

7 GRAIN-FREE BREAKFAST *Recipes*



Coach Tammy Lee | gofitlife.ca

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SHOPPING LIST TEMPLATE

FRUIT & VEGETABLES

MEAT, DAIRY

SEEDS, BAKING & SPICES

CANS, CONDIMENTS & MISC

A close-up photograph of a Spanish Zucchini Tortilla served on a white plate with a blue rim. The tortilla is golden-brown and slightly crispy, with visible zucchini slices and green herbs. The plate is set on a light-colored wooden surface. A semi-transparent white banner with the text "SPANISH ZUCCHINI TORTILLA" is overlaid on the bottom half of the image.

SPANISH ZUCCHINI TORTILLA

SPANISH ZUCCHINI TORTILLA



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
377 kcal
22g Fats
22g Carbs
21g Protein



WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

WHAT YOU NEED TO DO

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked, remove from heat and serve.



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OMELET WRAPS



OMELET WRAPS



Serves: 4

Prep: 15 mins

Cook: 10 mins



Nutrition per serv:

237 kcal

15g Fats

3g Carbs

20g Protein



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WHAT YOU NEED

- 7 oz. (200g) cottage cheese
- 4 handfuls of watercress
- 1 lemon, peel only
- 6 eggs
- ¼ cup (60ml) soy milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 3.5 oz. (100g) smoked salmon, chopped

WHAT YOU NEED TO DO

Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.

Beat the eggs with the milk and herbs in a separate bowl. Heat 1 tsp. of oil in the medium size frying pan and fry 1/4 of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.

Remove the omelet from the pan and set it aside. Fry the other omelets with the rest of the oil.

To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelets in a wrap and cut in half.

HIGH PROTEIN BLUEBERRY PANCAKES



HIGH PROTEIN BLUEBERRY PANCAKES



Serves: 1
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
257 kcal
5g Fats
18g Carbs
36g Protein



WHAT YOU NEED

- 1/4 cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- 1/2 banana, mashed
- almond milk, if needed
- 1/4 cup (25g) fresh or frozen blueberries
- 1/2 tsp. coconut oil

WHAT YOU NEED TO DO

Whisk together the egg whites and protein powder.

Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.

Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).

Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.

You can also make 3 small pancakes instead of 1 large.

Serve with your favourite toppings.





EGGS FRIED ON TOMATOES WITH TUNA

EGGS FRIED ON TOMATOES WITH TUNA



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per serving:
307 kcal
15g Fats
8g Carbs
32g Protein



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WHAT YOU NEED

- 1 large tomato
- 1 tsp. coconut oil
- 2 eggs
- 3 oz. (80g) tuna in brine
- a pinch of oregano
- a pinch of chili flakes
- parsley, chopped, to serve

WHAT YOU NEED TO DO

Peel the tomato and chop it into cubes.

Heat the oil in a small frying pan, add the chopped tomato and fry over high heat for about 3 minutes.

Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.

Arrange pieces of Tuna on top. Then sprinkle with dried oregano and optionally chili flakes.

Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

Tips:

- Replace tuna with feta or Gorgonzola cheese
- For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option



SPINACH SHAKSHUKA



SPINACH SHAKSHUKA



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
321 kcal
22g Fats
19g Carbs
24g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft.

Next, add the mushrooms and cook for another 3-4 minutes. Season with salt & pepper.

Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.

Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 mins covered with a lid until egg whites are set.

Dress in fresh parsley and serve.





VANILLA & COFFEE PROTEIN SMOOTHIE

VANILLA & COFFEE PROTEIN SMOOTHIE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
174 kcal
6g Fats
4g Carbs
26g Protein



WHAT YOU NEED

- 1/4 cup (60ml) espresso
- 1 2/3 cup (400ml) almond milk
- 2 scoops vanilla whey
- 2 tsp. cinnamon
- 2 tbsp. flax seeds

handful of ice

WHAT YOU NEED TO DO

Please add all ingredients in a high-speed blender and mix until smooth. Serve cold in a glass.



CINNAMON ROLL PROTEIN SMOOTHIE



CINNAMON ROLL PROTEIN SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
162 kcal
3g Fats
15g Carbs
22g Protein



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WHAT YOU NEED

- 1 banana
- 2 scoop (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

WHAT YOU NEED TO DO

Place all ingredients into a blender and pulse until smooth. Serve.



GO FIT LIFE

GO FIT LIFE PROJECT

A stylized graphic of a sun with a pixelated yellow face and red rays, partially obscured by a green leaf.

weight loss - strength & endurance - habit development
perfect for anyone who loves to walk, run, or ride

monthly training plan

monthly meal plan

programs & challenges

supportive community

& more

A red brushstroke graphic.

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