs and cook on the other side. Add the asparagus, sweet potatoes and cheese to one side of the fried egg and fold the other side over the top. Top the omelet with avocado, Parmesan and salsa.