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NON VEGAN
BREAKFAST RECIPES

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OUR GIFT TO YOU



Herb-Infused Egg Muffins

Serves 1 (makes 4 muffins)

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

- 4 large eggs (200g / 7 oz)
- 50g (2 oz) spinach, chopped
- 30g (1 oz) bell pepper, diced
- 10g (1/3 oz) fresh parsley, chopped
- 5g (1/8 oz) fresh chives, chopped
- Salt and pepper, to taste
- Optional: 1/4 tsp garlic powder or onion powder

METHOD

1. Preheat the Oven

- Preheat your oven to 180°C (350°F) and grease a muffin tin lightly with olive oil or use silicone muffin liners for easy removal.

2. Prepare the Egg Mixture

- In a mixing bowl, crack the eggs and whisk until smooth.
- Add chopped spinach, bell pepper, parsley, chives, salt, pepper, and optional garlic or onion powder. Stir well to combine.

3. Fill the Muffin Tin

- Pour the egg mixture evenly into 4 muffin cups, filling each about 3/4 full.

4. Bake the Egg Muffins

- Place the muffin tin in the preheated oven and bake for 18-20 minutes, or until the egg muffins are set and lightly golden on top.

5. Cool and Serve

- Allow the muffins to cool for a few minutes before removing them from the tin. Enjoy warm or store in the fridge for up to 3 days as a make-ahead breakfast.

High-Protein Turkey and Lentil Breakfast Wrap

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 100g (3.5 oz) lean turkey breast, diced
- 60g (2 oz) cooked red lentils
- 50g (2 oz) spinach, chopped
- 30g (1 oz) red bell pepper, diced
- 2 egg whites (about 66g / 2 oz)
- 1 tsp olive oil
- 1 tsp ground cumin
- 1/2 tsp paprika
- Salt and pepper, to taste

METHOD

1. Prepare the Lentil Wrap

- Heat a non-stick pan over medium heat.
- Pour the egg whites into the pan and cook for 2-3 minutes on each side to form a wrap. Remove and set aside.

2. Cook the Filling

- In the same pan, heat olive oil and sauté the turkey, bell pepper, spinach, and lentils for 5-7 minutes until the turkey is cooked through.
- Season with cumin, paprika, salt, and pepper.

3. Assemble the Wrap

- Place the filling on the egg white wrap, roll up, and serve warm.

Chocolate Berry Protein Chia Pudding

Serves 1

Prep time: 5 minutes (plus overnight chilling)

Cook time: None

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (chocolate flavor)
- 15g (1/2 oz) chia seeds
- 150ml (5 oz) almond milk
- 100g (4 oz) mixed berries
- 1/2 tsp vanilla extract

METHOD

1. Prepare the Pudding

- In a bowl or jar, mix the protein powder, chia seeds, almond milk, and vanilla extract until smooth.
- Stir well to ensure the chia seeds are evenly distributed.

2. Chill the Pudding

- Cover and refrigerate overnight to allow it to thicken. Stir occasionally in the first hour to avoid clumping.

3. Add the Berries

- Once the pudding is set, top it with mixed berries and add extra water if needed to loosen.

Egg White & Spinach Protein Scramble with Turkey Bacon

Serves 1

Prep time: 5 mins

Cook time: 10 minutes

INGREDIENTS

- 150g (5 oz) egg whites
- 2 slices turkey bacon (50g / 2 oz)
- 50g (2 oz) spinach, chopped
- 1 tsp olive oil
- Salt and pepper, to taste

METHOD

1. Cook the Turkey Bacon

Heat a non-stick skillet over medium heat.
Cook the turkey bacon for 3-4 minutes on each side until crispy. Set aside and chop into small pieces.

2. Make the Scramble

In the same skillet, add olive oil and cook the spinach until wilted.
Pour in the egg whites, season with salt and pepper, and stir continuously for 3-4 minutes until scrambled.

3. Combine and Serve

Add the chopped turkey bacon to the scramble, mix, and enjoy.

Lean Beef and Broccoli Breakfast Bowl

Serves 1

Prep time: 5 mins

Cook time: 15 minutes

INGREDIENTS

- 100g (3.5 oz) lean minced beef
- 100g (3.5 oz) broccoli florets
- 1 egg (50g / 2 oz)
- 1 tbsp chia seeds (10g / 1/3 oz)
- 1 tsp olive oil
- 1/2 tsp garlic powder
- Salt and pepper, to taste

METHOD

1. Cook the Beef and Broccoli

- Heat olive oil in a skillet over medium heat.
- Add minced beef and cook for 5-7 minutes, breaking it up with a spatula.
- Add broccoli, garlic powder, salt, and pepper, and cook for another 5 minutes.

2. Top with Egg and Chia Seeds

- Fry the egg separately until the yolk is set if preferred, and place it on top of the beef and broccoli mixture.
- Sprinkle chia seeds over the bowl and enjoy.

Blueberry Protein Pancakes with Chia Seeds

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Protein Powder** (vanilla flavor)
- 2 egg whites (66g / 2 oz)
- 50ml (2 oz) almond milk
- 50g (2 oz) blueberries
- 1 tbsp chia seeds (10g / 1/3 oz)
- 1/2 tsp baking powder
- 1/2 tsp cinnamon (optional)

METHOD

1. Prepare the Batter

- In a mixing bowl, combine the protein powder, egg whites, almond milk, chia seeds, baking powder, and cinnamon. Mix well to form a smooth batter.

2. Cook the Pancakes

- Heat a non-stick skillet over medium heat and spoon small portions of the batter to form pancakes.
- Cook each pancake for 2-3 minutes on each side until golden brown.

3. Serve with Blueberries

- Top the pancakes with fresh blueberries and enjoy.

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
- ¼ tsp 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, and enjoy.

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.

Protein Pancakes

Serves 1

Prep time: 5 mins

Cook time: 10 mins

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 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.

Vanilla Berry Chia Seed Pudding

Serves 1

Prep time: 5 minutes

Chill time: 4 hours (or overnight)

INGREDIENTS

- 30g (1 oz) chia seeds
- 25g **Vegan Wondershake Protein Powder** (vanilla flavor)
- 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

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

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
8. **Free Resources**
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