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Breakfast Fried Cauliflower Rice

Paleo Running Momma



2 servings



20 minutes

INGREDIENTS

- 4 Slices nitrate free bacon
- 2 Tbsp cooking fat divided (you can use the rendered bacon fat)
- 8 oz riced cauliflower
- 1 bunch scallions white and green parts separated
- 1 small red bell pepper diced
- 4 oz broccoli florets cut into bite size pieces
- 2-3 teaspoons coconut aminos
- Sea salt and freshly ground black pepper to taste
- 2 large eggs Or one per person
- Everything bagel seasoning or your favorite seasoning blend



INSTRUCTIONS

1. Heat a 10" skillet over medium high heat. Add the bacon pieces and cook until crisp. Once done, remove to a paper towel lined plate and set aside. Let the skillet cool down a bit.
2. If using the rendered bacon fat for cooking, save 2 Tbsp and leave about 1 Tbsp in the skillet. If not, discard bacon fat and add 1 tablespoon of preferred fat to skillet and heat over medium.
3. Add the white part of the scallions and the bell pepper and cook until, stirring.
4. Add another tablespoon of cooking fat along with the broccoli and stir to coat. Sprinkle with salt, pepper and seasoning. If broccoli is fresh, cover the skillet for 15-30 seconds to soften broccoli slightly. If frozen, stir and cook 15-30 seconds.
5. Add the cauliflower rice, coconut aminos and salt and pepper. Stir to coat cauliflower rice with the other veggies and cook 30-45 seconds to soften.
6. Crumble in the cooked bacon, then lower the heat and create 2 grooves in the mixture for the eggs. Add a bit of fat to each groove and crack an egg in each one. Sprinkle with salt, pepper, and seasonings of choice, then cover the skillet and cook about 2 minutes for a soft yolk, or until eggs are cooked to preference.
7. Remove from heat and garnish with the green scallions. Enjoy!

NUTRITIONAL INFORMATION

Calories 312

Fat 22g

Protein 15g

Sugars 5g

Carbohydrates: 14g

Acai Bowl

Kirbie's Cravings



2 servings



10 minutes

INGREDIENTS

BOWL

- 2 packets of unsweetened frozen acai puree
 - Sambazon brand was used for nutrition estimate
- 1/2 medium banana *see note*
- 2 tbsp coconut milk *see note*
- 1/2 cup frozen fruit of your choice

OPTIONAL TOPPINGS

- fresh fruit of your choice
- granola
- shredded coconut
- sliced almonds



INSTRUCTIONS

1. In a high powered blender, blend acai, banana, milk and frozen fruit (if using). Make sure to run frozen acai packets under warm water for about 5-10 seconds and break into smaller pieces before adding to the blender. Blend until consistency is slightly thicker than a smoothie.
2. Pour into bowls and top with granola, fresh fruit, shredded coconut, sliced almonds, or whatever else you desire.

NOTES

- You may use whole banana for thickness and sweetness
- You may use another milk of choice

NUTRITIONAL INFORMATION

Calories 182
Fat 7.4g
Protein 0.9g
Sugars 20.0g
Carbohydrates: 28.9g
(doesn't include fruit)

Oatmeal Breakfast Bowl

Two Peas & Their Pod



2 servings



15 minutes

INGREDIENTS

OATMEAL:

- 2 cups water
- 1 cup old-fashioned rolled outs
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 teaspoon pure vanilla extract
- 1/3 cup Unsweetened Vanilla Almond Milk
- 1 to 2 tablespoons pure maple syrup

TOPPINGS:

- Almond Butter
- Unsweetened coconut chips
- Chia seeds
- Mixed Berries



INSTRUCTIONS

1. In a small saucepan, bring the water to boil. Reduce the heat to a simmer and stir in the oats, cinnamon, and salt. Cook, stirring frequently, until the oats are thick and creamy, about 10 minutes. Turn off the heat and stir in the vanilla extract and milk. Stir in the maple syrup.
2. Divide the oatmeal into bowls and top with desired toppings. Serve warm.

NUTRITIONAL INFORMATION

Calories 336

Fat 6g

Protein 11g

Sugars 1g

Carbohydrates: 57g

Healthy Smoothie Bowl

Eating Bird Food



1 servings



5 minutes

INGREDIENTS

BOWL

- ½ frozen banana, chopped into chunks
- 1 cup frozen mixed berries
- 1 scoop (25 grams) vanilla protein powder, optional
- 2 Tablespoons – ¼ cup unsweetened non-dairy milk
- 1 teaspoon almond butter or peanut butter

TOPPINGS

- ¼ of banana, sliced
- ¼ cup fresh berries, I used strawberries and blueberries
- 1 Tablespoon granola
- 1 teaspoon almond butter or peanut butter
- 1 teaspoon chia seeds



INSTRUCTIONS

1. Blend all of the smoothie ingredients together in a high powdered blender until smooth.
2. Pour into a bowl and top with toppings.
3. Enjoy immediately.

NUTRITIONAL INFORMATION

Calories 183

Fat 5g

Protein 13g

Sugars 13g

Carbohydrates: 24g

(no toppings)

Savory Breakfast Bowl

Two Peas & Their Pod



1 serving



20 minutes

INGREDIENTS

2 teaspoons olive oil

1 small clove garlic, minced

2 cups spinach

½ cup halved cherry or grape tomatoes

¼ avocado, sliced

½ cup [Everything Bagel Potatoes](#)

1 to 2 eggs (fried, scrambled, soft boiled, whatever your preference)

Sea salt and freshly ground black pepper, to taste

Sprinkle of feta cheese or nutritional yeast, optional

Fresh herbs such as parsley, chives, or basil, if desired

Hot sauce or salsa, optional



INSTRUCTIONS

1. In a small skillet, heat the olive oil over medium heat. Add garlic; cook 30 seconds. Add spinach and tomatoes; cook, stirring often, until softened, 2 to 3 minutes.
2. Cook eggs to your desired preference, fried, scrambled, or soft boiled.
3. Combine potatoes, spinach, tomatoes, avocado, and egg in a bowl. Season with salt and black pepper, to taste. Garnish with feta cheese or nutritional yeast and herbs, if using. You can also sprinkle extra everything bagels seasoning on top. Serve warm with a few dashes of hot sauce, if desired.

NUTRITIONAL INFORMATION

Calories 272

Fat 15g

Protein 10g

Sugars 3g

Carbohydrates: 17g