

Cheese and vegetable omelet

3 eggs
1 tablespoon water
1/3 cup cheese grated (or cottage cheese)

1/2 cup spinach chopped
1 small tomato chopped
1/3 cup red bell peppers chopped

Stir eggs and water with fork and pour into omelet pan (with a little oil added). Cook until almost done - add cheese, tomato, spinach, and peppers. Fold omelet in half and finish cooking.

Egg and Cheese Sandwich on English Muffins

Make sourdough english muffins ahead and freeze them to turn this yummy breakfast into a PV breakfast meal. Serve with tomatoes and cucumbers to provide enough vegetables.

2 eggs
1 slice cheese

1/2 avocado
1 English muffin

Toast the English Muffin. Fry 1-2 eggs to form a round cooked egg to place on sandwich. Place egg on english muffin. Add cheese and avocado.

Cauliflower Breakfast Casserole

Makes 8 Servings

*8 Servings with
1 Lean, 1/2 of a Green, and 1 Condiment per Serving*

**Don't want turkey bacon? Increase the turkey sausage to 10 oz, cooked and add 9 eggs instead of 8.*

8 ounces bulk turkey sausage
1/4 cup chopped onions
2 cups cauliflower florets
1/2 teaspoon seasonings (Asiago Jalapeno suggested)
1/4 teaspoon salt

1/4 teaspoon pepper
6 slices turkey bacon cooked and cut into pieces
2 cups 2% Mexican style Cheddar cheese shredded
8 large eggs
16 ounces egg substitute
1/4 cup unsweetened almond milk

Directions:

Preheat oven to 350 degrees.

Lightly spray a 9 x 13 inch baking dish with cooking spray.

In a large skillet over medium high heat, brown turkey sausage.

Measure out 8 ounces of cooked turkey sausage with a food scale and return back to skillet.

Add cauliflower and onions; saute until caramelized.

Season with Feast Mode Asiago Jalapeno Seasoning, salt and pepper or seasonings of your choice.

Spread sausage and cauliflower mixture in prepared baking dish.

Sprinkle turkey bacon and 1 cup of shredded cheese

on top of sausage and cauliflower.

In a large bowl, whisk eggs, egg whites and unsweetened almond milk together.

Pour egg mixture over sausage, cauliflower, bacon, and cheese.

Sprinkle remaining 1 cup of cheese on top.

Bake for 40 to 45 min or until eggs are set.

Let cool for 5 min. Garnish with green onions if desired.

Cut into 8 equal portions.

*8 Servings with
1 Lean, 1/2 of a Green, and 1 Condiment per Serving*

**Don't want turkey bacon? Increase the turkey sausage to 10 oz, cooked and add 9 eggs instead of 8.*

Instant Pot Egg Bites for PV breakfast

Makes 2 Servings

Preparation: 15 min , Cook Time: 15 min

Yield: 7 egg bites

Serve with green salad and soaked seeds to make a complete 5+5 meals.

4 slices bacon cooked and crumbled
6 large eggs
1/4 cup milk
1/4 teaspoon salt

1/4 teaspoon pepper
1 tablespoon parsley
2 cloves garlic minced
1/2 cup Cheddar cheese shredded

Add all the ingredients except bacon to a blender and blend at high speed until smooth. Lightly grease silicone mold with olive oil and add bacon crumbs into each egg bite mold, distribute evenly. Stir the egg mixture and pour it into molds, don't fill them to the brim.

Add 1 cup of water to Instant Pot, add the handled trivet and place the filled egg mold on top of the trivet.

Close and lock the lid, point the valve to Sealing. Select the Manual or Pressure Cook button and select high pressure for 8 minutes. Followed by 5 minutes Natural Pressure Release, after which release any remaining pressure manually. Remove egg mold from the IP, let them cool for 5-7minutes, after which turn the mold upside down on a place, and gently push out the egg bites. Garnish with more bacon and chopped green onions.

Make Ahead Freezable Breakfast Burritos

Makes 14 Servings

A thin tortilla is the only bread product in this meal so it will qualify as a lean and green meal. You can reduce the glycemic index further by using sour dough tortillas. Two burritos will provide enough servings for one meal.

2 teaspoons olive oil divided
16 ounces turkey breakfast sausage
1 medium red bell pepper finely chopped
1 small sweet onion finely chopped
1 large tomato finely chopped

12 large eggs
1/2 teaspoon pepper
1 cup shredded Cheddar cheese
14 8-inch whole wheat tortillas

Heat 1 tsp. oil in nonstick skillet over medium heat. Add sausage and cook 5-8 minutes, or until cooked through. Transfer to plate and set aside.

Reduce heat to medium. Add 1 tsp. oil, peppers and onions, and cook 3-5 minutes, or until softened. Add tomatoes and cook 2 minutes.

Scramble eggs and pepper in large bowl. Add to pan and cook 3-4 minutes, stirring, or until eggs are set.

Remove from heat and mix in sausage and cheese. Let cool.

Fill tortillas with 1/2 cup egg mixture, roll into burrito and lay seam-side-down on a parchment-lined baking sheet.

Freeze 1 hour, transfer to freezer-safe zip top bag and return to freezer.

To reheat burritos, remove from freezer, wrap in paper towel and microwave on HIGH 1-2 minutes.

PV Brunch

PV means protein-vegetable. A delicious brunch can be made up of lean protein foods such as eggs, cottage cheese, cheese, or even chicken and fish accompanied with a variety of non-starchy vegetables. The goal for this meal is to have 3-4 ounces of protein and 3-4 servings of non-starchy vegetables to provide 300-400 calories. If you are pursuing weight loss goals, limit calories to 300 per meal.

PV Goldenrod Eggs

Makes 6 Servings

Serve on cauliflower crust (weight loss diet) or sour dough english muffins (weight maintenance diet) for a PV breakfast. Add sliced fresh tomatoes and cucumbers on the side to provide more vegetables.

2 tablespoons butter
1/4 cup flour
2 cups milk

1 teaspoon chicken bouillon
2 hard-boiled eggs
6 slices bread toasted

Melt butter in saucepan or medium-high heat. Add flour and whisk until smooth. Add 1 cup milk and whisk until smooth. Gradually add remaining milk and bouillon, stirring until smooth and bouillon is dissolved. Cook until bubbly and thickened. Chop egg whites and stir into sauce. Crumble egg yolks.

To serve, spoon 1/2 cup sauce over one piece of toast. Sprinkle egg yolk on top.

Tomato Cucumber Cottage Cheese Salad

Tomato Cucumber Cottage Cheese Salad

Directions:

Place cottage cheese in a large bowl.

Add tomatoes and cucumbers.

Top with sliced avocado and then sprinkle

Everything but the bagel seasoning.

Garnish with green onions, if desired.

Makes 1 Serving

1 Leaner, 3 Greens, 2 Condiments, and 1 Healthy Fat

1 1/2 cups 2% cottage cheese
1 cup cherry tomatoes halved
1/2 cup cucumbers peeled and sliced 1/4" thick and quartered

1 1/2 ounces avocados sliced
seasoned salt
green onions optional

Directions:

Place cottage cheese in a large bowl.

Add tomatoes and cucumbers.

Top with sliced avocado and then sprinkle

Everything but the bagel seasoning.

Garnish with green onions, if desired.

Veggie Brunch Casserole

Makes 8 Servings

Serve with 2 TB soaked seeds and marinara sauce or salsa for a complete meal.

2 teaspoons olive oil
1/2 cup chopped mushrooms
1/2 cup chopped red bell peppers
3 chopped green onions
1 1/2 cups shredded mozzarella cheese
1 cup chopped ham

1 cup shredded Cheddar cheese
8 eggs
1/2 cup flour
1/4 teaspoon salt
1/8 teaspoon pepper

Heat olive oil in skillet over medium-high heat. Add vegetables and stir-fry for about 2 minutes. Spray a 9x13 inch baking dish with cooking spray. Layer, vegetables, mozzarella cheese, ham and cheddar cheese in baking dish. Whisk together eggs, milk, flour, salt and pepper. Pour over top. Bake for 40 minutes or until a knife inserted in the center comes out clean. Let stand a few minutes before serving.