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BREAKFAST RECIPES

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OUR GIFT TO YOU



Oatless Oatmeal

Serves 1

Prep time: 5 mins

Cook time: 15 mins

INGREDIENTS

- 30g (1 oz) red split lentils
- 170g (6 oz) frozen cauliflower
- 25g (1 oz) **Vegan Wondershake Protein Powder**
- Pinch of cinnamon
- Pinch of nutmeg
- 200ml (7 oz) soy milk
- 100ml (3.5 oz) water
- 15ml (0.5 oz) oat cream (1 tbsp)
- 30g (1 oz) frozen mixed berries (about 2 tbsp)

METHOD

1. Combine Dry Ingredients

- In a medium pot, add the red split lentils, frozen cauliflower, and vanilla protein powder. Sprinkle in a pinch of cinnamon and a pinch of nutmeg for warmth and flavor.

2. Add Liquid Ingredients

- Pour in the soy milk and water, stirring well to combine all ingredients. Ensure the protein powder and spices are evenly distributed.

3. Bring to a Boil

- Place the pot over medium-high heat. Stir occasionally to prevent any ingredients from sticking to the bottom. Bring the mixture to a gentle boil.

4. Simmer and Cook

- Once the mixture begins to boil, reduce the heat to the lowest setting.
- Allow it to simmer gently for 10-12 minutes, stirring occasionally, until the lentils are soft and the mixture has thickened to an oatmeal-like consistency.

5. Serve and Garnish

- Once cooked, pour the oatless oatmeal into a bowl. Drizzle with 1 tablespoon of oat cream and top with frozen mixed berries.

6. Enjoy Warm

- Serve immediately while warm.

Cinnamon-Spiced Lentil Porridge

Serves 1

Prep time: 5 mins

Cook time: 15 mins

INGREDIENTS

- 60g (2 oz) dried red lentils
- 200ml (7 oz) almond milk
- ¼ tsp ground cinnamon
- Drizzle zero-calorie sweetener

METHOD

1. Prepare the Lentils

- Rinse the dried red lentils under cold water until the water runs clear.

2. Cook the Lentils

- In a small saucepan, combine the rinsed lentils with half the almond milk (100ml / 3.5 oz) and bring to a simmer over medium heat.
- Cook for about 10-15 minutes, stirring occasionally, until the lentils soften and start to break down.

3. Add Flavorings

- Stir in the remaining almond milk, cinnamon, and zero-calorie sweetener.
- Continue to cook for another 3-5 minutes, stirring continuously, until the porridge reaches your desired thickness. For a thinner consistency, add a little more almond milk as needed.

4. Serve

- Transfer the porridge to a bowl, sprinkle extra cinnamon on top if desired.

Protein Smoothie

Serves 1

Prep time: 5 mins

Cook time: None

INGREDIENTS

- 100g (4 oz) frozen riced cauliflower
- 25g (1 oz) **Vegan Wondershake Protein Powder**
- 200ml (7 oz) almond milk
- ¼ tsp ground cinnamon (optional)
- Drizzle zero-calorie sweetener

METHOD

1. Prepare Ingredients

- Gather all ingredients: frozen riced cauliflower, protein powder, almond milk, cinnamon, and sweetener.

2. Blend the Smoothie

- In a blender, add the almond milk, frozen cauliflower, protein powder, cinnamon, and sweetener.
- Blend on high speed for 30-45 seconds until smooth and creamy.

3. Serve

- Pour the smoothie into a glass, sprinkle with a little extra cinnamon if desired, and enjoy this refreshing, protein-packed breakfast.

Protein Pancakes

Serves 1

Prep time: 5 mins

Cook time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Protein Powder**
- 50g (2 oz) frozen riced cauliflower, thawed and blended smooth
- 100ml (3.5 oz) almond milk
- Pinch of ground cinnamon
- ½ tsp baking powder
- Drizzle of zero-calorie sweetener

METHOD

1. Prepare the Batter

In a mixing bowl, combine the protein powder, blended cauliflower, almond milk, cinnamon, and sweetener.

Stir well until a smooth batter forms, adjusting the almond milk slightly if a thinner consistency is preferred.

2. Cook the Pancakes

Heat a non-stick skillet over medium heat (no oil or fat added).

Pour small amounts of batter onto the skillet to form pancakes.

Cook each pancake for 2-3 minutes on one side until bubbles appear on the surface, then flip and cook for another 2-3 minutes until golden and firm.

3. Serve

Stack the pancakes on a plate, sprinkle with extra cinnamon if desired.

Silken Tofu Scramble with Grilled Mushrooms and Tomatoes

Serves 1

Prep time: 5 mins

Cook time: 10 minutes

INGREDIENTS

For the Tofu Scramble:

- 200g (7 oz) silken tofu, drained
- 10g (1/3 oz) nutritional yeast
- ¼ tsp ground turmeric
- ¼ tsp black salt (kala namak) for eggy flavor
- 1 tbsp olive oil or vegan butter for cooking
- Salt and pepper, to taste
- Optional: fresh chives or parsley, finely chopped, for garnish

For the Grilled Portobello Mushrooms and Tomatoes:

- 1 large portobello mushroom
- 1 medium tomato, halved
- 1 tbsp olive oil
- Salt and pepper, to taste
- Optional: dried thyme or rosemary for extra flavor

METHOD

1. Prepare the Mushroom and Tomato

- Preheat a grill pan over medium heat and lightly brush the mushroom and tomato halves with olive oil.
- Sprinkle with salt, pepper, and a pinch of dried thyme or rosemary if desired.

2. Grill the Mushroom and Tomato

- Place the mushroom and tomatoes on the hot grill pan.
- Grill the mushroom for 4-5 minutes on each side until it's tender and juicy.
- Grill the tomatoes, cut side down, for 3-4 minutes until softened and slightly charred.
- Set aside once done.

Recipe Continues

3. Prepare the Tofu Scramble

- Heat the olive oil or vegan butter in a non-stick skillet over medium heat.
- Add the silken tofu, breaking it up gently with a spatula into large, soft chunks (similar to scrambled eggs).
- Sprinkle with turmeric, nutritional yeast, black salt, salt, and pepper.
- Stir gently to incorporate the spices without breaking up the tofu too much.
- Cook for 3-4 minutes until the scramble is warmed through and slightly golden.

4. Serve

- Plate the tofu scramble, and garnish with fresh chives or parsley if desired.
- Arrange the grilled mushroom and tomato halves on the side.
- Enjoy this hearty, eggy-flavored tofu breakfast, packed with protein and flavor!

Red Lentil Tortillas

Serves 1(makes about 4 small tortillas)

Prep time: 5 minutes (plus 3 hours soaking)

Cook time: 15 minutes

INGREDIENTS

- 100g (3.5 oz) dried red lentils
- 240ml (8 oz) water
- Pinch of salt
- Optional: Pinch of ground cumin or garlic powder for added flavor

METHOD

1. Soak the Lentils

- Rinse the red lentils under cold water until the water runs clear.
- Place the lentils in a bowl and cover them with water. Let them soak for at least 3 hours or overnight for best results.

2. Blend the Batter

- Drain and rinse the soaked lentils.
- Place the lentils in a blender along with 240ml (8 oz) fresh water and salt.
- Blend until smooth, achieving a batter that is similar to pancake batter in thickness. Add a pinch of ground cumin or garlic powder if desired.

3. Cook the Tortillas

- Heat a non-stick skillet over medium heat.
- Pour about 60ml (2 oz) of batter into the skillet, swirling to spread it thin into a circular shape.
- Cook for 2-3 minutes until the edges start lifting slightly, then flip and cook for another 1-2 minutes until golden and firm.
- Repeat with the remaining batter.

4. Serve

- Stack the tortillas on a plate and serve warm. They're perfect for wraps, tacos, or dipping into your favorite sauces.

Mediterranean Tofu Scramble

Serves 1

Prep time: 5 mins

Cook time: 10 mins

INGREDIENTS

- 200g (7 oz) firm tofu, crumbled
- 50g (2 oz) cherry tomatoes, halved
- 30g (1 oz) bell pepper, diced
- 30g (1 oz) spinach, roughly chopped
- 15g (1/2 oz) spring onion, finely chopped
- Pinch of ground turmeric
- Pinch of dried oregano
- Pinch of dried basil
- 1 tbsp olive oil
- Salt and pepper, to taste

METHOD

1. Prepare the Tofu

- Crumble the tofu into a bowl, leaving some larger pieces for texture.

2. Sauté the Vegetables

- Heat olive oil in a non-stick skillet over medium heat.
- Add the spring onions and bell peppers, and sauté for 2-3 minutes until they soften.

3. Add Tofu and Spices

- Add the crumbled tofu to the skillet along with turmeric, oregano, basil, salt, and pepper.
- Stir well, cooking for about 3-4 minutes until the tofu is warmed through and takes on a golden color.

4. Add Spinach and Tomatoes

- Add the spinach and cherry tomatoes, cooking for another 2-3 minutes until the spinach wilts and tomatoes are softened.

5. Serve

- Transfer the scramble to a plate, garnish with extra spring onion if desired.

Tofu and Lentil Breakfast Hash

Serves 1

Prep time: 10 mins

Cook time: 15 mins

INGREDIENTS

- 200g (7 oz) firm tofu, cubed
- 60g (2 oz) cooked lentils (any type)
- 50g (2 oz) zucchini, diced
- 30g (1 oz) bell pepper, diced
- 15g (1/2 oz) spring onion, chopped
- 1 tbsp olive oil or vegan butter
- Pinch of smoked paprika
- Pinch of dried thyme
- Salt and pepper, to taste

METHOD

1. Sauté the Vegetables

- Heat the olive oil or vegan butter in a skillet over medium heat.
- Add the spring onions, bell pepper, and zucchini, cooking for 3-4 minutes until slightly softened.

2. Add Tofu and Seasonings

- Add the cubed tofu to the skillet along with smoked paprika, thyme, salt, and pepper.
- Stir and cook for 4-5 minutes until the tofu is lightly browned on the edges.

3. Add Lentils and Combine

- Add the cooked lentils to the skillet, stirring well to mix everything.
- Cook for an additional 3-4 minutes, allowing flavors to meld.

4. Serve

- Transfer the hash to a plate, garnish with fresh herbs if available.

Savory Tofu Pancake with Spring Onion and Herbs

Serves 1

Prep time: 10 mins

Cook time: 10 mins

INGREDIENTS

- 200g (7 oz) firm tofu, crumbled
- 30g (1 oz) spring onion, finely chopped
- 10g (1/3 oz) fresh parsley, chopped
- 1 tsp chickpea flour or cornstarch (for binding)
- 30ml (1 oz) almond milk (or any plant-based milk)
- 1 tsp olive oil or vegan butter (for cooking)
- Pinch of garlic powder
- Salt and pepper, to taste

METHOD

1. Prepare the Batter

- In a bowl, combine crumbled tofu, chopped spring onion, parsley, chickpea flour (or cornstarch), almond milk, garlic powder, salt, and pepper.
- Mix until a batter forms; it should hold together but still be soft.

2. Heat the Skillet

- Heat olive oil or vegan butter in a non-stick skillet over medium heat.

3. Cook the Pancake

- Pour the batter into the skillet and spread it out to form a pancake.
- Cook for 4-5 minutes on each side, until golden brown and crispy on the outside.

4. Serve

- Slide the pancake onto a plate, garnish with extra spring onion or parsley.

Protein-Packed Berry Smoothie

Serves 1

Prep time: 5 minutes

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder**
- 100g (4 oz) frozen mixed berries
- 200ml (7 oz) plant milk (any type)
- 300ml (10 oz) water
- 150g (5 oz) canned cannellini beans, drained and rinsed
- 10g (1/3 oz) chia seeds
- 5-6 ice cubes
- Optional: Pinch of ground cinnamon or vanilla extract for added flavor

METHOD

1. Prepare the Ingredients

- Gather all ingredients and ensure the cannellini beans are drained and rinsed well.

2. Blend the Smoothie

- In a high-speed blender, combine the plant milk, water, frozen mixed berries, cannellini beans, The Protein Works Wondershake, chia seeds, and ice cubes.
- Add a pinch of cinnamon or a dash of vanilla extract if you want an extra flavor boost.

3. Blend Until Smooth

- Blend on high for 1-2 minutes, or until the mixture is smooth and creamy. Adjust the consistency by adding a bit more water if needed.

4. Serve

- Pour the smoothie into a large glass or shaker bottle, and enjoy immediately.

Vanilla Berry Chia Seed Pudding

Serves 1

Prep time: 5 minutes

Chill time: 4 hours (or overnight)

INGREDIENTS

- 30g (1 oz) chia seeds
- 25g (1 oz) **Vegan Wondershake Protein Powder**
- 250ml (8 oz) plant-based milk (almond, coconut, or oat work well)
- 1 tsp zero-calorie sweetener
- ½ tsp vanilla extract
- Squeeze of lemon juice
- 50g (2 oz) fresh or frozen mixed berries

METHOD

1. Combine Ingredients

- In a bowl or jar, add the chia seeds, plant-based milk, sweetener (if using), and vanilla extract.
- Stir well to ensure the chia seeds are evenly dispersed.

2. Let the Pudding Thicken

- Cover and refrigerate for at least 4 hours or overnight.
- Stir the pudding once or twice during the first hour to prevent clumping.

3. Serve and Add Toppings

- Once thickened, give the chia pudding a good stir, then stir in the protein powder. Add more water or plant milk as desired to make it creamy. (If you would prefer to drink the protein powder instead of mixing in, that is fine too!)

ADDITIONAL RESOURCES

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1. **Strong & Sculpted Podcast**
   Your go to resource for everything to do with muscle sculpting and fat burning
2. **Private Facebook Group**
   Join our private community and receive free coaching from one of our experienced coaches
3. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Getty, my personal trainer, as we discuss supplements, protein, training and more.
7. **The Sculpted Vegan Video Blogs**
   Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
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