

5 DAY RESET (STEP 1)

# BREAKFAST IDEAS

## Banana & Egg White Pancakes

### Instruction:

- 4 MASHED BANANAS
- 3 CUPS EGG WHITES
- VANILLA AND/OR STEVIA

### Directions:

- MIX MASHED BANANAS WITH BEATEN EGG WHITES
- MIX IN VANILLA AND/OR STEVIA
- COOK SMALL PANCAKES ON A NON-STICK PAN



CALORIES | 200 APPROX.

MACROS | P: 10G | C: 30G | F: 5G

FOOD BREAKDOWN | CHIA SEEDS = COMPLEX CARB  
& PROTEIN | YOGURT = PROTEIN | MANGOS = CARB

**\*\*IF YOU'RE FOLLOWING THE PROGRAM PLEASE DRINK YOUR MINERALS & PHYTOS  
SEPARATELY OR TOGETHER\*\***



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**\*\* NICOLE'S GO TO \*\***

## Quick Oats & A Protein Shake

### Ingredients:

- 2 CUPS PLAIN QUICK OATS
- 4 CUPS WATER
- STEVIA TO TASTE

### Directions:

- BOIL WATER
- STIR IN QUICK OATS
- ALLOW TO COOK FOR ABOUT 5 MINUTES, STIRRING OCCASIONALLY
- SPRINKLE ON STEVIA TO TASTE



**\*\*NOTE: WHEN CHOOSING A PROTEIN POWDER, ENSURE THERE'S NO SUCRALOSE OR ASPARTAME USED**

**\*\*NICOLE'S FAVOURITE IS MODERE CHOCOLATE WHEY\*\***

**CALORIES | 290 APPROX.**

**MACROS | P: 25G | C: 33G | F: 7G**

**FOOD BREAKDOWN | OATS = COMPLEX CARB |  
PROTEIN SHAKE = PROTEIN**

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## Mango Chia Pudding

### Instruction:

- 2 CUPS CHIA SEEDS
- 3 CUPS NON FAT PLAIN GREEK YOGURT
- 4 CUPS MANGO

### Directions:

- MIX CHIA SEEDS WITH PLAIN NON FAT GREEK YOGURT & DICED MANGO
- REFRIGERATE UNTIL THE PUDDING THICKENS
- GARNISH WITH ADDITIONAL MANGO BEFORE SERVING



**CALORIES | 300 APPROX.**

**MACROS | P: 5G | C: 35G | F: 15G**

**FOOD BREAKDOWN | CHIA SEEDS = COMPLEX CARB & PROTEIN | YOGURT = PROTEIN | MANGOS = CARB**

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## Egg & Vegetable Breakfast Wrap

### Instruction:

- 3 CUPS EGG WHITE
- DICED BELL PEPPERS
- DICED TOMATOES
- DICED RED ONION
- SPINACH LEAVES
- 2 CUPS COUSCOUS

### Directions:

- IN A PAN OVER MEDIUM HEAT, SAUTE BELL PEPPERS, TOMATOES, SPINACH, & RED ONION UNTIL SOFTENED
- ADD EGG WHITE TO THE PAN & SRAMBLE UNTIL COOKED THROUGH
- PLACE THE EGG AND VEGETABLE MIXTURE ON A BED OF THE COUSCOUS



CALORIES | 300 APPROX.

MACROS | P: 20G | C: 30G | F: 10G

FOOD BREAKDOWN | EGG WHITE = PROTEIN | COUSCOUS = COMPLEX CARB | PEPPERS, TOMATOES, ONION, & SPINACH = VEGETABLE

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## Sweet Potato, Lentil & Egg White Breakfast Skillet

### Instruction:

- 2 CUPS DICED SWEET POTATOES
- 2 CUPS COOKED LENTILS
- 3 CUPS EGG WHITE
- CUMIN, PAPRIKA, & SALT TO TASTE

### Directions:

- SAUTE SWEET POTATOES IN COOKING SPRAY
- COOK UNTIL SWEET POTATOES ARE TENDER
- COOK LENTILS ACCORDING TO PACKAGE DIRECTIONS
- SCRAMBLE EGG WHITES IN WITH SWEET POTATOES
- MIX IN SPICES



CALORIES | 300 APPROX.

MACROS | P: 15G | C: 40G | F: 5G

FOOD BREAKDOWN | SWEET POTATO = COMPLEX CARB |  
COMPLEX CARB & PROTEIN | EGG WHITE = PROTEIN

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