

POWER-PACKED BREAKFAST

Quick and Healthy High-Protein Morning Meals

OVERNIGHT OATS

- ½ cup rolled oats
- 1 tablespoon chia seeds or ground flax seeds
- 1 cup milk (or your favorite milk alternative)
- ¼ cup Greek yogurt
- 1 tablespoon honey or maple syrup
- ½ teaspoon vanilla extract
- Fresh berries and nuts for topping

Instructions:

- In a jar, combine oats, milk, yogurt, honey, and vanilla extract
- Stir well and seal the jar with a lid
- Refrigerate overnight
- Top with fresh berries and nuts when you are ready to enjoy

VEGGIE EGG BITES

- 6 large eggs
- 6 large egg whites
- Diced bell peppers, onions, and broccoli
- ½ cup feta cheese
- Pepper to taste
- 1 tablespoon of olive oil or ¼ cup water for sauteeing

Instructions:

- Preheat oven to 350 degrees F and grease a standard nonstick 12-slot muffin tin with olive oil or cooking spray
- In a large non-stick cooking pan, cook red pepper, onion, and broccoli in 1 tablespoon of oil or ¼ cup water until the vegetables have softened and set aside
- Whisk together eggs until smooth, then stir in the cooked vegetables
- Pour the egg/veggie mixture evenly into the prepared muffin pan then sprinkle a small amount of feta cheese into each egg bite
- Bake for 10-15 minutes or until the eggs have cooked

GREEK YOGURT PARFAIT

- 1 cup Greek yogurt
- ¼ cup granola
- Berries or sliced fruits

Instructions:

- In a glass, start with a layer of Greek yogurt
- Add a layer of granola
- Top with fruit
- Repeat steps 1-3

