

Breakfast & Smoothies

Energizing whole-food mornings to fuel your day

Breakfast sets the metabolic tone for the entire day. These recipes use whole grains, fresh fruit, nuts, seeds, and eggs — real foods that stabilize blood sugar and keep you full until lunch without a single ultra-processed ingredient.

1. Overnight Oats with Berries & Chia

Creamy, no-cook oats packed with fiber and antioxidants. Assemble in minutes the night before and wake up to a complete, nourishing breakfast ready to grab and go.

5 min	0 min (chill overnight)	2	Easy
Prep	Cook	Serves	Difficulty

INGREDIENTS

- 1 cup rolled oats (old-fashioned, not instant)
- 1 1/4 cups unsweetened almond milk or regular milk
- 2 tbsp chia seeds
- 1 tbsp pure maple syrup or raw honey
- 1/2 tsp vanilla extract
- 1/2 cup fresh or frozen mixed berries
- 2 tbsp chopped walnuts or almonds
- Pinch of cinnamon

METHOD

1. In a jar or container with a lid, combine oats, milk, chia seeds, maple syrup, vanilla, and cinnamon. Stir well.
2. Seal and refrigerate overnight (or at least 4 hours) until oats have absorbed the liquid and thickened.
3. In the morning, give it a good stir. Add a splash more milk if you prefer a looser consistency.
4. Top with fresh berries and chopped nuts just before serving.

Chef's Tip: Make 5 jars on Sunday for a full week of effortless breakfasts. Keeps refrigerated for up to 5 days.

340 kcal	11 g	48 g	12 g	9 g
Calories	Protein	Carbs	Fat	Fiber

2. Veggie Scrambled Eggs with Whole-Grain Toast

A protein-rich, colorful scramble loaded with vegetables and served on hearty whole-grain toast. Ready in under 10 minutes — the ultimate quick whole-food breakfast.

5 min	8 min	2	Easy
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Prep	Cook	Serves	Difficulty
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INGREDIENTS

- 4 large eggs
- 1/4 cup milk (any kind)
- 1/2 cup baby spinach, roughly chopped
- 1/3 cup cherry tomatoes, halved
- 1/4 red onion, finely diced
- 1/4 bell pepper (any color), diced small
- 1 tsp olive oil or avocado oil
- Salt, black pepper, and fresh herbs to taste
- 2 slices 100% whole-grain or sourdough bread, toasted

METHOD

1. Whisk eggs with milk, a pinch of salt, and black pepper in a bowl. Set aside.
2. Heat olive oil in a non-stick skillet over medium heat. Add onion and bell pepper; cook 2–3 minutes until softened.
3. Add cherry tomatoes and spinach; cook 1 minute until spinach just wilts.
4. Pour egg mixture over vegetables. Gently fold with a spatula over low-medium heat until just set — about 3 minutes. Remove from heat while still slightly glossy.
5. Serve immediately on toast, garnished with fresh herbs.

***Chef's Tip:** Don't overcook the eggs — remove from heat while they look slightly underdone. Residual heat finishes the job and keeps them silky.*

390 kcal	24 g	32 g	16 g	5 g
Calories	Protein	Carbs	Fat	Fiber

3. Green Power Smoothie

Don't let the green color fool you — this smoothie tastes like a tropical treat. Spinach is virtually tasteless when blended with fruit, delivering a full serving of greens in every glass alongside healthy fats and natural sweetness.

5 min	0 min	1–2	Easy
Prep	Cook	Serves	Difficulty

INGREDIENTS

- 2 large handfuls baby spinach (about 2 cups)
- 1 medium banana, frozen (key for creaminess)
- 1/2 cup frozen mango or pineapple chunks
- 1/2 cup plain Greek yogurt or coconut yogurt
- 1 cup unsweetened coconut water or almond milk
- 1 tbsp flaxseed or hemp seeds
- Juice of 1/2 lime
- Optional: 1/2 inch fresh ginger, peeled

METHOD

1. Add liquid to the blender first (this helps blending), followed by yogurt, then spinach, then frozen fruit.
2. Add flaxseed, lime juice, and ginger if using.
3. Blend on high for 45–60 seconds until completely smooth and vibrant green.
4. Taste and adjust — add more fruit for sweetness, lime for brightness, or liquid to thin. Serve immediately.

Chef's Tip: Freeze ripe bananas in advance and keep a bag of frozen greens or fruit for last-minute smoothies. Frozen banana is the secret to a thick, creamy texture without ice cream.

280 kcal	14 g	44 g	5 g	6 g
Calories	Protein	Carbs	Fat	Fiber