

Breakfast Cookbook

VOL 1

Presented By: Team GG

Table Of Contents

Low Cal French Toast	3
High Cal French Toast	4
Breakfast Combos	5
Protein Pancakes	6
Breakfast Burrito	7
Quick Options	8

Low Cal French Toast

Yield: 16 Servings

Serving Size: 1 piece

Calories: 76~85 Calories | 8.25g P | 13g C | 7g Fiber |

Ingredients

1 loaf of 647 bread (any type) 40 cal per slice

1 carton of egg whites 32oz 500cal per container (31.25 per slice)

Ground cinnamon

Pan spray (any type) 5 cal per second

Optional Ingredients (per batch):

1 Whole egg +60-70 cal

1 tsp of Maple extract

1 tsp of Vanilla extract

1 tsp of Butter extract

Directions

- 1) In a mixing bowl add egg and any other ingredients and whisk together.
- 2) Dip bread mixture into bowl. Dip & flip in mix x4
- 3) Spray the heated pan where you are placing the piece and repeat for loaf.
- 4) Sprinkle cinnamon as you wish to your liking
- 5) When finished add sugar free syrup on top and enjoy

High Cal French Toast

Yield: 16 Servings

Serving Size: 1 piece

Calories: 116~125 Calories | 9.25g P | 14g C | 2g Fiber |

Ingredients

1 loaf of Martins butter bread 80 cal per slice

1 carton of egg whites 32oz 500cal per container (31.25 per slice)

*substitute 1 whole egg per serving to desire.

**Add 35cal per egg macros will also adjust. Current range is for 1 additional egg.

Ground cinnamon

Pan spray (any type) 5 cal per second

Optional Ingredients (per batch):

1 tsp of Maple extract

1 tsp of Vanilla extract

1 tsp of Butter extract

Directions

- 1) In a mixing bowl add egg and any other ingredients and whisk together.
- 2) Dip bread mixture into bowl. Dip flip x4
- 3) Spray the heated pan where you are placing the piece and repeat for loaf.
- 4) Sprinkle cinnamon as you wish to your liking
- 5) When finished add sugar free syrup on top and enjoy

****Can also add fruit on side just remember to add and track****

Breakfast Combos

Yield: 1 Servings

Calories: Varies

Ingredients

Egg Option:

Whole eggs 70 cals per egg | 6g P | 0g C

Egg whites 25 cals per 3 Tbsp | 5g P | 1g C

Meat Option:

Turkey Bacon | 40 cals per slice | 5g P | 1g C

Turkey Sausage | 100 cals per slice | 4g P | 1g C

Pork Bacon | 50 cals per slice | 11g P | 1g C

Pork Sausage | 85 cals per slice | 4g P | 2g C

Carb Option:

Plain Bagel Dave's Killer | 260 cals per bagel | 11g P | 48g C |

Plain Bagel 647 | 160 per bagel | 8g P | 50g C | 20g Fiber |

White toast | 80 cals per slice | 2g P | 29g C | 1g Fiber |

White toast 647 | 40 cals per slice | 2g P | 13g C | 7g Fiber |

French toast low cal | 76~85 Calories | 8.25g P | 13g C | 7g Fiber |

French toast high cal | 116~125 Calories | 9.25g P | 14g C | 2g Fiber |

****Make sure to add cals for things like ketchup, hot sauce, syrup etc.**

****Can also add fruit on side just remember to add and track****

Directions

Can do instructions here if requested but this is more for a mix and match section to show you different balanced breakfast combos. Feel free to try them out but cals can vary per product so make sure to double check before cooking.

Protein Pancakes

Yield: 10 Servings

Serving Size: ~2 pancakes (½ cup dry mix)

Calories: 190 Calories | 12g P | 33g C | 4g Fiber |

Ingredients

1 box (5 cups) of Kodiak Power Cakes

¾ cup water for every 1 cup of dry mix

Pan spray (any type) 5 cal per second

Optional Ingredients (per batch):

Replace water with fat free milk +80 cal add P and C

Add 1 whole egg +60-70 cal add P and Ct

Directions

- 1) In a mixing bowl add your pancake mix and the corresponding amount of water (depends on preferred yield) and whisk together.
- 2) Spray the heated pan (medium-high) and add ¼ cup of batter onto it.
- 3) Once bulles form on top flip and cook the other side.
- 4) Once finished select your serving and enjoy with sugar free syrup.

Breakfast Burrito

Yield: 1 Servings

Calories: 250 - 550+

Ingredients

Tortilla Option:

Mission flour tortilla | 140 cals per | 4gP | 24g C | 1g Fiber |

Mission carb balance tortilla | 70 cals per | 5g P | 19g C | 16g Fiber |

Egg Option:

Whole eggs 70 cals per egg | 6g P | 0g C

Egg whites 25 cals per 3 Tsbp | 5g P | 1g C

Meat Option:

Turkey Bacon | 40 cals per slice | 5g P | 1g C

Turkey Sausage | 100 cals per slice | 4g P | 1g C

Pork Bacon | 50 cals per slice | 11g P | 1g C

Pork Sausage | 85 cals per slice | 4g P | 2g C

Cheese Option:

Kraft Shredded Cheddar | 110 cals per ¼ cup | 6g P | 1g C

Fat Free Kraft Shredded Cheddar | 45 cals per ¼ cup | 9g P | 2g C

****Make sure to add cals for things like ketchup, hotsauce, syrup etc.**

Directions

Can do instructions here if requested but this is more for a mix and match section to show you different balanced breakfast combos. Feel free to try them out but cals can vary per product so make sure to double check before cooking.

Quick Options

Yield: 1 Serving

Calories: Varies

Ingredients

Instant Oats | 150 cals per ½ cup | 5g P | 27g C | 4g Fiber

Oikos greek yogurt triple zero | 110 per ¾ cup | 17g P | 11g C

Cereal w/ protein milk*** | 300 cals 1 c cereal and 1 milk | 33g P | 33g C

Make sure to add cals for things like ketchup, hotsauce, syrup etc.

****Can also add fruit on side just remember to add and track****

*****Protein milk can be muscle milk, fairlife, premier protein, etc*****

Directions

Can do instructions here if requested but this is more for a mix and match section to show you different balanced breakfast combos. Feel free to try them out but cals can vary per product so make sure to double check before cooking.