



# MEALS & RECIPES

## BREAKFAST RECIPES

• THOMAS CALKINS •



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# Breakfast Zucchini Pie

## Ingredients

- 6 large eggs
- 2 small onions
- 1 ½ teaspoons extra virgin olive oil
- 1 dash ground pepper
- 1 teaspoon ground turmeric
- 1 table spoon raw parsley
- 2 cups chopped zucchini
- 2 cloves raw garlic
- 2 tablespoons fresh basil
- 1 teaspoon ground oregano
- 2 ounces low fat mozzarella cheese

## Directions

1. In a medium skillet or sauce pan, cook all the vegetables and spices except the turmeric in .5 teaspoon olive oil until they are tender.
2. In a mixing bowl, whip the eggs and turmeric together.
3. In a second sauce pan, heat 1 teaspoon olive oil. Add 3 eggs, and cook until it forms an omelet. Repeat until you have formed 2 omelets.
4. Place an omelet on a plate; fill with half of the vegetable mixture. Repeat for the second omelet. Sprinkle with cheese and serve hot.
5. Tip: Use egg whites if you want to cut down on the fat/calories.



**2** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 26 g  
**Fat:** 23 g  
**Carbohydrates:** 6 g

**Calories: 330**





# MANLY VEGETABLE OMELET





# Manly Vegetable Omelet

## Ingredients

- 6 egg whites
- 1 whole medium egg
- ¼ c chopped broccoli
- ¼ chopped small onion
- 1 chopped small tomato

## Directions

1. Mix eggs into small bowl
2. Heat vegetables with a drop of EVOO for a few minutes on a hot pan
3. Pour eggs over veggies and flip to make omelet



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 32 g  
Fat: 5 g  
Carbohydrates: 6 g

**Calories: 190**



# Ground Turkey Omelet

## Ingredients

- 8 large, fresh eggs
- 2 small, raw onions
- 4 ounces ground, raw turkey
- 1 ½ cups canned kidney beans
- 1 cup chopped, sweet raw peppers
- 1 cup raw mushrooms
- 1 tablespoon extra virgin olive oil
- 1 dash ground black pepper
- 1 teaspoon hot pepper sauce
- 1 teaspoon ground turmeric
- 3 cloves raw garlic
- 1 cup chopped sweet red pepper
- 1 teaspoon Worcestershire sauce

## Directions

1. Cook turkey, vegetables and spices (aside from turmeric) in one medium size skillet.
2. Cook in a teaspoon of olive oil until tender. In a mixing bowl, whip all the eggs and turmeric in 1 teaspoon of olive oil.
3. In a sauce pan, heat the rest of the olive oil, and add 2 eggs. Cook until the eggs firm up into omelet form. Repeat until 4 omelets are formed
4. Place 1 omelet on your plate, fill with half of the turkey mix, and place another omelet on top to create a sandwich. Repeat for the second omelet and serve hot.



**2** Servings



## Nutritional Analysis (Per Serving)

Protein: 46 g  
Fat: 30 g  
Carbohydrates: 35 g

**Calories: 590**



# Tofu Scramble

## Ingredients

- 1 teaspoon olive oil
- ¼ cup chopped onion
- ½ cup chopped bell pepper
- ½ cup firm tofu, crumbled
- 3 eggs
- ¼ cup salsa (mild or hot)
- ½ avocado, thinly sliced
- 2 pieces seeded whole-grain bread, toasted

## Directions

1. Add oil to a frying pan over medium heat. Sauté onions, bell pepper, and tofu for about 3 minutes, stirring often.
2. Add eggs and continue to cook, stirring frequently, until eggs are cooked throughout (1-2 minutes). Turn off heat and stir in the salsa. Cover pan and let it sit 1-2 minutes.
3. Top toast with scramble and garnish each serving with sliced avocado.



**2** Servings



## Nutritional Analysis (Per Serving)

Protein: 19 g  
Fat: 19 g  
Carbohydrates: 22 g

**Calories: 338**



# Anabolic Breakfast Tacos

## Ingredients

- 8 Eggs
- 1 small onion, peeled and minced
- 1 clove garlic, peeled and minced
- 1 green bell pepper, cored, seeded, and chopped
- 8 whole wheat tortillas
- 1 avocado, cut into pieces and squeezed with lime juice
- 1 tomato, diced
- 2 tablespoons minced cilantro
- Salt and pepper to taste
- ½ cup salsa

## Directions

1. Combine onion, garlic, and bell pepper in a blender or food processor and blend for 30 seconds.
2. Combine eggs, avocado, tomato, and cilantro in a mixing bowl and beat until thoroughly combined.
3. Heat a sauté pan over medium heat. Add butter, melt, then add vegetable puree. Cook, stirring, for five minutes. Add egg mixture, lower heat to medium-low, and cook, stirring frequently, until eggs set. Remove from heat.
4. Divide cooked ingredients among tortillas. Top with salsa. Wrap and serve.



**4** Servings

## Nutritional Analysis (Per Serving)

Protein: 24 g  
Fat: 18 g  
Carbohydrates: 50 g

**Calories: 404**







# Protein Powered Rice and Eggs

## Ingredients

- ½ cup chopped or diced broccoli
- 2 stalks celery
- 6 eggs
- 1 cup mushrooms
- 1 cup brown rice
- ¼ cup chunky salsa
- 2 tablespoons natural brewed soy sauce lite
- 1 cup raw spinach
- ½ Onion

## Directions

1. Steam the broccoli until it reaches your desired texture.
2. In a pan coated with cooking spray, add soy sauce, chopped onion, mushrooms, the steamed broccoli, chopped celery and spinach. Cook the entire mix on medium heat until the spinach is done.
3. Add rice and simmer until the soy sauce has cooked away.
4. When all the ingredients are cooked, add the 6 eggs and stir until the eggs are completely cooked.
5. Top the entire deal with Picante salsa.



**2** Servings



## Nutritional Analysis (Per Serving)

Protein: 23 g  
Fat: 14 g  
Carbohydrates: 30 g

**Calories: 342**



## QUINOA "BETTER THAN OAT" MEAL





# Quinoa “Better Than Oat” Meal

## Ingredients

- ½ cup milk
- ½ cup frozen blueberries
- 1 cup cooked quinoa

## Directions

1. Place all of the ingredients into a microwave safe bowl. Microwave for 60 seconds and serve.



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 14 g  
Fat: 5 g  
Carbohydrates: 63 g

**Calories: 345**



# Quiche with Quinoa Crust

## Ingredients

- 2 cups cooked quinoa, cooled
- ½ teaspoon salt
- 5 large eggs, divided
- 2 Egg Whites
- 1 teaspoon olive oil
- ½ cup onion, diced
- ½ cup celery, diced
- ½ cup red bell pepper, diced
- 2 cloves garlic, minced
- Salt and hot pepper sauce to taste

## Directions

1. Preheat oven to 375°F and oil a pie plate.
2. Combine quinoa, salt, and 1 egg. Spread mixture over the bottom and sides of the pie plate.
3. Heat a frying pan over medium-high heat. Add oil, onion, celery, bell pepper, and garlic. Sauté for five to seven minutes, then transfer mixture into the pie pan.
4. In a mixing bowl, combine remaining 4 eggs, 2 egg whites, salt, and pepper sauce. Whisk thoroughly. Pour over mixture in pie pan. Bake for 30 minutes or until the center is set. Let stand 5 minutes before serving.



**4** Servings



## Nutritional Analysis (Per Serving)

Protein: 15 g  
Fat: 9 g  
Carbohydrates: 25 g

**Calories: 238**





# Protein Packed Waffles

## Ingredients

- 3 eggs
- 1/4 cup flour
- 2 scoops vanilla protein powder
- 1 table spoon apple sauce
- 1 packet artificial sweetener (Stevia)
- 1 dash cinnamon

## Directions

1. Add all ingredients to one bowl. Whisk vigorously to form a batter.
2. Spoon the batter into a pre-heated waffle iron (and add non stick cooking spray, if you so desire).
3. Cook until the mixture is a golden brown shade. Serve with sugar free syrup or free cut strawberries.



**2** Servings



## Nutritional Analysis (Per Serving)

Protein: 32 g  
Fat: 8 g  
Carbohydrates: 20 g

**Calories: 287**



# Spinach and Potato Egg White Frittata

## Ingredients

- 5 egg whites
- 2 tablespoons milk
- 1 cup baby spinach
- 1 slice bacon
- 1 medium potato, thinly sliced

## Directions

1. Heat a small nonstick skillet over medium heat. Add the bacon cook until crispy. Set aside.
2. Beat the egg whites and milk with a pinch of salt, and add them to the skillet. Add the potato slices and spinach. Cover for about 6-7 minutes until eggs are set and potatoes are cooked.
3. Crumble the bacon and sprinkle on top. Season with fresh ground pepper if desired and serve.



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 26 g  
Fat: 5 g  
Carbohydrates: 34 g

**Calories: 284**



# Tomato and Pesto Omelette

## Ingredients

- 3 eggs, 1 Egg White
- Olive oil cooking spray
- ½ tablespoon pesto sauce
- 4 sun-dried tomatoes, minced
- 1 small fresh tomato, sliced
- ½ tablespoon sunflower seeds (optional)
- 1 slice rye bread, toasted

## Directions

1. Whisk eggs with pesto and sun-dried tomatoes in a small bowl.
2. Preheat a small skillet to medium, spray with cooking spray. Pour egg mixture into skillet.
3. As mixture sets at the edges, gently raise it with a spatula to let uncooked mixture to flow underneath. Cook until almost completely set, about 5 minutes.
4. Place tomato slices inside. Sprinkle with seeds. Fold gently in half and eat with rye toast. Serve immediately.



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 25 g  
Fat: 19 g  
Carbohydrates: 19 g

**Calories: 346**



# Light and Fluffy High Protein Pancakes

## Ingredients

- 1 cup rolled oats
- 7 egg whites
- 1 cup cottage cheese
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 tablespoon honey

## Directions

1. Combine the ingredients in blender, and blend on high until you have a smooth pancake batter, about 20-30 seconds.
2. Preheat a cast iron skillet or griddle over medium heat. Coat with a light spray of cooking spray.
3. Drop about  $\frac{1}{4}$  cup scoops onto the griddle. Cook until the edges are brown and pancakes are bubbly. Flip and cook until both sides are brown.
4. Serve with fruit or maple syrup.



**2** Servings



## Nutritional Analysis (Per Serving)

Protein: 34 g  
Fat: 5 g  
Carbohydrates: 34 g

**Calories: 321**





# STRAWBERRY AND BANANA POWER OATMEAL





# Strawberry and Banana Power Oatmeal

## Ingredients

- ½ cup steel cut oats
- ¾ cup oat bran
- ¾ cup frozen or fresh strawberries
- 1 medium sliced banana
- 1 ½ scoops strawberry or vanilla whey protein powder
- Water, as per the directions
- ¼ teaspoon salt
- 1 large dash of cinnamon

## Directions

1. Bring the oats to a simmer. Add the bananas, salt, cinnamon and oat bran. Stir and simmer until you have the desired consistency.
2. Remove from heat, stir in the strawberries and protein powder, and serve.
3. Use water/milk to achieve desired consistency.



**2** Servings

## Nutritional Analysis (Per Serving)

Protein: 28 g  
Fat: 6 g  
Carbohydrates: 70 g

**Calories: 388**





# Cheesy Egg Scramblers

## Ingredients

- 4 tablespoons low fat cottage cheese
- 6 large eggs
- ¼ cup shredded 2% natural reduced fat mozzarella cheese
- ½ cup mushrooms
- ¼ medium onion
- ½ teaspoon red or cayenne pepper

## Directions

1. Pre heat a pan.
2. Blend or beat the eggs. Add cottage cheese, salt and red pepper.
3. Pour the eggs in the pan. When the eggs start to cook, add chopped olives, onions and mushrooms.
4. Cook the eggs until they are done.
5. Just before you remove the eggs, melt in the mozzarella cheese.



**2** Servings



## Nutritional Analysis (Per Serving)

Protein: 26 g  
Fat: 16 g  
Carbohydrates: 4.5 g

**Calories: 270**



# Broccoli Breakfast Bake

## Ingredients

- 2 cups frozen broccoli florets, thawed and drained
- 1/3 cup chopped green onions
- 2 tablespoons shredded parmesan (divided)
- 6 large eggs, 2 egg whites lightly beaten
- ¼ cup skim milk
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 2 large ripe tomatoes, thinly sliced

## Directions

1. Preheat oven to 350°F. Lightly coat a baking dish with olive oil.
2. Add broccoli florets, green onions, and 1 tablespoon of shredded parmesan to a large bowl and toss to blend. Spoon into the prepared pan.
3. Add eggs, milk, pepper, and salt to mixing bowl, and beat on medium until smooth. Pour mixture over broccoli in pan.
4. Arrange tomato slices on top and sprinkle remaining cheese on top of that. Cover with aluminium foil and bake for 45 minutes in preheated oven. Uncover and bake until cooked throughout (about 15 minutes more). Let stand for 10 minutes before serving.



**2** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 31 g  
**Fat:** 16 g  
**Carbohydrates:** 16 g

**Calories: 329**





# Bicep Building Oatmeal

## Ingredients

- 1 c old-fashioned oats
- 1 scoop whey protein powder
- ½ c skim milk
- 1 c blueberries

## Directions

1. Cook oatmeal according to package instructions
2. Stir in whey protein and blueberries



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 36 g  
Fat: 9 g  
Carbohydrates: 73 g

**Calories: 495**