

*8 Week Summer*

# SHAPE-UP

BREAKFAST



**VOL. 1**

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01

# Feta Bacon & Spinach Scrambled Eggs

## INGREDIENTS

Serves 4

- 8 large eggs
- 2 slices thick-cut bacon, cooked and cut into pieces
- 1 tsp. Dijon mustard
- 2 c. spinach, torn
- 60 g. Feta cheese, crumbled
- 2 c. Spinach, torn
- 1 tbsp olive oil
- salt and pepper



# Feta Bacon & Spinach Scrambled Eggs

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## DIRECTIONS

- In a large bowl, whisk together eggs, Dijon mustard, 1 tablespoon water and 1/2 teaspoon each salt and pepper.
- Heat oil or butter in 30-cm nonstick pan on medium. Add eggs and cook, stirring with rubber spatula every few seconds, to desired doneness, 2 to 3 minutes for medium-soft eggs. Fold in bacon, spinach, and Feta cheese.

*Calories per serve: 248*

*Protein: 17*

*Carb: 2*

*Fat: 19*

# Smashed Avo Toast With Egg

Serves 2

## INGREDIENTS

- 1 ripe avocado, medium
- 1 tbsp. fresh lemon juice
- salt and pepper
- 4 slices bread, toasted
- 4 hard-boiled eggs, peeled and sliced
- Chopped fresh chives and sesame seeds, for serving
- Thinly cut radish (optional)



# Smashed Avo Toast With Egg

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## DIRECTIONS

- In medium bowl, smash avocado with lemon juice and 1/4 teaspoon each salt and pepper.
- Spread on toast and top with eggs and radishes and sprinkle with chives and sesame seeds.

*Calories per serve: 463*  
*Protein: 20*  
*Carb: 47*  
*Fat: 23*

# Breakfast Burrito

## INGREDIENTS

Serves 4

- 220g. tomatillos or cherry tomatoes, rinsed, and halved
- 1/2 small onion, cut into wedges
- 2 tbsp. fresh lime juice
- 1/3 c. packed coriander
- 6 large eggs
- Salt
- 1 tsp. olive oil
- 90g. shredded light cheese
- 1 c. fat-free refried beans
- 4 large tortillas



## DIRECTIONS

- Arrange oven rack 15cm from grill; heat grill.
- Arrange tomatoes, cut sides down, on a foil-lined baking sheet along with onion and grill until blistered, 10 to 12 minutes. Let vegetables cool, then transfer to food processor. Add lime juice, coriander and 1/4 teaspoon salt, and pulse to combine (salsa should be slightly chunky).
- Beat eggs with 1 tablespoon water and 1/4 teaspoon salt. Heat oil in large nonstick pan on medium. Add eggs and cook, stirring with rubber spatula every few seconds, to desired doneness, 2 to 3 minutes for medium-soft eggs. Fold in 1/2 cup cheese.

## DIRECTIONS

- Spread 1/4 cup beans on each tortilla, then divide eggs and remaining cheese on top. Spoon 2 tablespoons salsa over each and roll, folding sides over filling and then rolling from the bottom up. If desired, crisp both sides in nonstick pan on medium. Serve with remaining salsa.

*Calories per serve: 390*

*Protein: 24*

*Carb: 35*

*Fat: 18*

# Greek Yoghurt Pancakes

## INGREDIENTS

Serves 4

- 1/2 c. vanilla Greek yogurt
- 1/3 c. low fat milk
- 2 large eggs
- 2 tbsp. sugar free maple syrup
- 1 tsp. pure vanilla extract
- 1 c. all-purpose flour
- 3/4 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- Yogurt, strawberries, blueberries and syrup, for serving
- optional - Protein powder



# Greek Yoghurt Pancakes

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## DIRECTIONS

- In a large bowl, whisk together yogurt, milk, eggs, syrup, and vanilla.
- In a second bowl, whisk together flour, baking soda, baking powder, and salt.
- Add flour mixture to yogurt mixture and mix to combine (batter should be like thick glue).
- Heat a large nonstick pan on medium. Check heat by sprinkling with water — when water bubbles and evaporates immediately, pan is ready.

# Greek Yoghurt Pancakes

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## DIRECTIONS

- Spoon in enough batter to make 3 to 4 medium pancakes (about 2 tablespoons each) or many smaller ones (about 1 tablespoon each) and cook pancakes until bubbles begin to appear around edges and in centers. Using a spatula, peek under the pancakes to check that they are golden brown, then carefully flip. Cook about 1 minute more depending on size. Transfer to wire rack and cover loosely with foil to keep warm or serve immediately, topped with yogurt, strawberries, blueberries and syrup.

*Calories per serve: 215*

*Protein: 12*

*Carb: 35*

*Fat: 3*

*\*excludes protein powder*

# Make Ahead Quiche

Serves 6

## INGREDIENTS

- 1 1/4 c. all-purpose flour
- 1/2 tsp. sugar
- 1/2 tsp. salt
- 2 tbsp. coconut oil or butter
- 3 tbsp. water
- 4 large eggs
- 1 1/4 c. whole milk
- 1/2 tsp. salt
- 1 tbsp. olive oil
- 1 medium onion
- 1/4 tsp. black pepper
- 2 tbsp. water
- 1/2 bag bag baby spinach
- 120 g. thick-cut ham



# Make Ahead Quiche

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## DIRECTIONS

- **Make the crust:** Preheat oven to 180 degrees C. In food processor, pulse flour, and 1/2 teaspoon each sugar and salt until combined. Add coconut oil; pulse until coarse crumbs form. Sprinkle in 3 to 5 tablespoons water, pulsing between additions until dough is just moist. Pat into a disk shape . Cover with plastic wrap; freeze 30 minutes.
- On lightly floured surface, with floured rolling pin, roll dough into 28cm round. Transfer to 23cm pie plate. Trim off excess dough. Tuck edge of dough under and pinch to create rim. Crimp to decorate edge. Line dough with baking paper or foil and fill with pie weights or dried beans. Bake 15 minutes. Remove liner and weights. Bake another 10 to 13 minutes, or until edge is golden and bottom is no longer raw. Cool slightly on wire rack.

# Make Ahead Quiche

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## DIRECTIONS

- **Make the inside:** Whisk together eggs, milk, and 1/2 teaspoon salt.
- In 30cm pan, heat oil on medium-high. Add 1 onion and black pepper. Cook 5 minutes or until starting to brown. Reduce heat to medium-low; add water. Cover; cook 10 minutes, stirring occasionally. Stir in baby spinach. Cook 2 minutes or until just wilted, tossing. Cool slightly; stir into custard along with ham.
- Bake in 180 degrees F oven 35 to 45 minutes or until center is just set. Cool 15 minutes. Serve warm or at room temperature.

*Calories per serve: 312*

*Protein: 17*

*Carb: 23*

*Fat: 16*

# Protein Power Smoothie

## INGREDIENTS

Serves 1

- $\frac{3}{4}$  cup fat-free milk
- $\frac{1}{2}$  ripe banana
- $\frac{1}{2}$  cup frozen raspberries
- $\frac{1}{2}$  cup frozen blueberries
- 1 scoop vanilla whey protein powder
- 5 ice cubes



# Protein Power Smoothie

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## DIRECTIONS

- Add all ingredients to blender and blend.

*Calories per serve: 284*

*Protein: 27*

*Carb: 42*

*Fat: 2*

# Easy Overnight Oats

## INGREDIENTS

Serves 1

- ⅓ cup muesli, or ⅓ cup rolled oats plus ¼ teaspoon ground cinnamon
- 1 tbsp. chia seeds
- 1 tbsp. peanut or almond butter
- 1/2 cup milk
- 1/2 cup fresh cut fruit
- Drizzle sugar free maple syrup
- Optional - 1 scoop whey protein



# Easy Overnight Oats

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## DIRECTIONS

- In a jar or bowl (a working jar or 500ml jar is perfect), combine the muesli (or rolled oats and cinnamon), chia seeds and nut butter. Add a splash of the milk and mix the nut butter into the oats. Then add the rest of the milk and stir to combine.
- Top with your fruit of choice. (you can wait until morning to top with fruit if you like fruit extra fresh)
- Place the lid on the jar and refrigerate overnight, or up to 5 days. When you're ready to serve, add a drizzle of maple syrup or honey if you'd like, and enjoy chilled.

*Calories per serve: 330*

*Protein: 15*

*Carb: 28*

*Fat: 18*

*\*excludes protein powder*

# Fully Loaded Fried-Egg BLT

## INGREDIENTS

Serves 4

- 1 small ripe avocado
- 2 tbsp. light mayonnaise
- 1 tsp. lemon juice
- 8 slices whole-grain bread, toasted
- 1 large tomato, thinly sliced
- 2 c. spinach
- 8 slices cooked fat removed bacon
- 4 eggs, fried as desired



# Fully Loaded Fried-Egg BLT

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## DIRECTIONS

- In small bowl, mash avocado, mayonnaise and lemon juice with 1/4 teaspoon salt.
- Spread evenly on 4 slices bread; top each with tomato slices, spinach, 2 slices bacon, 1 fried egg and remaining bread slice.

*Calories per serve: 406*

*Protein: 22*

*Carb: 35*

*Fat: 20*