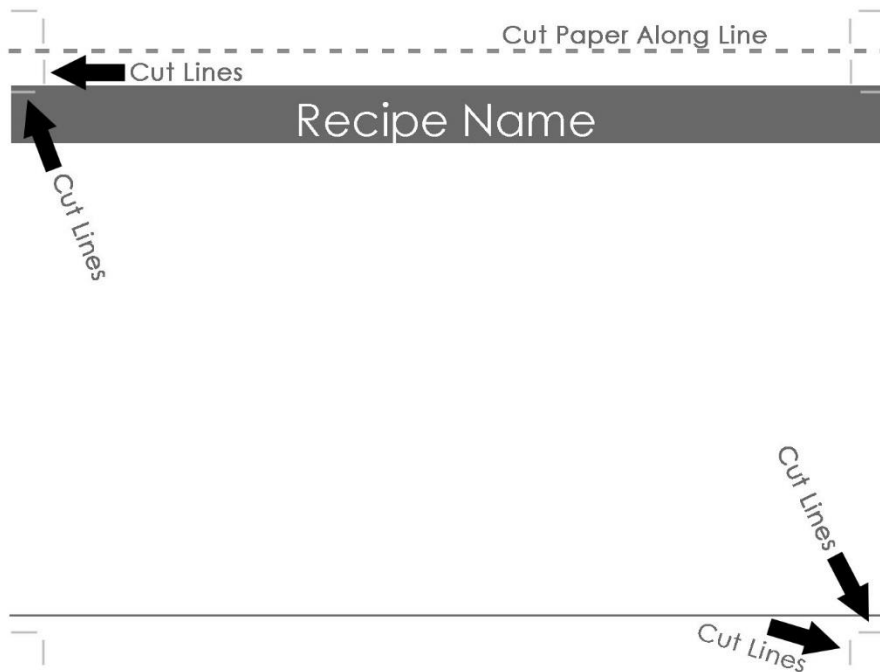




Breakfast Recipes

- Print onto 8.5" x 11" heavy-weight paper. We recommend card stock, but feel free to play around with different card stocks & paper types. Prints 2 cards per page.
- Cut in between the two recipes (see below), separating them.
- Trim along the cut lines (see below) using a guillotine, sharp scissors or scalpel.
- ENJOY!!!



Banana Pancakes



½ large banana
¼ tsp vanilla
½ cup GrapeNuts

1 egg *
1/8 tsp cinnamon **
3 oz yogurt
(0-1 grams fat/not over 50 calories)

- Preheat non-stick pan over LO-MED heat.
- In a food processor, combine first 4 ingredients.
- Pulse 2 - 3 times.
- Pour into non-stick pan to make 2 -3 pancakes.
- Flip as needed. (When the top is covered with air bubbles)
- When both sides are brown and the pancake is cooked through, move to plate. It is delightful on its own, but if you feel you need something sweet, top with 1 Tbl of warmed natural preserves (Polaner All - Fruit) or sugar-free syrup.
- Combine the yogurt & GrapeNuts and serve along side.
- ENJOY!!!

* Limit of two eggs each week.

** Current literature states that 1/8 tsp of cinnamon contributes to increasing the metabolism.

Ω Tip: The trick to cooking these is to cook them slowly over lower heat. If you cook them too quickly, you will have a done outside with a raw middle.

breakfast

1 fruit, ½ dairy & 1 carb per serving

Blintz



1 tortilla, warmed (0-1 fat grams & not over 100 calories per serving)
¼ cup (2 oz) fat free cottage cheese (Stevia may be added)
½ cup pineapple or other fruit, chopped
1 Tbl fat free sour cream

- Warm tortilla in microwave and lay flat on plate.
- Make a row of cottage cheese and pineapple down the middle of tortilla.
- Fold each side towards the middle so they overlap.
- Now roll the tortilla over so that the folded side is down on the plate.
- Top with the sour cream.
- ENJOY!!!

breakfast

1 fruit, ½ dairy & 1 carb per serving

Cheese Grits



½ cup cooked plain grits (instant is ok)
1 ¼ oz fat free cheese, shredded
1 medium granny smith apple

- Prepare the grits as directed and place in a bowl.
- Sprinkle the cheese over the top of the hot grits.
- You may either allow it to melt over top or stir it in.
- Cut up the apple and serve along side the grits
- ENJOY!!!

breakfast

1 fruit, ½ dairy & 1 carb per serving

Cheese Toast



1 slice whole wheat diet bread (0-1 fat grams/not over 100
1 thinly sliced apple calories per serving)
1 slice fat free cheese

- Toast the bread to desired doneness.
- Core the apple and slice it thinly.
- Lay the apple slices on the bread in a layer.
- Top the apple with the cheese slice
- Put in the microwave for 15 - 30 seconds, or until the cheese has melted.
- ENJOY!!!

breakfast

1 fruit, ½ dairy & 1 carb per serving

Chive and Dill Baked Eggs



- 1 slice whole wheat diet bread (0-1 fat grams/not over 100 calories per serving)
- 1 egg *
- ½ tsp fat-free milk
- ½ tsp chives, chopped
- 1 slice fat free swiss cheese
- ½ tsp dill, chopped
- ½ cup raspberries

- Preheat the oven to 425 degrees.
- Cut a circle the size of a 4-inch ramekin out of a piece of

toasted whole wheat bread.

- Mist ramekin with nonstick cooking spray and place bread in the bottom.
- Beat together egg, skim milk, chives, and dill.
- Cut up toast scraps and place in bottom of ramekin.
- Pour egg mixture into ramekin and top with 1 slice fat-fat Swiss cheese.
- Bake 10 minutes.
- Serve with ½ cup raspberries mixed with lemon juice on the side.

* Limit of two eggs each week.

∞ **Product Recommendation:** Fat-Free Swiss Cheese: *Borden's Fat Free Swiss Singles* and *Kraft Singles Fat Free Swiss*. Make sure you choose fat-free singles that have 0 - 1 fat gram and not over 50 calories. These are only options, not the only ones you can use.

breakfast

1 fruit, ½ dairy & 1 carb per serving

Egg Sandwich



- 1 slice whole wheat diet bread (0-1 fat grams/not over 100 calories per serving)
- 1 egg*
- 1 slice fat free cheese

- Cook egg as desired in a non-stick pan using 1 squirt Pam® or up to 1 Tbl fat free margarine.
- Place egg on toast and top with cheese.
- Serve with ½ cup orange or grapefruit juice on the side.
- ENJOY!!!

* Limit of two eggs each week

breakfast

1 fruit, ½ dairy & 1 carb per serving

Egg Wrap



1 slice whole grain tortilla (0-1 fat grams/not over 120 calories per serving)
1 egg scrambled °
1 slice fat free cheese
1 Tbl. Salsa
1 dash of hot sauce (adjust to your heat preference)

- Scramble eggs on medium heat in a nonstick pan, using 5 squirts of butter spray.
- Take the scrambled egg and place it in the center of a warmed tortilla.
- Top with the cheese and hot sauce, if desired, and then roll it.
- Top it with the salsa
- ENJOY!!!

° Limit of two eggs each week.

breakfast

1 fruit, ½ dairy & 1 carb per serving

English Muffin Cheesecake



½ English muffin
1 tablespoon fat free cream cheese
½ tablespoon sugar free preserves (any flavor)

- Split the English muffin and toast to desired doneness.
- Place muffin on plate and spread on the cream cheese.
- Take the preserves and spread over the cream cheese.
- Serve with 3 oz fat free yogurt and ¼ of a 6 inch cantaloupe or honeydew melon.
- ENJOY!!!

breakfast

1 fruit, ½ dairy & 1 carb per serving

French Toast



2 slices whole wheat diet bread (0-1 gram fat, up to 120 calories.)
1 egg* ½ cup skim milk
1/8 tsp. cinnamon (optional)** 1/8 tsp. vanilla (optional)
1 Tbl sugar free preserves or jam (optional)

- Preheat a nonstick skillet on medium heat, then coat with 5 squirts of butter spray.
- Meanwhile, beat together egg, skim milk, cinnamon, and vanilla.
- Place bread slices in egg mixture, coating both sides.
- Place bread in skillet and brown, turning once.
- Top with preserves and dig in!

* Limit of two eggs each week.

** Aids in burning fat, is said to as much as triple insulin sensitivity. Fights insulin resistance which is very important.

breakfast

1 fruit, ½ dairy & 1 carb per serving

Fruit and Oatmeal



½ cup cooked unflavored oatmeal (instant is fine)
1 sliced peach or apple
1/8 tsp. cinnamon*
Stevia (optional)

- Cook the oatmeal according to package instructions.
- Mix together oatmeal, fruit, and cinnamon.
- Add Stevia if desired.
- Serve with ½ cup (4 oz.) of nonfat milk.
- ENJOY!!!

* Current literature states that 1/8 tsp of cinnamon contributes to increasing the metabolism.

breakfast

1 fruit, ½ dairy & 1 carb per serving

Mexican Egg Sandwich



½ English muffin
1 egg^o
1 slice fat free cheese
2 Tablespoon salsa

- Cook egg as desired in a non-stick pan using 1 squirt of vegetable spray or up to 1 Tbl fat-free margarine.
- Place cheese on English muffin and melt in the microwave or toaster oven.
- Put egg on English muffin and top with salsa.
- Serve with ½ cup pineapple on the side, or for a sweet and spicy twist...try mixing the pineapple with the salsa.
- ENJOY!!!

^o Limit of two eggs each week.

breakfast

1 fruit, ½ dairy & 1 carb per serving

Oatmeal Cottage Cheese Pancakes



½ cup oatmeal
1/3 c fat free cottage cheese
½ c berries **

OR

1 tsp vanilla
4 egg whites*
¾ c strawberries

- Preheat non-stick pan over LO-MED heat.
- In a blender or food processor, combine first 4 ingredients.
- Pulse 2 - 3 times or until ingredients are combined.
- Pour into non-stick pan. (Hint: The smaller the pancake, the more you get!)
- Flip as needed. (When the top is covered with air bubbles)
- When both sides are brown and the pancake is cooked through, move to plate.
- Top with the berries.
- ENJOY!!!

* Limit of six egg whites each week.

** You may have ½ c of any of the following: blueberries, raspberries, boysenberries or blackberries.

breakfast

1 fruit, ½ dairy & 1 carb per serving

Raspberry Peach Melba Crunch



- ¼ cup Grape Nuts®
- ½ cup diced peaches
- ¼ cup (2oz) fat free frozen yogurt
- 1 Tbl sugar-free raspberry preserves (warmed in microwave)

- Scoop the frozen yogurt onto a plate or in a bowl.
- Sprinkle the Grape Nuts on top.
- Pile on the peaches.
- Drizzle the whole thing with the warmed preserves.
- ENJOY!!!

∞ Hint: To add extra sweetness or if your peach is too firm, you may try grilling it. Heat grill pan on Medium. Transfer the halved peach to the pan, cut-side down, and cook until grill marks appear, about 3 minutes. Turn and grill until the skin starts to shrivel and the peach softens, 4 minutes more. Slice the peaches, sprinkle with 1/8 tsp cinnamon & pile onto the yogurt.

breakfast

1 fruit, ½ dairy & 1 carb per serving

Yogurt Banana Popsicle



- ½ large banana
- 3 oz fat-free yogurt (any flavor)
- 7 oz paper cup
- 1 popsicle sticks
- ½ whole wheat English muffin (0-1 g fat & not over 100 calories)

- Place a layer of yogurt into the bottom of paper cup.
- Slice a 1" thick piece off the top of the banana.
- Insert the stick into the 1" slice of banana & place in the bottom of the cup.
- Spoon more yogurt into the cup & sprinkle in some of the banana slices. You may also take a fork and mash the remaining half and then layer it instead of the slices.
- Continue the process, ending with a layer of yogurt on the top.
- Place in the freezer on a plate or tray for at least an hour or until the yogurt and banana has fully hardened.
- To eat, tear off the paper cup and serve along side the toasted english muffin half.
- ENJOY!!!

Tip: To make this your evening snack you would only eat the popsicle.

breakfast

1 fruit, ½ dairy & 1 carb per serving