

MAINTENANCE PLAN (STEP 3) BREAKFAST IDEAS

Berry Protein Smoothie Bowl

Ingredients:

- 4 SCOOP PROTEIN POWDER (PLANT-BASED)
- 2 CUP MIXED BERRIES (SUCH AS STRAWBERRIES, BLUEDBERRIES, & RASPBERRIES)
- 2 BANANA
- 2 CUP UNSWEETENED ALMOND MILK
- 1 CUP ROLLED OATS
- TOPPINGS: 1 TBSP PER: (CHOOSE ONE) SLICED ALMONDS, SHREDDED COCONUT, CHIA SEEDS

Directions:

- IN A BLENDER, COMBINE PROTEIN POWDER, MIXED BERRIES, BANANA, ALMOND MILK, AND ROLLED OATS. BLEND UNTIL SMOOTH.
- POUR THE SMOOTHIE INTO A BOWL.
- TOP WITH SLICED ALMONDS, SHREDDED COCONUT, AND CHIA SEEDS.

CALORIES | 350 APPROX

MACROS | P: 25-30G | C: 40G | F: 10G

FOOD BREAKDOWNS: PROTEIN POWDER = PROTEIN | BERRIES & BANANAS = STARCH | OATS = COMPLEX CARB | ALMONDS & COCONUT = FAT | CHIA SEEDS = PROTEIN & STARCH

**** IF YOU'RE FOLLOWING THE PROGRAM PLEASE TAKE AXIS UPLIFT & PHYTO REDS FOR STRESS SUPPORT & GUT HEALTH ****



MAINTENANCE PLAN (STEP 3) BREAKFAST IDEAS

Protein-Packed Tofu Scramble w/ Avocado & Whole Grain Toast



Ingredients:

- 1 BLOCK FIRM TOFU, CRUMBLED (20-25G PROTEIN)
- 1 AVOCADO, SLICED
- 2 SLICES PER SERVING WHOLE GRAIN BREAD (TOASTED)
- ASSORTED VEGETABLES (SUCH AS SPINACH, BELL PEPPERS, ONIONS)
- 2 TBSP OLIVE OIL
- SALT, PEPPER, AND TURMERIC TO TASTE

Directions:

- HEAT OLIVE OIL IN A SKILLET OVER MEDIUM HEAT.
- ADD ASSORTED VEGETABLES TO THE SKILLET AND COOK UNTIL SOFTENED.
- ADD CRUMBLED TOFU TO THE SKILLET AND SEASON WITH SALT, PEPPER, AND TURMERIC.
- COOK, STIRRING OCCASIONALLY, UNTIL TOFU IS HEATED THROUGH AND SLIGHTLY GOLDEN.
- SERVE TOFU SCRAMBLE WITH SLICED AVOCADO AND WHOLE GRAIN TOAST.

CALORIES | 400-450 APPROX

MACROS | P: 20-25G | C: 30-35G | F: 20G

FOOD BREAKDOWN: TOFU = PROTEIN | AVOCADO & OLIVE OIL = FAT |
TOAST = CARB

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MAINTENANCE PLAN (STEP 3) BREAKFAST IDEAS

HIGH-PROTEIN OVERNIGHT OATS WITH PEANUT BUTTER AND BANANA

Ingredients:

- 1 CUP ROLLED OATS
- 1 CUP NON-DAIRY MILK (SUCH AS ALMOND MILK, SOY MILK)
- 4 SCOOP PLANT-BASED PROTEIN POWDER (20-25G PROTEIN)
- 4 TABLESPOON PEANUT BUTTER
- 2 BANANA, SLICED
- OPTIONAL: 1 TBSP PER: (CHOOSE ONE) CHIA SEEDS, FLAXSEEDS

Directions:

- IN A JAR OR CONTAINER, COMBINE ROLLED OATS, NON-DAIRY MILK, AND PROTEIN POWDER.
- STIR WELL UNTIL COMBINED
- ADD PEANUT BUTTER AND SLICED BANANA TO THE MIXTURE.
- STIR AGAIN, COVER, AND REFRIGERATE OVERNIGHT.
- IN THE MORNING, GIVE THE OATS A GOOD STIR AND ADD ADDITIONAL LIQUID IF DESIRED.
- TOP WITH OPTIONAL CHIA SEEDS OR FLAXSEEDS BEFORE SERVING.

CALORIES | 400-450 APPROX

MACROS | P: 25-30G | C: 40-45G | F: 15-20G

FOOD BREAKDOWN: OATS = COMPLEX CARB | PROTEIN POWDER = PROTEIN | PEANUT BUTTER = FAT | BANANA = STARCH | CHIA & FLAX = CARB & PROTEIN

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MAINTENANCE PLAN (STEP 3) BREAKFAST IDEAS

VEGAN PROTEIN PANCAKES WITH MIXED BERRIES

Ingredients:

- 4 SCOOP PLANT-BASED PROTEIN POWDER (20-25G PROTEIN)
- 1 CUP ROLLED OATS
- 2 BANANA
- 2 CUP NON-DAIRY MILK (SUCH AS ALMOND MILK, SOY MILK)
- 2 TABLESPOON MAPLE SYRUP
- MIXED BERRIES FOR TOPPING

Directions:

- IN A BLENDER, COMBINE PROTEIN POWDER, ROLLED OATS, BANANA, NON-DAIRY MILK, AND MAPLE SYRUP.
- BLEND UNTIL SMOOTH BATTER FORMS.
- HEAT A NON-STICK SKILLET OVER MEDIUM HEAT AND LIGHTLY GREASE WITH OIL OR COOKING SPRAY.
- POUR PANCAKE BATTER ONTO THE SKILLET TO FORM PANCAKES.
- COOK UNTIL BUBBLES FORM ON THE SURFACE, THEN FLIP AND COOK UNTIL GOLDEN BROWN ON BOTH SIDES.
- SERVE PANCAKES TOPPED WITH MIXED BERRIES.

CALORIES | 350-400 APPROX

MACROS | P: 25-30G | C: 40-45G | F: 10-15G

FOOD BREAKDOWN: PROTEIN POWDER = PROTEIN | OATS = COMPLEX CARB | BERRIES = STARCH

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MAINTENANCE PLAN (STEP 3) BREAKFAST IDEAS

TOFU BREAKFAST BOWL WITH QUINOA AND MIXED VEGETABLES



Ingredients:

- 1 BLOCK TOFU, CUBED
- 2 CUP COOKED QUINOA
- 1 CUP MIXED VEGETABLES (SUCH AS BELL PEPPERS, BROCCOLI CARROTS)
- 2 TABLESPOON OLIVE OIL
- SALT AND PEPPER TO TASTE

Directions:

- HEAT OLIVE OIL IN A PAN, THEN ADD CUBED TOFU.
- COOK TOFU UNTIL LIGHTLY BROWNED ON ALL SIDES.
- ADD MIXED VEGETABLES TO THE PAN AND COOK UNTIL TENDER.
- SEASON WITH SALT AND PEPPER.
- SERVE TOFU AND MIXED VEGETABLES OVER COOKED QUINOA.

CALORIES | 350 APPROX

MACROS | P: 25G | C: 30G | F: 15G

FOOD BREAKDOWN: TOFU = PROTEIN | QUINOA = COMPLEX CARB
| OLIVE OIL = FAT

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