

HEALTHY FREE LIFE

Eating & Living... for the Glory of God

Scrambles

Created by Healthy Free Life



Scrambles

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Discover the versatility of scrambles with our collection of recipes, ideal for any meal of the day. Combining proteins, such as eggs or ground meat, with a colorful array of veggies and wholesome starchy carbs, these one-pot wonders are both nutritious and satisfying. Perfect for a quick breakfast, or even a hearty lunch, or a comforting dinner, our scrambles are a testament to simple, yet flavorful cooking, ensuring you're well-fed and energized.

Double up the recipe and enjoy leftovers all week.

"Scrambles" would be anything you would scramble together in one pan: eggs, meats, veggies, starchy carbs, etc. You will find scrambles, skilletts, hashes, casseroles, and muffins in this collection (naming everything a scramble would get boring after a while!).

PROTEIN: Most all of these recipes are 25+ grams of protein per serving. Feel free to add more protein to the dish or on side to get protein to 30-40 grams.

FIBER: Most all of these recipes have fruit or veggies. Feel free to add more to dish or on the side.

FAT: All meals include healthy fat.

CARBS: Not all recipes include a starchy carb, or a full amount of carbs. If you are eating these scrambles for breakfast, carbs are optional. If you would like to add carbs your scramble, whole grains, potatoes, winter squash, Ezekiel bread or other sprouted grain bread would make great additions to these scrambles.



EGG SCRAMBLE FORMULA

EGGS

- 2 to 3 Large or X-Large eggs

ADDITIONAL PROTEIN

Total meal protein goal = 30-40 grams

- additional 2-3 egg whites
- chicken sausage
- beef sausage
- pork sausage
- bacon (no more than 2 slices)
- ham
- Any animal meat can be used here
- vegans can use tempeh

VEGGIES - UNLIMITED OR 1 CUP MINIMUM (measured before cooking)

- | | | |
|---------------------------|---------------------------|-------------------------------------|
| Greens: | • zucchini, yellow squash | • Any non-starchy veggie will work! |
| • baby spinach, kale, | • broccoli | • Left over roasted |
| collards, swiss chard, | • tomatoes | veggies are great |
| power/super food mix, etc | | |

FLAVOR VEGGIES: IF DESIRED. AMOUNT UP TO YOU.

- | | |
|--------------------|-------------|
| • onion, chopped | • mushrooms |
| • peppers, chopped | • garlic |

STARCHY CARBOHYDRATE (FOR STARCH MEAL)

- | | | |
|-------------------------|------------------------------|-------------------|
| • 1 slice Ezekiel bread | • 1/2 cup or 1/2 piece fruit | • 1/2 potato |
| toasted with butter | • 1/2 cup beans | • side of oatmeal |

Scramble Directions

1. Sauté flavor veggies in a lightly oiled skillet over medium-high heat for 2-5 min.
2. When flavor veggies are soft, stir in veggies and cook until soft or wilted.
3. Reduce heat to medium and pour in eggs. Cook until the bottom has set, about 2 minutes. Stir. Continue cooking, and string on occasion until eggs cooked through.
4. Salt & pepper to taste
5. Serve with cooked additional protein and starchy carb (if using).

NOTE: If desired, eggs can be scrambled on the side instead of with the veggies.



MEAT SCRAMBLE FORMULA

PROTEIN

Total meal protein goal = 30-40 grms.

Protein amounts vary depending on meat type and fat content. Read label and use 30-40 g protein.

- ground chicken, turkey, beef, pork, venison, bison
- tempeh, chopped or broken up

VEGGIES - UNLIMITED OR 1 CUP MINIMUM (measured before cooking)

Greens:

- baby spinach, kale, collards, swiss chard, power/super food mix, etc
- zucchini, yellow squash
- broccoli
- tomatoes
- Any non-starchy veggie will work!
- Left over roasted veggies are great

FLAVOR VEGGIES: IF DESIRED. AMOUNT UP TO YOU.

- onion, chopped
- mushrooms, sliced
- peppers, chopped
- garlic, chopped

STARCHY CARBOHYDRATE (FOR STARCH MEAL)

- 1 slice Ezekiel bread toasted with butter
- 1/2 cup or 1/2 piece fruit
- 1/2 cup beans
- 1/2 potato
- side of oatmeal

Scramble Directions

1. Sauté flavor veggies in a lightly oiled skillet over medium-high heat for 2-5 min.
2. When flavor veggies are soft, stir in veggies and cook until soft or wilted.
3. Put veggies on a plate and set aside.
4. Add meat to pan. Cook until cooked through and no longer pink.
5. Add veggies back to pan and stir to combine.
6. Salt & pepper to taste
7. Serve with starchy carb (if using).

NOTE: If desired, meat can be on the side instead of with the veggies.

TIP: Double or quadruple this recipe and save leftovers for later in week!

Sweet Potato & Sausage Scramble *

6 ingredients · 30 minutes · 2 servings



Directions

1. Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
2. In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
3. Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

Notes

Prep Ahead

Cook the sweet potato in advance to save time.

No Kale

Use another hearty green such as dandelion or shaved brussels sprouts.

No Pork

Use turkey sausage, chicken sausage or ground meat instead.

Vegans & Vegetarians

Use lentils instead of sausage.

Ingredients

12 ozs Chicken Sausage (casings removed)

1 Sweet Potato (medium, diced into cubes)

3 cups Kale Leaves (chopped)

1 Apple (medium, diced)

1/8 tsp Cinnamon

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	482	Sugar	16g
Fat	25g	Protein	25g
Carbs	41g	Sodium	2107mg
Fiber	6g		

Mediterranean Scramble *

5 ingredients · 10 minutes · 2 servings



Directions

1. Heat a skillet over medium heat and add the oil. Add the spinach and cook for 1 minute. Then add the eggs and sun dried tomatoes. Stir to mix and cook for another 1 to 2 minutes or until eggs are cooked through.
2. Divide mixture between plates. Serve with a piece of toast. Enjoy!

Notes

No Spinach

Use kale, arugula or collard greens.

Gluten-Free

Use gluten-free bread.

More Flavor

Add additional spices such as chili flakes, paprika, garlic, cumin, chili powder sea salt and/or black pepper.

Leftovers

Best enjoyed immediately.

More Protein

Add side of sausage.

Ingredients

1 tbsp Extra Virgin Olive Oil

2 cups Baby Spinach

6 Egg

2 tbsps Sun Dried Tomatoes (chopped)

2 slices Bread (toasted)

Nutrition

Amount per serving

Calories	367	Sugar	4g
Fat	24g	Protein	22g
Carbs	16g	Sodium	368mg
Fiber	2g		

Acorn Squash & Sausage Scramble *

9 ingredients · 30 minutes · 3 servings



Directions

1. In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
2. In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
3. Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
4. Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 cup of the hash mixture.

More Fiber

Stir in cooked quinoa or rice.

Make it Vegan

Use black beans or lentils instead of sausage.

Meal Prep

Cook the acorn squash in advance to save time.

Ingredients

- 1 lb Chicken Sausage (casings removed)
- 1 tbsp Extra Virgin Olive Oil
- 1 Acorn Squash (peeled, chopped into cubes)
- 1/2 Yellow Onion (chopped)
- 2 cups Mushrooms (sliced)
- 2 cups Kale Leaves (chopped)
- 1 tbsp Nutritional Yeast
- 1 tsp Sea Salt
- 1 Apple (cored, cubed)

Nutrition

Amount per serving

Calories	493	Sugar	12g
Fat	27g	Protein	26g
Carbs	41g	Sodium	2375mg
Fiber	6g		

Egg & Beef Breakfast Bowl

7 ingredients · 25 minutes · 3 servings



Directions

1. In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
2. Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
3. Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is roughly 2 cups of the beef mixture.

More Flavor

Add sea salt, pepper, garlic, onions and/or chili flakes.

Additional Toppings

Top with sliced cherry tomatoes.

Ingredients

- 1 **tbps** Coconut Oil
- 1 **lb** Extra Lean Ground Beef
- 1/2 **cup** Mushrooms (sliced)
- 1 **cup** Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 2 **tbps** Nutritional Yeast

Nutrition

Amount per serving

Calories	490	Sugar	1g
Fat	33g	Protein	40g
Carbs	9g	Sodium	173mg
Fiber	6g		

Savory Turkey & Vegetable Scramble & Bake *

9 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Heat the oil in a large pan over medium-high heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
3. Add the onions and garlic to the turkey and cook for 3 to 5 minutes until the onions soften. Add the Italian seasonings and sea salt and stir to combine. Add the kale and butternut squash to the pan and cook until the kale wilts down then stir in the coconut milk. Season with additional salt if needed.
4. Transfer the turkey and vegetable mixture to a baking dish. Cover with a lid or foil and bake for 20 to 25 minutes or until the squash is tender.
5. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add red pepper flakes or other dried herbs like sage or thyme.

No Butternut Squash

Use a different variety of squash or sweet potato instead.

More Protein

Top with an egg.

No Turkey

Use ground chicken or pork instead.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Turkey
- 1 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 **tbsp** Italian Seasoning
- 1 **tsp** Sea Salt
- 2 **cups** Kale Leaves (chopped)
- 2 **cups** Butternut Squash (chopped into 1 cm cubes)
- 3/4 **cup** Canned Coconut Milk (full fat)

Nutrition

Amount per serving

Calories	437	Sugar	6g
Fat	28g	Protein	31g
Carbs	17g	Sodium	919mg
Fiber	3g		

Zucchini Ground Beef Breakfast Skillet *

6 ingredients · 20 minutes · 3 servings



Directions

1. Add the coconut oil to a large skillet and place over medium heat.
2. Cook the ground meat, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
3. Add the salsa to the skillet and stir well to mix.
4. Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
5. Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Vegetarian

Use lentils instead of ground turkey.

More Greens

Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa

Use crushed tomatoes instead.

KID FRIENDLY SUGGESTION

This was loved by all my children. If your children don't love a runny yoke egg, you could offer scrambled.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1 **lb** Lean Ground Beef
- 2 Zucchini (large, finely diced)
- 1 **cup** Organic Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	523	Sugar	7g
Fat	38g	Protein	35g
Carbs	10g	Sodium	797mg
Fiber	3g		

Breakfast Taco Nachos

13 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 415°F (213°C). Slice tortillas into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes. Remove from oven.
2. Meanwhile, heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
3. Fry your eggs and set aside.
4. Divide tortilla chips into bowls and top with diced green pepper, tomato, avocado, turkey and fried egg. Enjoy!

Notes

Make it Vegan

Use quinoa or lentils instead of ground meat and omit the fried egg.

Additional Toppings

Add or replace with other toppings such as crumbled feta, salsa, red onion, greek yogurt, red pepper flakes, or green onion.

Ingredients

- 6 Brown Rice Tortilla (thawed)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Turkey
- 1 **tbsp** Chili Powder
- 1 **tsp** Oregano
- 1 **tsp** Cumin
- 1 **tsp** Black Pepper
- 1 **tsp** Sea Salt
- 1/2 **cup** Water
- 4 Egg (fried)
- 1 Green Bell Pepper (diced)
- 1 Tomato (diced)
- 1 Avocado (diced)

Nutrition

Amount per serving

Calories	582	Sugar	6g
Fat	28g	Protein	34g
Carbs	49g	Sodium	1069mg
Fiber	10g		

Beef & Salsa Breakfast Skillet

3 ingredients · 20 minutes · 4 servings



Directions

1. Add the ground beef to a large skillet over medium heat. Stir occasionally until cooked through, about eight minutes. Stir in the salsa.
2. Gently form a pocket for each egg in the beef salsa mixture. Crack an egg into each pocket and cover the skillet. Cook for five to eight minutes, or until the eggs are cooked to your liking. Scoop into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cups of the mixture with one egg.

Make it Vegan

Use lentils or black beans instead of ground beef.

Ingredients

12 ozs Extra Lean Ground Beef

1 1/2 cups Salsa

4 Egg

Nutrition

Amount per serving

Calories	249	Sugar	4g
Fat	13g	Protein	25g
Carbs	7g	Sodium	820mg
Fiber	2g		

Taco Breakfast Skillet

14 ingredients · 30 minutes · 4 servings



Directions

1. In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
2. Once the beef is cooked, add in the chili powder, cumin, onion powder, black pepper and nutritional yeast until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
3. Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
4. Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Eggs are best enjoyed the same day.

Serving Size

One serving is approximately one egg with one cup of beef and veggie mixture.

More Flavor

Add some grated cheese on top.

Make it Vegetarian

Use black beans and/or quinoa instead of ground beef.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 **cup** Red Onion (chopped)
- 1 **lb** Extra Lean Ground Beef
- 2 **tbsps** Chili Powder
- 1 **tbsp** Cumin
- 1/4 **tsp** Onion Powder
- 1/4 **tsp** Black Pepper
- 1/4 **cup** Nutritional Yeast
- 4 Egg
- 1/2 Tomato (chopped)
- 1/4 **cup** Black Olives
- 1/2 Avocado (cubed)
- 1 Jalapeno Pepper (sliced)
- 1/4 **cup** Cilantro

Nutrition

Amount per serving

Calories	414	Sugar	2g
Fat	25g	Protein	36g
Carbs	12g	Sodium	359mg
Fiber	6g		

Cauliflower Rice Breakfast Hash

7 ingredients · 25 minutes · 2 servings



Directions

1. In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove, chop into small pieces and set aside, leaving some of the rendered fat in the pan.
2. Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.
3. Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. For best results, enjoy the eggs when served and reheat leftover hash in a pan.

More Flavor

Top the hash with Everything Bagel Seasoning or chili flakes.

Additional Toppings

Serve with avocado.

No Chives

Use another fresh herb such as parsley.

Ingredients

4 slices Bacon

1 Yellow Onion (chopped, small)

1 Yellow Bell Pepper (chopped)

3 cups Cauliflower Rice

4 Egg

Sea Salt & Black Pepper (to taste)

1 tbsp Chives (optional, chopped)

Nutrition

Amount per serving

Calories	456	Sugar	8g
Fat	31g	Protein	25g
Carbs	18g	Sodium	605mg
Fiber	5g		

Turkey Apple Breakfast Hash

10 ingredients · 35 minutes · 4 servings



Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians

Use lentils instead of ground turkey.

Leftovers

Store covered in the fridge up to 3 days.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 tbspc Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 2 Apple (cored and diced)
- 1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	325	Sugar	14g
Fat	14g	Protein	24g
Carbs	31g	Sodium	243mg
Fiber	7g		

Sweet Potato & Egg Hash *

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Heat a cast iron pan over medium heat and add oil. Once melted, add the diced sweet potato. Cook for about 4 minutes undisturbed. Once browned, flip them around and continue cooking for 5 more minutes.
3. Add the smoked paprika and diced pepper and cook for another 2 minutes. Then add the chopped kale and cook until just wilted. Remove the pan from the heat.
4. Make two spaces in the hash mix and crack eggs into each space. Season with sea salt and pepper and place in the oven to bake for 6 to 8 minutes, or until eggs are cooked to your preference.
5. Remove from the oven and garnish with avocado and green onion. Divide onto plates and enjoy!

Notes

No Sweet Potato

Use butternut squash instead.

No Kale

Use another leafy green, such as beet greens or rapini.

Prep Ahead

Chop vegetables in advance to save time.

More Protein

Add side of sausage.

Ingredients

- 1 tsp Coconut Oil
- 1 Sweet Potato (medium, diced)
- 1/2 tsp Smoked Paprika
- 1 Red Bell Pepper (diced)
- 2 cups Kale Leaves (chopped and packed)
- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (sliced)
- 1 stalk Green Onion (sliced)

Nutrition

Amount per serving

Calories	477	Sugar	7g
Fat	32g	Protein	23g
Carbs	28g	Sodium	271mg
Fiber	11g		

Breakfast Cauliflower Casserole *

7 ingredients · 1 hour · 2 servings



Directions

1. Preheat oven to 375°F (191°C).
2. On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
3. In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
4. Pour mixture into a baking dish and bake for 45 minutes.
5. Remove from oven and let cool slightly before serving. Enjoy!

Notes

More Greens

Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

Don't Like Cauliflower

Use steamed broccoli instead.

Storage

Store in an airtight container up to three days. Reheat before serving.

Ingredients

1/2 head Cauliflower (chopped into florets)

7 Egg

1/2 cup Unsweetened Almond Milk

1 tsp Garlic Powder

1 tbsp Nutritional Yeast

1 tsp Sea Salt

1 cup Baby Spinach

Nutrition

Amount per serving

Calories	320	Sugar	4g
Fat	18g	Protein	28g
Carbs	12g	Sodium	1538mg
Fiber	5g		

Spinach Quiche with Sweet Potato Crust *

8 ingredients · 50 minutes · 2 servings



Directions

1. Preheat oven to 425°F (218°C). Grease a glass pie plate with a bit of coconut oil. Cover the base and sides of the plate with the sweet potato rounds. Layer the rounds until no glass is showing. Bake in the oven for 15 minutes.
2. Meanwhile, crack eggs into a mixing bowl and whisk well. Set aside.
3. Heat coconut oil in a skillet over medium heat. Add in minced garlic and green onions. Sauté for 3 to 5 minutes. Add in chopped spinach and sauté just until wilted. Remove from heat.
4. Add spinach mix and diced tomatoes into the egg mix. Season with salt and pepper. Stir well.
5. Remove sweet potato crust from the oven. Pour egg mixture over top of the crust. Reduce the temperature of the oven to 375°F (191°C). Place quiche in the oven and bake for 30 to 40 minutes or until the top is golden brown.
6. Remove from oven and cut into slices. Enjoy!

Notes

Pie Plate

This recipe was developed and tested using a 9-inch glass pie plate.

Ingredients

1 Sweet Potato (sliced into thin rounds)

3/4 tsp Coconut Oil

7 Egg

3 Garlic (cloves, minced)

8 stalks Green Onion (chopped)

4 cups Baby Spinach (chopped)

1 Tomato (diced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	364	Sugar	6g
Fat	19g	Protein	26g
Carbs	23g	Sodium	363mg
Fiber	5g		

Tomato, Kale & Feta Breakfast Pizza *

7 ingredients · 50 minutes · 3 servings



Directions

1. Preheat oven to 350°F (177°C). Place eggs in a large mixing bowl and beat with a fork. Then add almond milk, feta cheese, and kale. Stir until evenly mixed.
2. Lightly grease cast iron skillet or glass dish with coconut oil and fill with egg mixture. Set sliced tomato on top of egg mixture. Season with salt and pepper. Bake in the oven for 40 minutes.
3. Remove from oven and slice into servings with a pizza cutter. Serve with leftover kale and tomatoes on the side. Enjoy!

Ingredients

10 Egg
1/4 cup Unsweetened Almond Milk
1 cup Kale Leaves (chopped)
Sea Salt & Black Pepper (to taste)
1/4 cup Feta Cheese (crumbled)
1 Tomato (sliced into rounds)
1 1/2 tsps Coconut Oil

Nutrition

Amount per serving

Calories	302	Sugar	1g
Fat	21g	Protein	23g
Carbs	3g	Sodium	412mg
Fiber	1g		

Crustless Broccoli Cheddar Quiche *

7 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
2. Arrange the broccoli and cheese in a single layer in the prepared pie pan.
3. In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
4. Slice the quiche into wedges and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one slice. A standard 9-inch glass pie pan makes six servings.

Dairy-Free

Omit the cheese or use a dairy-free cheese instead.

More Flavor

Add finely chopped onions and red pepper flakes.

No Almond Milk

Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 2 **cups** Broccoli (finely chopped)
- 4 1/3 **ozs** Cheddar Cheese (shredded)
- 6 Egg
- 1/2 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Garlic Powder

Nutrition

Amount per serving

Calories	355	Sugar	2g
Fat	26g	Protein	24g
Carbs	7g	Sodium	850mg
Fiber	2g		

Roasted Potato Frittata *

7 ingredients · 55 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a mixing bowl combine half of the green onions, the potatoes, 3/4 of the oil, the Italian seasoning and 3/4 of the salt. Transfer to the baking sheet and bake for about 30 minutes or until the potatoes are golden brown and tender.
3. Meanwhile, in the same mixing bowl whisk the egg, water, the remaining salt and the remaining green onion together. Set aside.
4. Use the remaining oil to grease a cast iron skillet and heat the skillet over medium heat.
5. Transfer the cooked potatoes to the skillet then pour in the egg mixture. Arrange the potatoes into an even layer then let cook for 5 minutes until the eggs begin to set. Transfer the skillet to the oven and bake for 13 to 16 minutes, or until the eggs have set.
6. Let cool slightly before slicing into equal pieces. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A 10-inch cast-iron pan was used for 6 servings.

More Flavor

Season the potatoes with garlic powder or black pepper.

Additional Toppings

Garnish with additional green onions or fresh herbs.

No Yellow Potato

Use russet potatoes instead.

Like it Spicy

Add red pepper flakes or serve with hot sauce.

Ingredients

- 6 stalks** Green Onion (chopped, divided)
- 3** Yellow Potato (large, peeled and cut into 1/2-inch cubes)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1 tsp** Italian Seasoning
- 1 tsp** Sea Salt (divided)
- 9** Egg
- 1/4 cup** Water

Nutrition

Amount per serving

Calories	465	Sugar	3g
Fat	24g	Protein	23g
Carbs	40g	Sodium	1017mg
Fiber	5g		

Extra Creaminess

Use almond milk or cream instead of water.

Kale & Red Pepper Frittata *

8 ingredients · 30 minutes · 3 servings



Directions

1. Preheat oven to 400°F (204°C).
2. Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
3. Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
4. Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
5. Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

Notes

No Kale

Use spinach instead.

No Red Bell Pepper

Use a bell pepper of another color instead.

Leftovers

Keep in the fridge for up to 3 days.

Ingredients

- 9 Egg
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Kale Leaves (chopped)
- 1 Red Bell Pepper (chopped)
- 1 cup Cherry Tomatoes (halved)

Nutrition

Amount per serving

Calories	284	Sugar	4g
Fat	20g	Protein	20g
Carbs	7g	Sodium	645mg
Fiber	2g		

Potato & Turkey Breakfast Casserole

7 ingredients · 45 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Bring a pot of water to a boil. Place the potatoes into the water and cook until tender.
3. Meanwhile, in a pan over medium heat, brown the sausage, breaking it into small pieces as it cooks. When the sausage is no longer pink, add the chopped kale to the pan and cook until just wilted.
4. Add the cooked potatoes and sausage mixture to a baking dish. Then add the tomatoes. In a mixing bowl, whisk together the eggs, milk and salt. Pour the egg mixture into the baking dish making sure the potatoes, sausage mixture and tomatoes are equally covered with eggs.
5. Bake for 25 to 28 minutes or until eggs are set and firm to the touch. Cut into squares and serve immediately. Enjoy!

Notes

Baking Dish

For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.

Leftovers

Refrigerate in an airtight container for up to 3 days.

Vegetarian Option

Omit the sausage completely or substitute it for additional vegetables like bell pepper and mushrooms.

No Kale

Use spinach or Swiss chard instead.

No Tomato

Use chopped bell pepper instead.

No Sausage

Use bacon or ground pork instead.

Ingredients

- 2 Yellow Potato (chopped into small cubes)
- 8 ozs Turkey Sausage (casing removed)
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Cherry Tomatoes
- 8 Egg
- 1/2 cup Unsweetened Almond Milk
- 3/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	215	Sugar	1g
Fat	10g	Protein	17g
Carbs	14g	Sodium	634mg
Fiber	2g		

Spinach & Sausage Egg Muffins *

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (176°C) and grease a muffin tray with the oil or use a silicone muffin tray.
2. In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
3. In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
4. Divide the sausage mixture evenly into the prepared muffin tray and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing them from the tray. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

Make it Vegetarian

Omit the sausage.

No Sausage

Use ground turkey or chicken instead. Season the ground meat with additional salt.

No Spinach

Use kale or chard instead.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 12 **ozs** Chicken Sausage (casing removed)
- 6 **cups** Baby Spinach (chopped)
- 8 Egg
- 1/4 **cup** Water
- 1/4 **tsp** Sea Salt
- 1 **stalk** Green Onion (chopped)

Nutrition

Amount per serving

Calories	353	Sugar	2g
Fat	24g	Protein	25g
Carbs	9g	Sodium	1205mg
Fiber	1g		

Spinach & Sweet Potato Egg Muffins *

8 ingredients · 35 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (177°C). Lightly grease a muffin tray with avocado oil.
2. Steam sweet potato in a double boiler for eight to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
3. While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
4. When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin tray.
5. In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
6. Pour the whisked eggs into the prepared muffin tray to cover the sweet potato and spinach.
7. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Leftovers

Store in the fridge in an airtight container up to four days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach

Use finely sliced kale or swiss chard instead.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 **tbsp** Extra Virgin Olive Oil
- 6 **cups** Baby Spinach
- 10 Egg
- 1/4 **cup** Water
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper

Nutrition

Amount per serving

Calories	350	Sugar	3g
Fat	23g	Protein	23g
Carbs	12g	Sodium	702mg
Fiber	3g		

Zucchini & Goat Cheese Egg Muffins *

5 ingredients · 20 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a muffin tray with liners, or use a silicone muffin tray.
2. Roughly chop 2/3 of the zucchini, and cut the remaining 1/3 into thin slices.
3. In a mixing bowl, whisk together the eggs, water, salt, and chopped zucchini. Divide the mixture into the muffin tray.
4. Top each muffin slot with the zucchini slices and goat cheese. Bake for 15 to 18 minutes or until cooked through.
5. Let cool slightly before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to three days. Freeze for up to two months.

More Flavor

Add chopped onion, garlic, smoked paprika, mushrooms and/or spinach.

Additional Toppings

Top with green onions or sliced tomatoes.

Ingredients

- 1 Zucchini (divided)
- 8 Egg
- 1/4 cup Water
- 1/4 tsp Sea Salt
- 1/2 cup Goat Cheese (crumbled)

Nutrition

Amount per serving

Calories	248	Sugar	3g
Fat	17g	Protein	20g
Carbs	4g	Sodium	478mg
Fiber	1g		

Smoked Salmon Egg Cups

6 ingredients · 25 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tray with oil or use a silicone muffin tray.
2. In a small bowl, whisk together the eggs, chives, salt and pepper.
3. Add the spinach and then the smoked salmon to the prepared muffin tray. Pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two egg cups.

More Flavor

Add fresh dill or capers to the muffin tins.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 6 Egg
- 1 **tbsp** Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Baby Spinach (chopped)
- 4 **ozs** Smoked Salmon (roughly chopped)

Nutrition

Amount per serving

Calories	210	Sugar	0g
Fat	14g	Protein	20g
Carbs	1g	Sodium	403mg
Fiber	0g		

Veggie Goat Cheese Omelette

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
2. Whisk eggs together in a mixing bowl.
3. Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
4. Repeat with remaining ingredients to create another omelette. Enjoy!

Ingredients

1 tbsp Tamari
1 tbsp Extra Virgin Olive Oil
1 cup Mushrooms (sliced)
1/4 cup Red Onion (diced)
2 Garlic (cloves, minced)
2 cups Baby Spinach
5 Egg
1/3 cup Goat Cheese (crumbled)
1/4 cup Parsley (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	323	Sugar	3g
Fat	23g	Protein	22g
Carbs	8g	Sodium	799mg
Fiber	2g		

Quinoa & Kale Egg Muffins *

8 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil or use a silicone muffin tray.
2. Cook the quinoa according to package directions.
3. While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.
4. Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin tray.
5. In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin tray to cover the quinoa, kale, and tomatoes.
6. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add red pepper flakes or black pepper.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1/3 **cup** Quinoa (dry)
- 1 **tbsp** Extra Virgin Olive Oil
- 3 **cups** Kale Leaves (finely chopped)
- 1 Tomato (diced)
- 9 Egg
- 1/4 **cup** Water
- 1/2 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	357	Sugar	1g
Fat	23g	Protein	23g
Carbs	15g	Sodium	634mg
Fiber	3g		