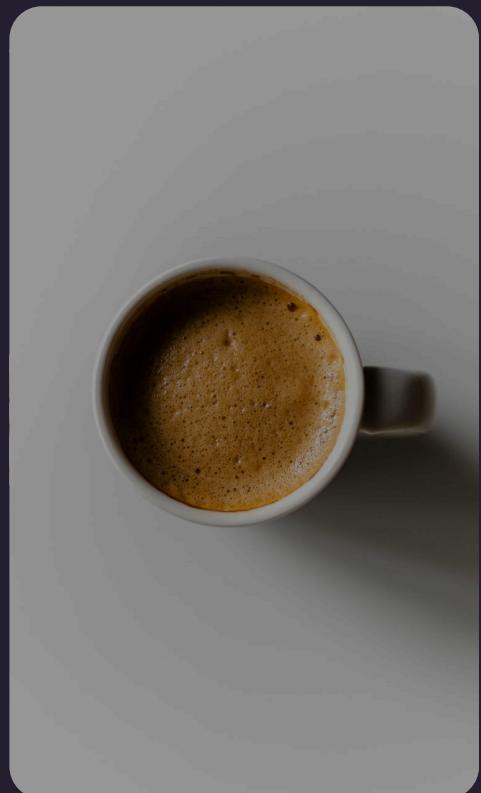


NUTRIENT-RICH BREAKFASTS COLLECTION

KAIZEN



START YOUR DAY WITH ENERGY AND VITALITY WITH OUR NUTRIENT-RICH BREAKFASTS COLLECTION, FEATURING 20 WHOLESOME AND DELICIOUS RECIPES DESIGNED TO FUEL YOUR MORNING. EACH RECIPE IS THOUGHTFULLY CRAFTED TO BALANCE ESSENTIAL NUTRIENTS, ENSURING YOU BEGIN YOUR DAY FEELING NOURISHED AND READY TO TAKE ON THE WORLD.

FROM COMFORTING CLASSICS WITH A TWIST TO BOLD NEW FLAVOURS, THESE BREAKFASTS CELEBRATE THE ART OF EATING WELL, USING SIMPLE INGREDIENTS AND EASY-TO-FOLLOW INSTRUCTIONS. LET THIS COLLECTION INSPIRE YOUR MORNINGS WITH A VARIETY OF DISHES THAT ARE AS SATISFYING AS THEY ARE NUTRITIOUS.

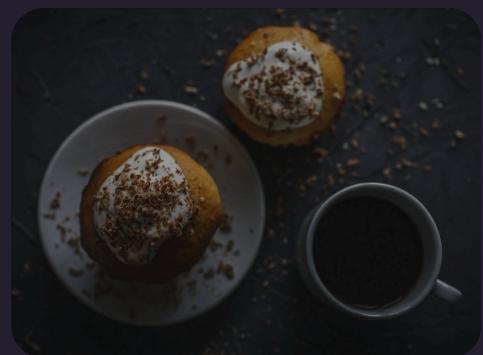
BY YULIA DANTES

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NUTRIENT-RICH BREAKFASTS COLLECTION

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RECIPES

1. BLUEBERRY PROTEIN WAFFLES
2. SOY SAUCE FRIED EGGS WITH OATS
3. CHEESE SANDWICH WITH CHICKEN
4. MINI CHARLOTTE
5. CHOCOLATE OATMEAL WITH CHERRIES
6. TOASTS WITH CHECKEN PÂTÉ
7. EGG TORTILLA
8. PUMPKIN OATMEAL WITH CINAMMON
9. FISH PIE
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11. BANANA PANCAKES
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13. AVOCADO TOAST WITH ROASTED TOMATOES
14. EGG MUFFINS
15. ZUCCHINI PANCAKE
16. TUNA AND EGG OPEN-FACED SANDWICH
17. PROTEIN OATMEAL WITH PEANUTBUTTER AND BERRIES
18. SAVORY PANCAKES WITH SALMON AND MOZZARELLA
19. AVOCADO AND EGG BOWL
20. CHOCOLATE PROTEIN MUFFINS



BLUEBERRY PROTEIN WAFFLES

CALORIES : 513
PROTEIN : 40.0
FATS : 12.6
CARBS : 60.6

INGREDIENTS :

- 1 EGG
- 100ML MILK
- 60G FLOUR
- 20G PROTEIN
- 20G GREEK YOGURT
- 150G BLUEBERRIES

INSTRUCTIONS :

WHISK THE EGG AND MILK. ADD THE FLOUR AND PROTEIN POWDER AND MIX UNTIL SMOOTH. FOLD IN THE BLUEBERRIES. PREHEAT AND GREASE THE WAFFLE IRON (IF YOU DON'T HAVE ONE, YOU CAN MAKE SIMPLE PANCAKES IN A PAN). POUR THE BATTER AND COOK UNTIL GOLDEN. TOP WITH GREEK YOGURT AND EXTRA BLUEBERRIES.



SOY SAUCE FRIED EGGS WITH OATS

CALORIES : 488
PROTEIN : 20.6
FATS : 28.0
CARBS : 40.0

INGREDIENTS :

- 2 EGGS
- 50G OATS
- 100ML SOY SAUSE
- 60G AVOCADO
- 10G SESAME

INSTRUCTIONS :

COOK OATS ACCORDING TO PACKAGE INSTRUCTIONS. FRY THE EGGS AND DRIZZLE WITH SOY SAUCE. SLICE AVOCADO AND SET ASIDE. ASSEMBLE BY LAYERING OATS, EGGS, AND AVOCADO. TOP WITH SESAME SEEDS.



CHEESE SANDWICH WITH CHICKEN

CALORIES : 540
PROTEIN : 53.2
FATS : 17.4
CARBS : 45.1

INGREDIENTS :

- 80G WHOLE GRAIN BREAD
- 50G HARD CHEESE
- 100G BOILED CHICKEN
- 3 LETTUCE LEAVES
- 200G CHERRY TOMATOES
- 80G RED ONION
- SALT & SPICES TO TASTE

INSTRUCTIONS :

IN A FRYING PAN, SAUTÉ THE RED ONION, CHERRY TOMATOES, AND CHICKEN FOR 5–7 MINUTES. THEN REMOVE FROM THE PAN. PLACE THE BREAD IN THE SAME PAN, TOP WITH THE SAUTÉED INGREDIENTS, AND ADD SLICES OF CHEESE ON TOP. COVER THE PAN WITH A LID AND COOK UNTIL THE CHEESE MELTS. SERVE WITH LETTUCE LEAVES AND THE REMAINING CHERRY TOMATOES.



MINI CHARLOTTE

CALORIES : **662**
PROTEIN : **39.9**
FATS : **27.3**
CARBS : **67.1**

INGREDIENTS :

- 1 EGG
- 50G WHOLE GRAIN FLOUR
- 100G QUARK CHEESE
- 200G APPLES
- 5G BACKING POWDER
- 5G CINNAMON
- 20G WALNUTS
- SWEETENER TO TASTE

INSTRUCTIONS :

MIX THE EGG, FLOUR, QUARK CHEESE, CHOPPED WALNUTS, CINNAMON, AND BAKING POWDER. STIR TO MAKE THE BATTER AND POUR IT INTO MUFFIN MOLDS. SLICE THE APPLES INTO THIN HALF-RINGS AND PLACE THEM ON TOP. BAKE FOR 20–30 MINUTES AT 180°C. SERVE WARM.



CHOCOLATE OATMEAL WITH CHERRIES

CALORIES : 488
PROTEIN : 15.0
FATS : 15.4
CARBS : 70.1

INGREDIENTS :

- 50G WHOLE GRAIN OATS
- 10G UNSWEETENED COCOA POWDER
- 1 BANANA
- 100G FROZEN CHERRIES
- 20G ALMONDS
- SWEETENER TO TASTE

INSTRUCTIONS :

COOK THE OATS AND MIX THEM WITH COCOA POWDER AND SWEETENER, IF DESIRED. SERVE WITH CHERRIES, SLICED BANANA, AND CRUMBLED ALMONDS ON TOP.



TOASTS WITH CHICKEN PÂTÉ

CALORIES : 611
PROTEIN : 60.9
FATS : 19.4
CARBS : 70.2

INGREDIENTS :

- 50G WHOLE GRAIN BREAD
- 150G CHICKEN BREAST
- 150G MUSHROOMS
- 100G ONION
- 50G CREAM CHEESE
- 300G FRESH VEGETABLES FOR THE SALAD
- 10G OLIVE OIL FOR THE SALAD
- SALT & SPICES TO TASTE

INSTRUCTIONS :

FINELY CHOP THE CHICKEN BREAST AND SAUTÉ IT WITH THE ONION AND MUSHROOMS. TRANSFER EVERYTHING TO A BLENDER, ADD THE CREAM CHEESE, AND BLEND UNTIL SMOOTH. SPREAD THE PÂTÉ ON THE TOASTS AND SERVE WITH A VEGETABLE SALAD.



EGG TORTILLA

CALORIES : 440
PROTEIN : 31.1
FATS : 21.1
CARBS : 38.2

INGREDIENTS :

- 2 EGGS
- 150G TOMATOES
- 50G PARSLEY
- 50G WHOLE GRAIN WRAP
- 30G HARD CHEESE
- 150G FRESH VEGETABLES
- SALT & SPICES TO TASTE

INSTRUCTIONS :

SLICE THE TOMATOES INTO RINGS AND PLACE THEM IN A PAN. WHISK THE EGGS UNTIL SMOOTH AND POUR THEM OVER THE TOMATOES, THEN SPRINKLE WITH PARSLEY. PLACE THE WRAP ON TOP AND COOK UNTIL THE EGGS ARE SET. THEN, TRANSFER EVERYTHING TO A PLATE, SPRINKLE WITH GRATED CHEESE, FOLD IN HALF, AND SERVE WITH FRESH VEGETABLES.



PUMPKIN OATMEAL WITH CINNAMON

CALORIES : 604
PROTEIN : 39.2
FATS : 20.1
CARBS : 63.8

INGREDIENTS :

- 70G WHOLE GRAIN OATS
- 250G ROASTED PUMPKIN
- 100G COTTAGE CHEESE
- 20G PUMPKIN SEEDS
- 5G CINNAMON
- SWEETENER TO TASTE

INSTRUCTIONS :

COOK THE OATS AND MIX THEM WITH ROASTED PUMPKIN AND COTTAGE CHEESE. SPRINKLE WITH CINNAMON AND PUMPKIN SEEDS, THEN SERVE.



FISH PIE

CALORIES : 526
PROTEIN : 43.9
FATS : 21.7
CARBS : 40.2

INGREDIENTS FOR THE DOUGH:

- 1 EGG
- 40G WHOLE GRAIN FLOUR
- 5G BACKING POWDER

INGREDIENTS FOR FILLING:

- 100G SALMON
- 100G CHERRY TOMATOES
- 100G BROCCOLI
- 20G MOZZARELLA
- SALT & SPICES TO TASTE

INSTRUCTIONS :

MIX ALL THE INGREDIENTS FOR THE DOUGH UNTIL SMOOTH, POUR IT INTO A BAKING DISH, AND TOP WITH SALMON, CHERRY TOMATOES, BROCCOLI, AND GRATED CHEESE. BAKE FOR 20 MINUTES AT 180°C (356°F). SERVE WARM.



BERRY CAKE WITH NUTS

CALORIES : 533
PROTEIN : 25.2
FATS : 25.5
CARBS : 53.7

INGREDIENTS :

- 2 EGGS
- 50G BANANA
- 30G FRUIT PURE
- 30G WHOLE GRAIN FLOUR
- 20G KEFIR
- 100G OF YOUR FAVOURITE BERRIES
- 5G BACKING POWDER
- 20G OF YOUR FAVOURITE BERRIES
- SWEETENER TO TASTE

INSTRUCTIONS :

MIX THE EGGS WITH FLOUR, KEFIR, FRUIT PUREE, BANANA, BAKING POWDER, CHOPPED NUTS, AND BERRIES. STIR UNTIL SMOOTH, POUR THE BATTER INTO A BAKING DISH, AND BAKE AT 180°C (356°F) FOR 20-30 MINUTES. SERVE WARM.



BANANA PANCAKES

CALORIES : 413
PROTEIN : 37.0
FATS : 8.0
CARBS : 51.0

INGREDIENTS :

- 1 EGG
- 1 BANANA
- 30G OAT FLACKES
- 30G PROTEIN POWDER
- 4TBSP OF MILK
- $\frac{1}{2}$ TBSP BACKING POWDER
- 100G STRAWBERRIES

INSTRUCTIONS :

BLEND ALL THE INGREDIENTS TOGETHER UNTIL SMOOTH. HEAT A NON-STICK PAN OVER MEDIUM HEAT. POUR THE BATTER ONTO THE PAN TO FORM PANCAKES. COOK FOR 3-5 MINUTES ON EACH SIDE UNTIL GOLDEN BROWN. SERVE WITH FRESH STRAWBERRIES.



SCRAMBLE WITH VEGGIES

CALORIES : 454
PROTEIN : 25.0
FATS : 14.0
CARBS : 60.0

INGREDIENTS :

- 2 EGGS
- 30G SPINACH
- 1TSP OLIVE OIL
- 50G CHERRY TOMATOES
- 50G BELL PEPPER
- 2 SLICES TOASTED WHOLE BREAD

INSTRUCTIONS :

HEAT OLIVE OIL IN A PAN, SAUTÉ BELL PEPPER AND CHERRY TOMATOES FOR 5 MINUTES. ADD SPINACH AND COOK UNTIL WILTED. IN A SEPARATE BOWL, WHISK EGG WITH SALT AND PEPPER, POUR OVER VEGGIES, COOK UNTIL DONE. SERVE ON TOAST.



AVOCADO TOAST WITH ROASTED TOMATOES

CALORIES : 504
PROTEIN : 15.1
FATS : 23.0
CARBS : 53.3

INGREDIENTS :

- 60G SLICES TOASTED WHOLE BREAD
- 100G AVOCADO
- 3TBSP CREAM CHEESE
- 100G CHERRY TOMATOES
- 50G RED ONION

INSTRUCTIONS :

SPREAD CREAM CHEESE EVENLY OVER TOASTED BREAD. MASH AVOCADO AND LAYER IT ON TOP OF THE CREAM CHEESE. IN A PAN, ROAST CHERRIES WITH RED ONION UNTIL SOFT AND CARAMELIZED. ADD THE ROASTED CHERRIES AND ONIONS ON TOP OF THE AVOCADO TOAST. SEASON WITH SALT, PEPPER, OR YOUR FAVOURITE SPICES TO TASTE.



EGG MUFFINS

CALORIES : 494
PROTEIN : 28.0
FATS : 20.0
CARBS : 43.8

INGREDIENTS :

- 2 EGGS
- 150G SPINACH
- 100G TOMATOES
- 50ML MILK
- 30G FETA CHEESE
- 60G WHOLE GRAIN BREAD

INSTRUCTIONS :

PREHEAT THE OVEN TO 180°C (356°F). IN A BOWL, BEAT THE EGGS WITH MILK UNTIL WELL COMBINED. POUR THE EGG MIXTURE INTO MUFFIN CUPS, FILLING EACH ABOUT 3/4 FULL. ADD CHOPPED SPINACH, DICED TOMATOES, AND CRUMBLED FETA CHEESE TO EACH CUP. BAKE IN THE OVEN FOR 15–20 MINUTES, OR UNTIL THE EGGS ARE SET AND LIGHTLY GOLDEN. SERVE THE EGG MUFFINS WITH WHOLE-GRAIN BREAD.



ZUCCHINI PANCAKE

CALORIES : 607
PROTEIN : 45.1
FATS : 25.5
CARBS : 44.0

INGREDIENTS :

- 150G ZUCCHINI
- 1 EGG
- 50G WHOLE GRAIN FLOUR
- 100G COOKED TURKEY
- 100G AVOCADO
- 20G ARUGULA
- 100G CUCUMBER
- SALT & SPICES TO TASTE

INSTRUCTIONS :

GRATE THE ZUCCHINI AND SQUEEZE OUT EXCESS LIQUID. MIX THE ZUCCHINI WITH THE EGG, FLOUR, SALT, AND SPICES TO FORM A BATTER. HEAT A NON-STICK PAN AND POUR THE BATTER TO FORM A LARGE PANCAKE. COOK ON BOTH SIDES UNTIL GOLDEN BROWN. ONCE COOKED, TRANSFER THE PANCAKE TO A PLATE. LAYER ARUGULA, SLICED AVOCADO, CUCUMBER, AND TURKEY ON ONE HALF OF THE PANCAKE. SEASON WITH ADDITIONAL SPICES IF DESIRED, FOLD THE PANCAKE IN HALF, AND SERVE WARM.



FRUITTY COTTAGE CHEESE TOASTS

CALORIES : 550
PROTEIN : 24.0
FATS : 15.0
CARBS : 75.0

INGREDIENTS :

- 120G WHOLE GRAIN BREAD (2 SLICES)
- 120G COTTAGE CHEESE
- 1 BANANA
- 100G STRAWBERRIES
- 10G HONEY
- 10G ALMOND FLAKES

INSTRUCTIONS :

TOAST THE WHOLE-GRAIN BREAD SLICES UNTIL GOLDEN BROWN. SPREAD COTTAGE CHEESE EVENLY OVER EACH SLICE OF BREAD. SLICE THE BANANA AND STRAWBERRIES AND ARRANGE THEM ON TOP OF THE COTTAGE CHEESE. DRIZZLE HONEY OVER THE TOAST AND SPRINKLE WITH ALMOND FLAKES.



PROTEIN OATMEAL WITH PEANUTBUTTER AND BERRIES

CALORIES : 420
PROTEIN : 36.0
FATS : 11.0
CARBS : 47.0

INGREDIENTS :

- 40G OATS
- 10G PEANUT BUTTER
- 150G RASPBERRIES AND BLUEBERRIES (MIXED)
- 30G PROTEIN POWDER
- 50ML MILK

INSTRUCTIONS :

COOK THE OATS WITH MILK OVER MEDIUM HEAT UNTIL SOFT AND CREAMY. ONCE COOKED, MIX IN THE PROTEIN POWDER UNTIL WELL COMBINED. TRANSFER THE OATMEAL TO A BOWL. TOP WITH PEANUT BUTTER, RASPBERRIES, AND BLUEBERRIES.



SAVORY PANCAKES WITH SALMON AND MOZZARELLA

CALORIES : 370
PROTEIN : 25.0
FATS : 17.0
CARBS : 28.0

INGREDIENTS :

- 40G OATS
- 1 EGG
- 40G LIGHTLY SALTED SALMON
- 30G MOZZARELLA
- 20G ARUGULA
- A PINCH OF SALT

INSTRUCTIONS :

IN A BOWL, MIX THE OATS, EGG, AND SALT UNTIL WELL COMBINED. LET IT SIT FOR A FEW MINUTES TO SOFTEN THE OATS. HEAT A NON-STICK PAN AND POUR THE BATTER TO FORM A PANCAKE. COOK ON BOTH SIDES UNTIL GOLDEN BROWN. ONCE COOKED, TRANSFER THE PANCAKE TO A PLATE. TOP WITH ARUGULA, SLICES OF SALMON, AND MOZZARELLA. FOLD THE PANCAKE IN HALF AND SERVE WARM.



AVOCADO AND EGG BOWL

CALORIES : 527
PROTEIN : 23.1
FATS : 36.7
CARBS : 27.6

INGREDIENTS :

- 2 BOILED EGGS
- 100G QUINOA (COOKED)
- 50G AVOCADO
- 30G FETA CHEESE
- 10G OLIVE OIL
- 20G SPINACH OR ARUGULA
- SALT, PEPPER, AND CHILI FLAKES (OPTIONAL)

INSTRUCTIONS :

IN A BOWL, LAYER THE COOKED QUINOA AS THE BASE. ADD SPINACH OR ARUGULA ON TOP. ARRANGE SLICED AVOCADO AND BOILED EGGS OVER THE GREENS. ADD FETA CHEESE, SALT, AND PEPPER. ADD CHILI FLAKES FOR A SPICY KICK, IF DESIRED. DRIZZLE WITH OLIVE OIL AND SERVE IMMEDIATELY.



CHOCOLATE PROTEIN MUFFINS

CALORIES : 431
PROTEIN : 37.5
FATS : 24.0
CARBS : 11.0

INGREDIENTS :

- 1 EGG
- 30G CHOCOLATE PROTEIN
- 20G ALMOND FLOUR
- ½TSP BACKING POWDER
- 250G ALMOND MILK
- 1TSP OLIVE OIL
- SWEETENER (OPTIONAL)

INSTRUCTIONS :

PREHEAT THE OVEN TO 180°C (356°F). IN A BOWL, WHISK TOGETHER CHOCOLATE POWDER, FLOUR, BAKING POWDER, AND SWEETENER (OPTIONAL). ADD MILK, OLIVE OIL, AND AN EGG TO THE DRY INGREDIENTS. MIX UNTIL SMOOTH. POUR THE BATTER EVENLY INTO MUFFIN CUPS, FILLING EACH ABOUT 3/4 FULL. BAKE FOR 15-20 MINUTES, OR UNTIL A TOOTHPICK INSERTED INTO THE CENTRE COMES OUT CLEAN.

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BREAKFASTS COLLECTION! IF YOU ENJOYED THESE
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