



# RECIPES ATKIN DIET

Almond Protein Pancakes with Blueberries  
Bacon, Avocado and Jack Cheese Omelets with Fresh Salsa  
Bell Pepper Rings Filled with Eggs and Mozzarella  
Beef Huevos Rancheros on Canadian Bacon  
Blackberry protein Smoothie

## **Almond Protein Pancakes with Blueberries**

### **INGREDIENTS**

- 2 tbsps. Blanched Almond Flour
- 3/4 large Egg (Whole)
- 1 1/2 tbsps. Whole Grain Soy Flour
- 1/4 tsp Baking Powder (Straight Phosphate, Double Acting)
- 1/2 oz Large or Small Curd Creamed Cottage Cheese
- 2 tbsps. Vanilla Whey Protein

- 1/4 cup Fresh Blueberries

## **DIRECTIONS**

1. Combine the almond flour, protein powder, soy flour and baking powder together. Stir in the beaten egg and cottage cheese until blended.
2. Heat a large nonstick skillet or griddle over medium heat. Lightly grease with butter or canola oil.
3. Using about 1/4 cup per pancake, drop batter onto the skillet. When bubbles begin to form in the middle of each pancake, turn over and cook another 2 minutes or until firm.
4. Serve with blueberries or add blueberries to the pancake batter before cooking.

## **Bacon, Avocado and Jack Cheese Omelets with Fresh Salsa**

### **INGREDIENTS**

- 1 medium whole (2-3/5" dia) Red Tomato
- 3 medium (4-1/8" long) Scallions or Spring Onions
- 1/2 Jalapeno Peppers
- 1 oz Cilantro
- 1 tbsp Fresh Lime Juice
- 4 large Eggs (Whole)
- 1 fl oz Tap Water
- 3 medium slice (yield after cooking) Bacon
- 1 tablespoon Unsalted Butter Stick
- 1/2 each California Avocados
- 1 cup, shredded Monterey Jack Cheese

### **DIRECTIONS**

1. Prepare salsa: Chop the tomatoes; finely chop the green onions and jalapeno (de-seed if you would like less heat). In small bowl, combine tomato, green onions, jalapeño, cilantro and lime juice and mix well. Season to taste with salt and pepper. Set aside.
2. In medium bowl, whisk eggs with water and season with salt and pepper. Prepare bacon, cook thoroughly, crumble and set aside.
3. Melt half the butter in a small nonstick skillet over medium-high heat. When foam subsides, add half the egg mixture. Tilt pan to coat bottom and cook 1 minute, until almost set. Sprinkle half the omelet with half the crumbled bacon, avocado and cheese and cook 1 minute.
4. Fold empty half of omelet over filling and slide omelet onto a plate. Keep warm.
5. Repeat with remaining butter, egg mixture, bacon, avocado and cheese. Serve with salsa.

## **Bell Pepper Rings Filled with Eggs and Mozzarella**

### **INGREDIENTS**

- 1/2 large (approx. 3-3/4" long, 3" dia) Bell Peppers
  - 2 large Eggs (Whole)
  - 1 tsp Canola Vegetable Oil
  - 1/4 cup, shredded Mozzarella Cheese (Whole Milk)
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### **DIRECTIONS**

1. Cut bell pepper in half across the middle, then cut two 1-inch rings. Remove seeds and ribs. Note that any color bell pepper works well in this recipe.
2. Place rings in sauté pan with oil over medium-high heat. Place an egg in each ring and cook until desired doneness (do not flip).
3. Top eggs with cheese and, cover pan and cook 1 more minute until cheese has melted. Season to taste with salt and freshly ground black pepper.
4. Serve immediately

## **Beef Huevos Rancheros on Canadian Bacon**

### **INGREDIENTS**

- 6 ounces Ground Beef (80% Lean / 20% Fat)
  - 1/2 cup Green Chili Peppers (Canned)
  - 1/4 tsp Garlic Powder
  - 1 tsp Chili Powder
  - 1/4 tsp Cumin
  - 1/4 tsp leaf Oregano
  - 1/4 tsp Salt
  - 1/4 tsp Black Pepper
  - 4 slices Canadian Bacon
  - 4 large Eggs (Whole)
  - 1/2 cup, shredded Cheddar Cheese
  - 4 sprigs Cilantro
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### **DIRECTIONS**

The directions for this dish call for scrambled eggs, but you can also serve them fried or poached.

1. In a greased medium skillet, brown the beef over medium heat.
2. Stir in chilis, garlic powder, chili powder, cumin, oregano, salt and pepper. Cook 5-10 minutes to blend the flavors.

3. Lay the Canadian bacon slices over the top of the beef mixture to warm. Remove pan from heat and set aside.
4. In another skillet, scramble eggs until firm. Alternatively, pan fry each egg and place it on top of the beef mixture in step 5.
5. Place 1 piece of Canadian bacon on each plate, top with a quarter of the beef mixture and a quarter of the eggs. Sprinkle with cheese and chopped cilantro.

### **Blackberry protein Smoothie**

#### **INGREDIENTS**

- 1/4 cup Blackberries, frozen, unsweetened
  - 1 cup Coconut Milk Beverage, plain, unsweetened
  - 28 grams Atkins Vanilla Protein Powder
  - 1/8 tsp Allspice, ground
  - 1/8 tsp Cinnamon, ground
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#### **DIRECTIONS**

Blend all ingredients except ice until very smooth. Pour over or blend with 1/2 cup of ice and enjoy.

Note that any sugar-free milk such as almond, soy or cashew may be substituted for the coconut.

\*28g = 1 scoop of Atkins Vanilla Protein Powder.