

# 5 Day Breakfast Menu

All recipes can be prepared in less than 5 minutes!

Day 1: Peaches & “Cream” Waffles

Day 2: Southwest Scramble

Day 3: Very Berry Smoothie

Day 4: PB&B Wafflewich

Day 5: Minute Oatmeal Muffin

# Peaches & “Cream” Waffles

Serves 1

## Ingredients

2 whole grain waffles, frozen  
½ cup reduced-fat ricotta cheese  
1 small peach, sliced



## Directions

1. Place frozen waffles in a toaster on low heat setting (feel free to make homemade whole wheat waffles if you like!) until heated through.
2. Top with ricotta cheese and fresh sliced peaches.

**Note:** You can substitute any fresh fruit you have on hand for the peaches.

**Nutrition Information per Serving:** Calories: 350, Total Fat: 11gm, Saturated Fat: 4gm, Trans Fat: 0gm, Cholesterol: 30mg, Carbs: 46gm, Fiber: 5gm, Protein: 16gm, Sodium: 530mg



# Southwest Scramble

Recipe Adapted from: [Martha Stewart Living](#)

**Serves 1**

## Ingredients

2 eggs  
2 Tbsp milk  
¼ tsp cayenne pepper  
½ tsp salt  
Pepper, to taste  
2 Tbsp chopped bell peppers (any color)



## Directions

1. In a microwave-safe ramekin, cup, mug or bowl, beat eggs with milk, cayenne pepper, salt and pepper.
2. Stir in chopped bell peppers.
3. Microwave, uncovered, for 45 seconds. Stir with a fork.
4. Continue cooking until eggs are almost set, about 45 seconds more.

**Serving Suggestion:** For a more complete meal, serve with ½ cup fresh fruit and 1-2 slices of whole wheat toast.

**Note:** If you're watching your fat and cholesterol intake, substitute egg whites or egg substitute for the whole eggs (1 large egg= 2 large egg whites = ¼ cup egg substitute).

**Nutrition Information per Serving:** Calories: 160, Total Fat: 10gm, Saturated Fat: 3gm, Trans Fat: 0gm, Cholesterol: 375 mg, Carbs: 3gm, Fiber: 0gm, Protein: 14 gm, Sodium: 450 mg



# Very Berry Smoothie

Makes 2 Servings

## Ingredients

- 2 large handfuls (2 – 3 cups) baby spinach\* (Detox vegetable)
- 1 cup blueberries\* – fresh or frozen (Detox fruit)
- 1 cup blackberries – fresh or frozen (Detox fruit)
- 1 cup raspberries – fresh or frozen (Detox fruit)
- ¼ cup unsweetened pineapple tidbits – fresh or frozen (Detox fruit)
- 6 – 8 pitted cherries – fresh or frozen (Detox fruit)
- 1 pitted date
- ½ banana
- ¼ - ½ cup water or 4 – 6 ice cubes
- 2 – 3 scoops whey protein isolate or 100% pea protein powder (48 gm total protein) – (Detox amino acids)



## Directions

1. Place spinach in bottom of blender container.
2. Layer all fruits on top of spinach.
3. Add water or ice and blend until smooth (1 – 3 minutes depending on your blender.) \*\*
4. Add protein powder and blend for 1 more minute until smooth.

**Nutrition Information per Serving:** Calories: 282, Total Fat: 1gm, Saturated Fat: 0gm, Trans Fat: 0gm, Cholesterol: 0mg, Carbs: 47gm, Fiber: 11gm, Protein: 27gm, Sodium: 46-300mg (varies between protein powder brands)

\* Buy organic when possible.

\*\* If using frozen fruit, add water. If using fresh fruit, add ice cubes. Both will provide a frozen-type smoothie. If you prefer a non-frozen smoothie, use water.

# PB & B Wafflewich

Serves 1

## Ingredients

- 2 whole grain waffles, frozen
- 1 small banana, sliced
- 1 Tbsp peanut butter



## Directions

1. Place frozen waffles in a toaster on low heat setting (feel free to make homemade whole wheat waffles if you like!) until heated through.
2. Spread peanut butter on evenly on both waffles.
3. Top one waffle with sliced banana. Place other waffle on top to create a sandwich.

**Note:** You can substitute any nut butter for the peanut butter.

**Nutrition Information per Serving:** Calories: 370, Total Fat: 14gm, Saturated Fat: 2gm, Trans Fat: 0gm, Cholesterol: 0mg, Carbs: 55gm, Fiber: 7gm, Protein: 10gm, Sodium: 420mg



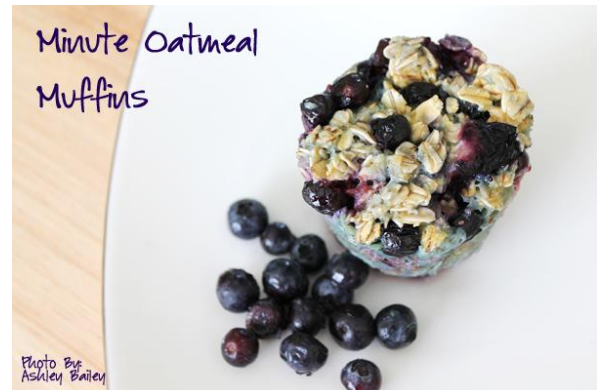
# Minute Oatmeal Muffins

Recipe from: [Blogilates](#)

**Serves 1**

## Ingredients

1 egg  
1 Tbsp milk  
1 tsp brown sugar  
¼ cup oats, dry  
¾ cup blueberries, divided  
Cinnamon, optional



## Directions

1. Beat egg with milk in a microwave safe coffee mug.
2. Stir in brown sugar and, if desired, cinnamon.
3. Add oats and stir well. Fold in ¼ cup blueberries.
4. Place in microwave for 1 minute. Watch carefully!! It could overflow.
5. If the muffin top does not look firm, place back in microwave in 30 second intervals until top is firm.
6. Flip mug upside down onto a plate. Serve with ½ cup blueberries (or any other berries you have on hand).

**Serving Suggestion:** Enjoy with 4 oz of vanilla Greek yogurt for an added boost of protein.

**Note:** The milk is added to help make the muffin a little moist. You can omit the milk if you prefer a drier muffin.

**Nutrition Information per Serving:** Calories: 230, Total Fat: 7gm, Saturated Fat: 2gm, Trans Fat: 0gm, Cholesterol: 185 mg, Carbs: 34gm, Fiber: 5gm, Protein: 10 gm, Sodium: 80 mg

**Nutrition Information per Serving (with yogurt):** Calories: 310, Total Fat: 7gm, Saturated Fat: 2gm, Trans Fat: 0gm, Cholesterol: 185 mg, Carbs: 42gm, Fiber: 5gm, Protein: 21 gm, Sodium: 130 mg