

Eggs = 35g protein

It really doesn't get more simple than this! But y'all eggs are some of the best food you can eat!

Packed with protein and healthy fats!

3 pasture raised eggs = 18g

Sauteed greens (spinach or kale) = 2g

4oz. turkey sausage = 15g

Greek Yogurt Bowl = 22 - 48g

1 cup of full fat greek yogurt = 20g

1 tbsp flaxseed or chia seeds = 2g

Berries of choice

Optional add a scoop of collagen or protein powder = 15-25g

Avocado Toast = 30g protein

4 pasture raised eggs = 24g

Sprouted or sourdough bread = 6-8g

½ avocado = 2g

Breakfast Tacos = 35-40g protein

2 pasture-raised eggs = 12g

3 oz turkey sausage or organic chicken sausage = 15g

1 small sprouted or almond flour tortilla = 3-5g

¼ cup shredded cheese (cheddar or goat cheese) = 6-7g

¼ avocado = 1g

Optional toppings: Salsa, cilantro, sautéed veggies, or greek yogurt instead of sour cream for extra protein!

Ground Beef Omelette = 40+ g protein

3 eggs = 18g protein

3 oz cooked grass-fed ground beef = 22g protein

¼ cup shredded cheese (cheddar, feta, or goat cheese) = 6g protein

¼ cup sautéed onions & bell peppers = 1-2g protein

½ tsp garlic powder, salt & pepper (to taste)

1 tsp ghee or avocado oil (for cooking)

Optional toppings: sliced avocado, fresh cilantro or green onions, salsa or hot sauce

Instructions:

1. Heat a pan over medium heat, add oil, and cook the ground beef with seasonings. Set aside.
2. Whisk the eggs in a bowl, then pour into the pan. Cook for 1-2 minutes until slightly set.
3. Add the cooked beef, cheese, and veggies to one side of the omelet.
4. Fold the omelet in half and cook for another 1-2 minutes until the cheese melts.
5. Serve with avocado, salsa, or your favorite toppings.