



Pacific Coast Naturopathic Health  
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**5 EASY**

*High Protein*

**BREAKFAST  
RECIPES**



We all know breakfast is the most important meal of the day, so by starting off with one of these healthy breakfasts, your brain and body will thank you.

To help you get a little creative with your high-protein breakfast choices I thought you would enjoy these. They are packed with protein, fiber and lots of vitamins to fuel your body and brain.

I'll also give you some modifications you can do on your own, so that you can start to understand how to make any meal healthier . . .

Actually, these recipes would also make an awesome lunch, just add additional protein of your choice, fresh greens, nuts and seeds, and fruit!



# DR. HELENE'S ENERGIZING BREAKFAST BOWL RECIPE



**SERVINGS: 1**

Energizing Breakfast Bowl – Rise and Shine with a Burst of Flavor!

This can be made the night before, just take it out of the fridge in the morning, and voila! You have a home-made, healthy breakfast! Packed with protein, fiber, phytonutrients and antioxidants, this tasty breakfast will get you through your morning with energy to spare.

Get ready to embrace the day with open arms and boundless energy with our Energizing Breakfast Bowl!

Dr. Helene's Energizing Breakfast Bowl is more than just a morning meal; it's a ritual, a celebration of health, and a promise to start your day on the right foot. Whether you're breaking a fast or simply craving a nutritious and delightful breakfast, this bowl has it all—texture, flavor, and the vibrant colors of a new beginning.

So, why wait? Dive into your day with enthusiasm and a spoonful of pure deliciousness. Every bite is an invitation to embrace life, savoring the present moment and fueling your body for whatever adventures lie ahead. Morning routines just got a whole lot tastier!

## INGREDIENTS:

- 1/2 cup rolled oats (gluten-free if preferred)
- 1 cup almond milk (or your preferred milk)
- 1 tablespoon chia seeds
- 1/2 teaspoon honey (or maple syrup for a vegan option)
- 1/2 teaspoon vanilla extract
- A pinch of salt
- 1/2 cup fresh mixed berries (strawberries, blueberries, raspberries)
- 1 small banana, sliced
- 1 tablespoon almond butter (or peanut butter)
- A sprinkle of your favorite nuts and seeds (e.g., chopped almonds, sunflower seeds)
- Fresh mint leaves for garnish (optional)

## INSTRUCTIONS:

1. Prepare the Base: In a mixing bowl, combine rolled oats, chia seeds, almond milk, honey, vanilla extract, and a pinch of salt. Stir well to combine. Cover the bowl and refrigerate it overnight or for at least 30 minutes to allow the oats and chia seeds to absorb the liquid and thicken.
2. Assemble Your Bowl: Take your oat mixture out of the refrigerator and give it a good stir. If it's too thick, you can add a little more almond milk to achieve your desired consistency.
3. Add the Goodies: Start by layering your bowl with the oat mixture as the base. Top it with fresh mixed berries, banana slices, and a drizzle of almond butter.
4. Garnish and Enjoy: Sprinkle your favorite nuts and seeds on top for added texture and nutrition. If you like, garnish with fresh mint leaves for a burst of freshness.
5. Customize: Feel free to get creative with your toppings. Add some sliced almonds, shredded coconut, or a sprinkle of cinnamon for extra flavor.
6. Serve and Savor: Dig in and enjoy your delicious, energy-boosting breakfast bowl! This meal is packed with fiber, healthy fats, and antioxidants to kickstart your day after a successful fast.

Remember, you can adjust this recipe to suit your taste preferences and dietary requirements. It's a fantastic way to break your fast, as it provides a balance of carbohydrates, protein, and healthy fats to energize you for the day ahead. Happy fasting and feasting!

# BREAKFAST PROTEIN BLUEBERRY SMOOTHIE



This Blueberry Smoothie is quick enough for you to make for weekday breakfasts. All you need to do is add everything to your blender and blend until smooth. It takes 5 minutes, tops! Yep, you are starting to see a trend here - - veggie, protein, and high phytonutrient berries.

I would suggest swapping out blueberries for any other berries you like, and adding ground organic flax seeds, cinnamon or any spice you like.

## INGREDIENTS:

- 3 tablespoons old-fashioned oats
- 1 cup fresh organic spinach or organic kale
- 1 cup fresh or frozen organic blueberries
- 1/3 cup plain organic Greek yogurt or 1 scoop protein powder
- 3/4 cup milk, whichever type you prefer, or plain water
- 1/8 teaspoon cinnamon, optional

## INSTRUCTIONS:

1. Place all ingredients in a blender and blend until smooth.
2. Serve immediately.



# FAST MORNING EGG CUPS

Great for when you're short on time, these egg cups are a perfect way to get in a protein-packed breakfast on a busy weekday morning. Prep the mix-ins (veggies, spices, herbs, etc) ahead of time so you can make this recipe in three minutes start to finish in the morning! Add mixed berries or apple slices on the side and you are all set to start your day.

## INGREDIENTS:

- 2 large eggs
- 2 tablespoons water or milk
- Salt and pepper
- Cooking spray
- Optional mix-ins - see variations below

## VARIATIONS:

- Caprese: Add chopped cherry tomatoes, sprinkle of mozzarella and fresh basil leaves
- Veggie: ½ cup chopped spinach or kale, mushrooms, and tomatoes; top with 2 Tbsp avocado after cooking
- Mexican: tablespoon black beans, few chopped cherry tomatoes, grated zucchini, top with salsa

## INSTRUCTIONS:

1. Spray a microwave-safe mug with cooking spray.
2. Crack both eggs into the mug and add water or milk. Use a fork to blend, and season with salt and pepper. Stir in ingredients for the desired variation (see below).
3. Place mug in microwave and cook on high for 1 minute.
4. Check the mixture and stir.
5. Microwave for an additional 30 seconds or until set.
6. Cook up to a total of 2 minutes, depending on added ingredients

# HIGH PROTEIN OVERNIGHT OATS

Start your day right with these High Protein & Antioxidant Overnight Oats! Packed with muscle-building protein and health-boosting phytonutrients, this easy make-ahead breakfast is as delicious as it is nutritious.

## ENERGIZE YOUR MORNING: HIGH PROTEIN & ANTIOXIDANT OVERNIGHT OATS



## INGREDIENTS:

- 1/2 cup rolled oats
- 1/2 cup Greek yogurt (plain or vanilla)
- 1/2 cup unsweetened almond milk (or milk of choice)
- 1 scoop vanilla protein powder
- 1 tbsp chia seeds
- 1/2 cup mixed berries (blueberries, strawberries, raspberries)
- 1 tbsp almond butter (optional)
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 tbsp honey or maple syrup (optional, for sweetness)
- 1 tbsp crushed nuts (walnuts or almonds) for topping

## INSTRUCTIONS:

### NIGHT BEFORE PREP:

1. Mix the Base: In a medium-sized bowl or jar, combine the rolled oats, Greek yogurt, almond milk, and protein powder. Stir until well mixed.
2. Add Phytonutrients: Fold in the chia seeds, mixed berries, vanilla extract, and cinnamon. Stir to combine evenly.
3. Sweeten (Optional): If you prefer a sweeter taste, add honey or maple syrup and mix well.
4. Top It Off: Cover the bowl or jar with a lid and refrigerate overnight (or at least 4 hours) to allow the oats to soak and the flavors to meld.

### MORNING PREP:

In the morning, give the oats a good stir. If the mixture is too thick for your liking, add a splash of non-dairy milk to achieve your desired consistency. Top with almond butter or nuts for added texture and protein.

# QUICK & EASY HIGH PROTEIN SPINACH & FETA SCRAMBLE

Whip up a nutritious and delicious breakfast in minutes with this Spinach & Feta Scramble! High in protein and phytonutrients, and low in sugar, it's perfect for busy mornings. You can make this energy boosting breakfast on the stovetop or in the microwave.



## INGREDIENTS:

- 2 large eggs
- 1/4 cup egg whites
- 1 cup fresh spinach, chopped
- 1/4 cup cherry tomatoes, halved
- 2 tbsp feta cheese, crumbled
- Salt and pepper to taste
- 1 tsp olive oil or cooking spray

## INSTRUCTIONS:

1. Prep Ingredients (1-2 minutes): Chop the spinach and halve the cherry tomatoes.
2. Whisk Eggs (1 minute): In a small bowl, whisk together the eggs and egg whites. Season with salt and pepper.
3. Cook Veggies (1-2 minutes): In a non-stick skillet, heat the olive oil over medium heat. Add the spinach and cherry tomatoes, and cook for 1-2 minutes until the spinach is wilted and the tomatoes are slightly softened.
4. Add Eggs (2-3 minutes): Pour the egg mixture into the skillet. Let it sit for a few seconds, then gently stir with a spatula to scramble. Continue cooking until the eggs are just set.
5. Add Cheese: Sprinkle the feta cheese over the eggs and stir to combine. Remove from heat.
6. Serve: Transfer to a plate and enjoy immediately.

## MICROWAVE OPTION:

1. Prep Ingredients (1-2 minutes): Chop the spinach and halve the cherry tomatoes.
2. Whisk Eggs (1 minute): In a microwave-safe bowl, whisk together the eggs and egg whites. Season with salt and pepper. Stir in the spinach and cherry tomatoes.
3. Microwave (2-3 minutes): Microwave on high for 1 minute. Stir the mixture, then microwave in 30-second intervals, stirring between each, until the eggs are set.
4. Add Cheese: Sprinkle the feta cheese on top and microwave for an additional 10-15 seconds.
5. Serve: Stir lightly and enjoy immediately.