



Breakfast in 10 Minutes

BRIDGET FAUTEUX

Grilled Peanut Butter & Banana Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

2 slices Whole Grain Bread
1 tbsp All Natural Peanut Butter
1/2 Banana (sliced)
1 tsp Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	408	Calcium	95mg
Fat	16g	Iron	2mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	2µg
Monouns...	5g	Thiamine	0.2mg
Carbs	53g	Riboflavin	0.2mg
Fiber	9g	Niacin	6mg
Sugar	14g	Vitamin B6	0.5mg
Protein	15g	Folate	79µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	318mg	Phosphoro...	255mg
Potassium	491mg	Magnesium	108mg
Vitamin A	38IU	Zinc	2mg
Vitamin C	5mg	Selenium	28µg

DIRECTIONS

- 01 Onto each slice of bread, spread on the peanut butter. Top one slice of bread with the banana. Top with remaining slice of bread.
- 02 In a pan, heat coconut oil on medium-high heat. Add in sandwich and cook for two to three minutes per side, or until golden brown.
- 03 Slice the sandwich in half, and enjoy!

NOTES

LEFTOVERS

This is best enjoyed immediately after making.

SERVING SIZE

One serving is equal to one sandwich.

GLUTEN-FREE

Substitute whole grain bread for gluten-free bread.

MORE FLAVOR

Add in a layer of chia jam for a classic peanut butter and jam twist.

Cinnamon Protein Oats

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Water
1/2 cup Oats
1/4 cup Vanilla Protein Powder
1/8 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	240	Calcium	162mg
Fat	3g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	1µg
Monouns...	1g	Thiamine	0.3mg
Carbs	29g	Riboflavin	0.6mg
Fiber	5g	Niacin	1mg
Sugar	0g	Vitamin B6	0.2mg
Protein	24g	Folate	21µg
Cholesterol	4mg	Vitamin B12	0.6µg
Sodium	45mg	Phosphoro...	486mg
Potassium	269mg	Magnesium	108mg
Vitamin A	1IU	Zinc	3mg
Vitamin C	0mg	Selenium	18µg

DIRECTIONS

- 01 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder and cinnamon.
- 02 Transfer the cooked oats to a bowl and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Fruit, nuts, or seeds.

Creamy Peanut Butter Banana Rollup

1 SERVING 10 MINUTES



INGREDIENTS

2 tbsps All Natural Peanut Butter
2 tbsps Unsweetened Coconut Yogurt
1 Whole Wheat Tortilla
1 Banana

NUTRITION

AMOUNT PER SERVING

Calories	439	Calcium	184mg
Fat	22g	Iron	2mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	3µg
Monouns...	10g	Thiamine	0.4mg
Carbs	54g	Riboflavin	0.3mg
Fiber	9g	Niacin	7mg
Sugar	19g	Vitamin B6	0.7mg
Protein	13g	Folate	108µg
Cholesterol	0mg	Vitamin B12	0.3µg
Sodium	266mg	Phosphoro...	276mg
Potassium	710mg	Magnesium	121mg
Vitamin A	78IU	Zinc	2mg
Vitamin C	10mg	Selenium	18µg

DIRECTIONS

- 01 In a small bowl, whisk together the peanut butter and coconut yogurt. Spread an even layer over the tortilla.
- 02 Place the banana on one end of the tortilla. Roll it up and slice into bite-size pieces. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use gluten-free tortilla.

ADDITIONAL TOPPINGS

Maple syrup, honey, hemp seeds, chia seeds, or raisins.

NO COCONUT YOGURT

Use Greek yogurt instead.

10 Minute Stovetop Peach Crisp

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
2 tbsps Maple Syrup (divided)
1/2 cup Oats
1/4 tsp Cinnamon
2 Peach (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	309	Calcium	43mg
Fat	15g	Iron	1mg
Saturated	11g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	4µg
Monouns...	1g	Thiamine	0.1mg
Carbs	42g	Riboflavin	0.3mg
Fiber	4g	Niacin	1mg
Sugar	25g	Vitamin B6	0.1mg
Protein	4g	Folate	13µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	4mg	Phosphoro...	114mg
Potassium	402mg	Magnesium	46mg
Vitamin A	490IU	Zinc	1mg
Vitamin C	10mg	Selenium	6µg

DIRECTIONS

- 01 Melt half the coconut oil and half the maple syrup together in a skillet. Add the oats and cinnamon and toast for four minutes, stirring constantly. Once oats are toasted, remove and set aside.
- 02 Melt the remaining oil and maple syrup in the same skillet over medium heat. Add the peaches and cook for four minutes stirring frequently. Divide evenly between bowls and top with the oat mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Serve with chopped almonds, whipped cream, honey, and/or ice cream.

Melty Cheese & Egg Toast

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil (divided)
1 3/4 ozs Sourdough Bread
1 1/3 ozs Cheddar Cheese
1 Egg
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	477	Calcium	312mg
Fat	32g	Iron	2mg
Saturated	11g	Vitamin D	51IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	9µg
Monouns...	15g	Thiamine	0mg
Carbs	26g	Riboflavin	0.4mg
Fiber	1g	Niacin	0mg
Sugar	0g	Vitamin B6	0.1mg
Protein	20g	Folate	34µg
Cholesterol	226mg	Vitamin B12	0.9µg
Sodium	573mg	Phosphoro...	281mg
Potassium	100mg	Magnesium	17mg
Vitamin A	767IU	Zinc	2mg
Vitamin C	1mg	Selenium	27µg

DIRECTIONS

- 01 Heat a small skillet over medium heat. Once hot, add 3/4 of the oil and then add the bread. Fry the bread on both sides until lightly browned and crispy.
- 02 Turn the oven to broil. Place the bread on a baking sheet and top with cheese. Broil until just melted and slightly browned, about one to two minutes.
- 03 Meanwhile, in the same skillet, add the remaining oil. Cook the egg until the whites are set and the yolk is cooked to your liking. Season with salt and pepper. Serve with the cheesy toast and enjoy!

NOTES

LEFTOVERS

This is best enjoyed immediately after making.

GLUTEN-FREE

Use gluten-free bread instead.

DAIRY-FREE

Use dairy-free cheese instead.

Turkey Sausage Scramble

1 SERVING 10 MINUTES



INGREDIENTS

4 1/16 ozs Turkey Sausage (casing removed)
1 cup Baby Spinach (chopped)
2 Egg (whisked)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	328	Calcium	108mg
Fat	19g	Iron	4mg
Saturated	5g	Vitamin D	82IU
Trans	0g	Vitamin E	2mg
Polyunsat...	5g	Vitamin K	145µg
Monouns...	7g	Thiamine	0.1mg
Carbs	2g	Riboflavin	0.8mg
Fiber	1g	Niacin	6mg
Sugar	1g	Vitamin B6	0.7mg
Protein	35g	Folate	111µg
Cholesterol	458mg	Vitamin B12	2.4µg
Sodium	848mg	Phosphoro...	416mg
Potassium	607mg	Magnesium	58mg
Vitamin A	3439IU	Zinc	5mg
Vitamin C	11mg	Selenium	31µg

DIRECTIONS

- 01 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 02 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

MORE FLAVOR

Add onion, mushrooms, or bell pepper.

ADDITIONAL TOPPINGS

Hot sauce, ketchup, avocado, or salsa.

NO SPINACH

Use kale instead.

NO TURKEY SAUSAGE

Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.

Earl Grey Muesli

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Muesli
1/2 cup Earl Grey Tea (brewed)
1/4 cup Oat Milk (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	320	Calcium	208mg
Fat	4g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	2µg
Monouns...	1g	Thiamine	0.3mg
Carbs	67g	Riboflavin	0.5mg
Fiber	8g	Niacin	2mg
Sugar	18g	Vitamin B6	0.2mg
Protein	10g	Folate	31µg
Cholesterol	0mg	Vitamin B12	0.4µg
Sodium	51mg	Phosphoro...	373mg
Potassium	484mg	Magnesium	81mg
Vitamin A	0IU	Zinc	2mg
Vitamin C	7mg	Selenium	14µg

DIRECTIONS

- 01 In a bowl, combine the muesli and earl grey tea. Let sit for five minutes or until the muesli is soft.
- 02 Top with oat milk and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add vanilla extract and cinnamon.

ADDITIONAL TOPPINGS

Add a scoop of nut or seed butter, chopped fruit or nuts.

Cauliflower Porridge with Blueberries

4 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Canned Coconut Milk (full fat)
4 cups Cauliflower Rice
2 cups Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	275	Calcium	28mg
Fat	21g	Iron	0mg
Saturated	20g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	14µg
Monouns...	0g	Thiamine	0mg
Carbs	18g	Riboflavin	0mg
Fiber	4g	Niacin	0mg
Sugar	11g	Vitamin B6	0mg
Protein	4g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	51mg	Phosphoro...	9mg
Potassium	403mg	Magnesium	4mg
Vitamin A	40IU	Zinc	0mg
Vitamin C	7mg	Selenium	0µg

DIRECTIONS

- 01 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 02 Divide into bowls or containers and top with the blueberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one cup of cauliflower porridge and half a cup of blueberries.

MORE FLAVOR

Add coconut butter, coconut cream, cinnamon, sea salt, lemon juice, or vanilla extract.

ADDITIONAL TOPPINGS

Add almond slices, hemp seeds, or your choice of sweetener.



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Cream Cheese Bagel with Cucumbers & Tomatoes

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Cream Cheese, Regular (plain)
4 ozs Gluten-Free Bagel (sliced in half)
1/4 Cucumber (chopped)
1/2 cup Cherry Tomatoes

NUTRITION

AMOUNT PER SERVING

Calories	548	Calcium	206mg
Fat	24g	Iron	2mg
Saturated	11g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	20µg
Monouns...	5g	Thiamine	0.1mg
Carbs	74g	Riboflavin	0.2mg
Fiber	2g	Niacin	1mg
Sugar	19g	Vitamin B6	0.1mg
Protein	10g	Folate	24µg
Cholesterol	59mg	Vitamin B12	0.2µg
Sodium	959mg	Phosphoro...	91mg
Potassium	354mg	Magnesium	22mg
Vitamin A	700IU	Zinc	1mg
Vitamin C	15mg	Selenium	2µg

DIRECTIONS

01 Spread the cream cheese evenly over the bagel slices. Serve with cucumbers and cherry tomatoes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use vegan cream cheese instead.

MORE FLAVOR

Toast the bagel before spreading the cream cheese. Add smoked salmon, pickles, fresh dill, capers, or minced red onion.

NO BAGEL

Use bread, crackers, waffles or toasted sweet potato slices instead.

GLUTEN-FREE BAGEL

One gluten-free bagel is roughly 4 ounces or 113 grams.

Ham & Swiss Omelette

1 SERVING 10 MINUTES



INGREDIENTS

3 Egg (whisked)
1 tsp Extra Virgin Olive Oil
2 ozs Sliced Ham (chopped)
1 oz Swiss Cheese (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	440	Calcium	336mg
Fat	31g	Iron	3mg
Saturated	11g	Vitamin D	124IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	4µg
Monouns...	12g	Thiamine	0.1mg
Carbs	2g	Riboflavin	0.9mg
Fiber	0g	Niacin	2mg
Sugar	1g	Vitamin B6	0.4mg
Protein	38g	Folate	77µg
Cholesterol	622mg	Vitamin B12	2.4µg
Sodium	854mg	Phosphoro...	630mg
Potassium	397mg	Magnesium	39mg
Vitamin A	1103IU	Zinc	5mg
Vitamin C	0mg	Selenium	75µg

DIRECTIONS

- 01 In a non-stick skillet over medium heat, add the oil. Once hot, pour the eggs into the skillet and let it cook until almost set.
- 02 Place the ham and cheese evenly across one half of the omelette and then fold the other half over on top. Remove from the heat and transfer it onto a plate. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Use vegan cheese instead of Swiss cheese or omit completely.

MORE FLAVOR

Season with salt, pepper, herbs, or other spices.

ADDITIONAL TOPPINGS

Avocado, sliced peppers, cherry tomatoes, mushrooms, and/or spinach.

Super Simple French Toast

1 SERVING 10 MINUTES



INGREDIENTS

2 Egg
2 slices Whole Grain Bread
2 tbsps Maple Syrup
1/2 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	498	Calcium	197mg
Fat	13g	Iron	4mg
Saturated	4g	Vitamin D	82IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	6µg
Monouns...	4g	Thiamine	0.3mg
Carbs	71g	Riboflavin	1.1mg
Fiber	10g	Niacin	4mg
Sugar	33g	Vitamin B6	0.4mg
Protein	24g	Folate	113µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	462mg	Phosphoro...	404mg
Potassium	506mg	Magnesium	99mg
Vitamin A	560IU	Zinc	4mg
Vitamin C	16mg	Selenium	58µg

DIRECTIONS

- 01 Whisk the eggs in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
- 02 Heat a nonstick pan over medium-high heat. Cook the bread slices for about two minutes per side, or until browned and cooked through. Repeat the process until all of the bread is cooked.
- 03 Top with raspberries and maple syrup. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use gluten-free bread instead.

MORE FLAVOR

Add cinnamon, nutmeg, vanilla extract and/or a splash of any milk to the egg mixture.

ADDITIONAL TOPPINGS

Nuts, shredded coconut, nut or seed butter, or cottage cheese.



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Apple & Brie Grilled Cheese Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Butter
2 slices Whole Grain Bread
1 1/2 tbsps Fig Jam
2 ozs Brie Cheese
1/4 Apple (sliced thin)

NUTRITION

AMOUNT PER SERVING

Calories	528	Calcium	193mg
Fat	25g	Iron	2mg
Saturated	14g	Vitamin D	11IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	4µg
Monouns...	7g	Thiamine	0.2mg
Carbs	53g	Riboflavin	0.4mg
Fiber	7g	Niacin	4mg
Sugar	19g	Vitamin B6	0.4mg
Protein	23g	Folate	92µg
Cholesterol	72mg	Vitamin B12	1.0µg
Sodium	673mg	Phosphoro...	301mg
Potassium	327mg	Magnesium	78mg
Vitamin A	538IU	Zinc	3mg
Vitamin C	2mg	Selenium	35µg

DIRECTIONS

- 01 Heat a skillet over medium-low heat.
- 02 Spread the butter on the outside of both slices of bread. Spread the fig jam on the inside. Add the brie and apple slices on top of the jam. Close the sandwich and transfer it to the skillet. Cook for about four minutes per side, until golden-brown on both sides.
- 03 Remove the sandwich from the skillet and slice in half. Enjoy!

NOTES

LEFTOVERS

This sandwich is best enjoyed immediately after making.

GLUTEN-FREE

Use gluten-free bread.

ADDITIONAL TOPPINGS

Arugula, spinach or kale.

NO APPLE

Use a sliced pear instead.

NO FIG JAM

Use apricot, blackberry, or a mixed fruit jam instead.

Ham & Cheese Toast

1 SERVING 10 MINUTES



INGREDIENTS

1/4 tsp Extra Virgin Olive Oil
2 Egg
2 slices Gluten-Free Bread
2 ozs Swiss Cheese (sliced)
4 ozs Sliced Ham

NUTRITION

AMOUNT PER SERVING

Calories	679	Calcium	590mg
Fat	39g	Iron	4mg
Saturated	14g	Vitamin D	84IU
Trans	1g	Vitamin E	2mg
Polyunsat...	5g	Vitamin K	2µg
Monouns...	13g	Thiamine	0.2mg
Carbs	27g	Riboflavin	1.1mg
Fiber	2g	Niacin	5mg
Sugar	6g	Vitamin B6	0.5mg
Protein	54g	Folate	59µg
Cholesterol	500mg	Vitamin B12	2.9µg
Sodium	1679mg	Phosphoro...	903mg
Potassium	579mg	Magnesium	69mg
Vitamin A	1126IU	Zinc	7mg
Vitamin C	0mg	Selenium	89µg

DIRECTIONS

- 01 In a medium pan, heat the oil over medium heat.
- 02 Crack the eggs in the pan and cook until the whites are set and the yolk is cooked to your liking. Set aside.
- 03 Top the bread with swiss cheese, ham, and eggs. Enjoy as-is, or toast in the oven until the cheese is melted.

NOTES

LEFTOVERS

This recipe is best enjoyed immediately, but can be refrigerated in an airtight container for up to one day.

DAIRY-FREE

Use vegan cheese instead of swiss cheese, or omit completely.

ADDITIONAL TOPPINGS

Avocado, spinach, arugula, sprouts, or cucumber slices.

Lentil Salsa with Toast

1 SERVING 10 MINUTES



INGREDIENTS

3/4 cup Green Lentils (cooked, drained and rinsed)

3/4 cup Salsa

1 tbsp Cilantro (chopped, optional)

1 slice Gluten-Free Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	306	Calcium	102mg
Fat	3g	Iron	6mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	1g	Vitamin K	14µg
Monouns...	1g	Thiamine	0.4mg
Carbs	55g	Riboflavin	0.2mg
Fiber	17g	Niacin	4mg
Sugar	13g	Vitamin B6	0.6mg
Protein	18g	Folate	277µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1517mg	Phosphoro...	351mg
Potassium	1120mg	Magnesium	91mg
Vitamin A	978IU	Zinc	2mg
Vitamin C	6mg	Selenium	6µg

DIRECTIONS

- 01 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 02 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

NOTES

LEFTOVERS

Refrigerate the lentil salsa in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

MORE FLAVOR

Add cayenne or your choice of spices and herbs.

ADDITIONAL TOPPINGS

Avocado, fried egg, or plain yogurt.

NO LENTILS

Use chickpeas or black beans instead.

Kimchi & Kale Scrambled Eggs

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
6 Egg (whisked)
2 cups Kale Leaves (tough stems removed, finely chopped, packed)
1/4 cup Water
1 cup Kimchi (drained)

NUTRITION

AMOUNT PER SERVING

Calories	263	Calcium	165mg
Fat	18g	Iron	5mg
Saturated	5g	Vitamin D	123IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	117µg
Monouns...	8g	Thiamine	0.1mg
Carbs	4g	Riboflavin	0.9mg
Fiber	2g	Niacin	1mg
Sugar	2g	Vitamin B6	0.5mg
Protein	20g	Folate	123µg
Cholesterol	558mg	Vitamin B12	1.4µg
Sodium	598mg	Phosphoro...	327mg
Potassium	393mg	Magnesium	36mg
Vitamin A	1890IU	Zinc	2mg
Vitamin C	20mg	Selenium	47µg

DIRECTIONS

- 01 Heat the oil in a pan over medium-high heat.
- 02 Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the pan until fluffy and barely set, about two minutes. Transfer to a bowl.
- 03 Add the kale leaves and water to the pan and cook until tender, about two to three minutes. Drain any excess liquid.
- 04 Turn off the heat and gently fold in the scrambled eggs and kimchi until warmed through. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two cups or 280 grams.

MORE FLAVOR

Season with fresh herbs, salt, and pepper to taste.

ADDITIONAL TOPPINGS

Green onions, avocado, chives, red pepper flakes, or mushrooms.

Avocado & Smoked Salmon Omelette

1 SERVING 10 MINUTES



INGREDIENTS

2 Egg
1/2 tsp Extra Virgin Olive Oil
1 oz Smoked Salmon
1/4 Avocado (sliced)
1 tbsp Chives (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	277	Calcium	68mg
Fat	20g	Iron	2mg
Saturated	5g	Vitamin D	276IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	19µg
Monouns...	11g	Thiamine	0.1mg
Carbs	5g	Riboflavin	0.6mg
Fiber	3g	Niacin	2mg
Sugar	1g	Vitamin B6	0.4mg
Protein	19g	Folate	91µg
Cholesterol	379mg	Vitamin B12	1.8µg
Sodium	336mg	Phosphoro...	272mg
Potassium	440mg	Magnesium	33mg
Vitamin A	769IU	Zinc	2mg
Vitamin C	7mg	Selenium	40µg

DIRECTIONS

- 01 In a bowl, whisk the eggs.
- 02 Heat the oil in a pan over medium heat. Pour the eggs into the pan and cook until mostly set, about one to two minutes. Flip over and cook for another 30 seconds.
- 03 Transfer the omelette to a plate and top with the smoked salmon, avocado, and chives (optional). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Sea salt, black pepper, capers, red onions, basil, dill, green onions, yogurt, goat cheese or cream cheese.

MAKE IT FLUFFY

For a fluffier omelette, add a splash of milk to the eggs while whisking.

Keto Mini Quick Bread

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp Avocado Oil (plus extra for greasing)
1 Egg
3 tbsps Almond Flour
1/2 tsp Baking Powder

NUTRITION

AMOUNT PER SERVING

Calories	316	Calcium	208mg
Fat	29g	Iron	2mg
Saturated	4g	Vitamin D	41IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	0µg
Monouns...	12g	Thiamine	0mg
Carbs	5g	Riboflavin	0.2mg
Fiber	2g	Niacin	0mg
Sugar	1g	Vitamin B6	0.1mg
Protein	11g	Folate	24µg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	315mg	Phosphoro...	149mg
Potassium	69mg	Magnesium	67mg
Vitamin A	270IU	Zinc	1mg
Vitamin C	0mg	Selenium	15µg

DIRECTIONS

- 01 Add a couple drops of oil to a round ramekin to grease the bottom and sides.
- 02 In a small mixing bowl whisk the oil and egg together. Stir in the almond flour and baking powder until well combined.
- 03 Transfer the batter to the prepared ramekin and microwave on high for 90 seconds or until the bread is firm yet spongy to the touch.
- 04 Carefully remove the ramekin from the microwave and then turn the bread out onto a plate. Allow the bread to cool slightly before slicing.
- 05 Bread can be served as is or toasted. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to one day. Freeze for up to two months.

MORE FLAVOR

For a more savory bread, add salt, garlic powder, onion powder or dried herbs.

HOW TO SERVE

Use for sandwiches, burgers or as a side for breakfast, soups or salads. Top with your favourite bread or toast toppings.

THINNER SLICES

Cut into 3 or 4 slices instead.

RAMEKIN

A 3- to 5-inch ramekin can be used. A smaller ramekin will yield a thicker bread.

OVEN-BAKED

Grease ramekin well and bake bread at 375°F (190°C) for 13 to 15 minutes or until spongy to the touch. Let the baked bread cool slightly before carefully removing from the ramekin.

SERVING SIZE

One serving is equal to one piece of bread.

Fried Egg & Avocado English Muffin Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

1/4 tsp Avocado Oil
1 Egg
1/2 Avocado (sliced)
2 ozs English Muffin (halved, toasted)

NUTRITION

AMOUNT PER SERVING

Calories	342	Calcium	119mg
Fat	22g	Iron	3mg
Saturated	4g	Vitamin D	41IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	21µg
Monouns...	13g	Thiamine	0.1mg
Carbs	37g	Riboflavin	0.4mg
Fiber	15g	Niacin	2mg
Sugar	2g	Vitamin B6	0.4mg
Protein	11g	Folate	105µg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	317mg	Phosphoro...	151mg
Potassium	586mg	Magnesium	35mg
Vitamin A	417IU	Zinc	1mg
Vitamin C	10mg	Selenium	16µg

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking.
- 02 Layer the egg and avocado between the english muffin slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use a brown rice tortilla, rice cake, lettuce wrap, or gluten-free bread instead of english muffin.

ADDITIONAL TOPPINGS

Bacon, tomato, cheese, salt and/or pepper.

ENGLISH MUFFIN

One English muffin is roughly 2-ounces or 57-grams.

Chia Oats with Kiwi

4 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Water
2 cups Oats (rolled)
1/4 cup Chia Seeds
2 Kiwi (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	235	Calcium	112mg
Fat	7g	Iron	3mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	15µg
Monouns...	1g	Thiamine	0.2mg
Carbs	37g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	4g	Vitamin B6	0.1mg
Protein	8g	Folate	22µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	6mg	Phosphoro...	178mg
Potassium	341mg	Magnesium	99mg
Vitamin A	30IU	Zinc	2mg
Vitamin C	32mg	Selenium	12µg

DIRECTIONS

- 01 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 02 Divide the oatmeal between bowls and top with kiwi. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

SERVING SIZE

One serving is equal to half a cup of oatmeal and half of a kiwi.

MORE FLAVOR

Add cinnamon or maple syrup.

ADDITIONAL TOPPINGS

Add nuts, seeds and berries.



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Banana Coconut & Cauliflower Breakfast Bowls

4 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Canned Coconut Milk
4 cups Cauliflower Rice
1 1/2 tbsps Maple Syrup
2 Banana (peeled, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	305	Calcium	34mg
Fat	21g	Iron	0mg
Saturated	20g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	26g	Riboflavin	0.1mg
Fiber	4g	Niacin	0mg
Sugar	15g	Vitamin B6	0.2mg
Protein	4g	Folate	12µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	52mg	Phosphoro...	13mg
Potassium	573mg	Magnesium	18mg
Vitamin A	38IU	Zinc	0mg
Vitamin C	5mg	Selenium	1µg

DIRECTIONS

- 01 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about 5 to 8 minutes.
- 02 Stir in the maple syrup.
- 03 Divide into bowls and top with banana slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately one cup of cauliflower porridge and half a banana.

MORE FLAVOR

Add cinnamon and/or vanilla extract.

ADDITIONAL TOPPINGS

Top with your choice of crushed nuts, seeds, fresh and/or dried fruit.

NO COCONUT MILK

Use any alternative milk such as almond milk, oat milk or rice milk.

NO MAPLE SYRUP

Use honey, coconut sugar or an artificial sweetener such as stevia.



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Egg White & Peppers Pita

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp Avocado Oil
1 Red Bell Pepper (chopped)
1/4 tsp Sea Salt
3/4 cup Egg Whites
1 1/16 ozs White Pita Bread (halved)

NUTRITION

AMOUNT PER SERVING

Calories	332	Calcium	47mg
Fat	15g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	6µg
Monouns...	10g	Thiamine	0.2mg
Carbs	25g	Riboflavin	1.0mg
Fiber	3g	Niacin	3mg
Sugar	7g	Vitamin B6	0.4mg
Protein	24g	Folate	94µg
Cholester...	0mg	Vitamin B12	0.2µg
Sodium	1058mg	Phosphoro...	87mg
Potassium	584mg	Magnesium	42mg
Vitamin A	3726IU	Zinc	1mg
Vitamin C	152mg	Selenium	45µg

DIRECTIONS

- 01 Heat avocado oil in a large skillet. Add the red bell pepper and season with salt. Cook for about 2 to 3 minutes, or until just tender and slightly charred.
- 02 Add the egg whites and stir together with the peppers until cooked, about 2 to 3 minutes.
- 03 Spread open the pita and fill the pockets with the cooked egg whites and bell peppers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. For best results, store the pita separately from the eggs and peppers to prevent them from getting soggy.

SERVING SIZE

Each serving equals 1/2 of a large pita with approximately 2 cups of egg whites with red peppers.

GLUTEN-FREE

Use gluten-free wraps, tortillas, bread, or lettuce wraps instead.

OIL-FREE

Use water or broth instead of oil and add more when food begins sticking to the pan.

MORE FLAVOR

Add your choice of dried herbs and/or spices.

ADDITIONAL TOPPINGS

Leftover veggies, cheese, mixed greens, spinach, hummus, tzatziki sauce or baba ganoush.

MAKE IT VEGAN

Use crumbled firm tofu instead of egg whites.

Melon Breakfast Bowls

2 SERVINGS 10 MINUTES



INGREDIENTS

1 Cantaloupe (small)
1 cup Plain Greek Yogurt
1 cup Raspberries
1/4 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	291	Calcium	302mg
Fat	7g	Iron	2mg
Saturated	2g	Vitamin D	50IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	13µg
Monouns...	2g	Thiamine	0.2mg
Carbs	44g	Riboflavin	0.1mg
Fiber	8g	Niacin	3mg
Sugar	30g	Vitamin B6	0.3mg
Protein	16g	Folate	84µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	119mg	Phosphoro...	125mg
Potassium	912mg	Magnesium	72mg
Vitamin A	9982IU	Zinc	1mg
Vitamin C	125mg	Selenium	5µg

DIRECTIONS

- 01 Cut the cantaloupe in half and scoop out the seeds.
- 02 Divide the yogurt and raspberries evenly between each hollowed out cantaloupe half. Top with the granola and enjoy!

NOTES

DAIRY-FREE

Use a dairy-free yogurt such as coconut.

LIKES IT SWEET

Add a drizzle of honey or maple syrup on top.

NO RASPBERRIES

Use strawberries, blueberries or blackberries instead.

NO GRANOLA

Use nuts or seeds instead.

Grain-Free Coconut Almond Porridge

1 SERVING 10 MINUTES



INGREDIENTS

3/4 cup Unsweetened Almond Milk
1/4 cup Almond Flour
1/4 cup Unsweetened Shredded Coconut
1 tbsp Ground Flax Seed
1/2 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	353	Calcium	421mg
Fat	31g	Iron	2mg
Saturated	13g	Vitamin D	76IU
Trans	0g	Vitamin E	0mg
Polyunsat...	2g	Vitamin K	0µg
Monouns...	2g	Thiamine	0mg
Carbs	15g	Riboflavin	0.1mg
Fiber	9g	Niacin	0mg
Sugar	2g	Vitamin B6	0mg
Protein	10g	Folate	0µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	127mg	Phosphoro...	1mg
Potassium	33mg	Magnesium	93mg
Vitamin A	378IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

DIRECTIONS

- 01 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 02 Divide into bowls and enjoy!

NOTES

NO RICE MILK

Use an alternative milk of your choice.

LIKES IT SWEET

Add raisins, dates, maple syrup, honey or your sweetener of choice.

LEFTOVERS

Refrigerate in an airtight container up to 3 to 5 days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cup of porridge.

Green Egg Scramble

1 SERVING 10 MINUTES



INGREDIENTS

2 Egg
1 cup Baby Spinach
1/4 tsp Sea Salt
1 1/2 tsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	211	Calcium	86mg
Fat	16g	Iron	3mg
Saturated	9g	Vitamin D	82IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	145µg
Monouns...	4g	Thiamine	0.1mg
Carbs	2g	Riboflavin	0.5mg
Fiber	1g	Niacin	0mg
Sugar	1g	Vitamin B6	0.2mg
Protein	13g	Folate	105µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	756mg	Phosphoro...	213mg
Potassium	305mg	Magnesium	36mg
Vitamin A	3353IU	Zinc	1mg
Vitamin C	8mg	Selenium	31µg

DIRECTIONS

- 01 Place eggs, spinach and salt in a blender and blend until well combined.
- 02 Heat coconut oil in a large skillet over medium heat. Pour the mixture into the skillet and continuously stir to scramble the eggs while they cook.
- 03 Divide onto plates and enjoy!

NOTES

NO COCONUT OIL

Use butter, ghee or avocado oil.

SERVE IT WITH

Bacon, toast, whole grain crackers, or our Grain-Free Flax Bread recipe.

Salmon Stuffed Avocado Boats

1 SERVING 10 MINUTES



INGREDIENTS

1 Avocado
4 ozs Canned Wild Salmon
1/4 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	503	Calcium	67mg
Fat	36g	Iron	2mg
Saturated	6g	Vitamin D	974IU
Trans	0g	Vitamin E	7mg
Polyunsat...	5g	Vitamin K	42µg
Monouns...	22g	Thiamine	0.2mg
Carbs	18g	Riboflavin	0.5mg
Fiber	14g	Niacin	12mg
Sugar	2g	Vitamin B6	0.7mg
Protein	34g	Folate	170µg
Cholesterol	75mg	Vitamin B12	6.3µg
Sodium	452mg	Phosphoro...	373mg
Potassium	1341mg	Magnesium	86mg
Vitamin A	506IU	Zinc	2mg
Vitamin C	25mg	Selenium	40µg

DIRECTIONS

- 01 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 02 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 03 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

NOTES

LIKES IT SPICY

Add hot sauce.

NO CANNED SALMON

Use smoked salmon, cooked salmon fillet or tuna instead.

Fried Egg with Green Onions on Toast

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1 Egg
1 slice Bread (toasted)
2 stalks Green Onion (sliced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat olive oil in a frying pan over medium heat. Fry egg and place on top of toast.
- 02 Turn heat to low-medium and cook green onions until soft, about 1-2 minutes. Season with salt and pepper to taste, and sprinkle on top of the egg. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	215	Calcium	56mg
Fat	14g	Iron	1mg
Saturated	3g	Vitamin D	41IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	42µg
Monouns...	8g	Thiamine	0.1mg
Carbs	14g	Riboflavin	0.3mg
Fiber	2g	Niacin	0mg
Sugar	4g	Vitamin B6	0.1mg
Protein	8g	Folate	31µg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	202mg	Phosphoro...	124mg
Potassium	138mg	Magnesium	18mg
Vitamin A	1230IU	Zinc	1mg
Vitamin C	3mg	Selenium	15µg

NOTES

MAKE IT QUICKER

Skip the Green Onion.

10 Minute Cabbage Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
6 cups Coleslaw Mix
4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	338	Calcium	176mg
Fat	23g	Iron	3mg
Saturated	14g	Vitamin D	82IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	0µg
Monouns...	5g	Thiamine	0mg
Carbs	19g	Riboflavin	0.5mg
Fiber	6g	Niacin	0mg
Sugar	9g	Vitamin B6	0.2mg
Protein	16g	Folate	47µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	231mg	Phosphoro...	198mg
Potassium	138mg	Magnesium	12mg
Vitamin A	9539IU	Zinc	1mg
Vitamin C	108mg	Selenium	31µg

DIRECTIONS

- 01 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 02 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 03 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!

NOTES

ON-THE-GO

Add a hard boiled egg onto the cabbage bowl instead of fried.