

Breakfast!

Bariatric Foodie Cooking Class

The Recipe book

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breakfast is not a dirty word...

Hear me out!

Most post-ops struggle to eat a healthy breakfast. And who can blame us? Most of us were raised to think that we need to eat breakfast straight out of bed and that it *has* to come from a certain selection of foods.

Two words: Not. True!

In reality, breakfast is the nutrition that gets your day going. It can be a nutrient-packed protein shake or a solid food meal. The most important thing is getting nutrition to get your body started and to fuel your morning.

In our class, we learned how to "up-level" our breakfasts. That is, make small, easy adjustments that make breakfast feel more indulgent. That's important because sometimes it can seem like a chore to make yourself a yummy breakfast when you can't eat that much. But guess what? You deserve it!

I hope these recipes inspire you to play with your food and create breakfasts that launch AMAZING days!

Pumpkin Spice Protein Waffle

With cheesecake topping - pictured on cover

Ingredients:

- 1/4 c. almond flour
- 1/2 scoop, vanilla protein powder
- 1 tbsp. no-calorie sweetener
- 1/8 tsp. salt
- 1/4 tsp. baking powder
- 1/4 c. pumpkin puree
- 1/4 c. Greek yogurt
- 3 tbsp. milk
- 1 tbsp. canola oil
- 1/4 tsp. pumpkin pie spice
- 1 large egg
- 2 tbsp. lowfat cream cheese
- 2 tsp. no-calorie sweetener
- 1/4 tsp. lemon juice
- 3 tbsp. milk
- Blueberries (optional, for garnish)

Directions:

Combine almond flour, protein powder, sweetener, salt and baking powder in a bowl. Mix well.

In a separate bowl, combine pumpkin, yogurt, milk, canola oil, pie spice and egg. Stir well.

Add wet ingredients to dry and mix well. Batter should be the consistency of not-quite set pudding.

Heat a waffle iron and spray well with nonstick cooking spray. Add batter and cook until done. Remove to plate.

To make topping, microwave cream cheese for 30-45 seconds or until completely softened. Add sweetener, lemon juice and milk and stir. If mixture is too thick, add milk by the tablespoon-full until it reaches desired consistency.

Recipe Notes

Nutrition Information

of servings: 4

117 calories, 7g fat, 160 mg sodium, 6g carbohydrates, 1g fiber, 5g sugars, 10g protein.

Recipe information was calculated on MyFitness Pal and is based off the ingredients available to me. Be sure to run your own stats before making this dish!

Other important tips!

- This is a PROTEIN waffle! It's not going to be the fluffy, chewy waffles you're used to. They have a more cake-like consistency. Just be forewarned. It's different, but can still be very yummy!
- If you are making a topping for the cake, I suggest the amount of sweetener in the waffle as above. If you plan to just use pancake syrup, you can use about half that.



Protein Overnight Oats

with Banana-Walnut topping and Apple-Almond Topping

For the oats:

- 1/4 c. quick oats
- 1/8 c. textured vegetable protein (optional)
- 1 scoop vanilla protein powder
- 1 tbsp. no calorie sweetener
- pinch of salt
- 1 packet sugar-free apple cider mix (for apple-almond topping)
- 1/4 tsp. cinnamon (for banana-walnut)
- 3/4 c. milk

For the banana topping:

- 1/8 very ripe banana, diced
- 1 tbsp. walnut pieces
- Optional: 1/4 c. sugar-free pancake syrup

For the apple-almond topping

- 1/4 sweet apple (gala, Pink Lady, etc.) cored and diced. Skinned if you prefer.
- 1-2 tbsp. sliced almonds

Directions:

In a jar or bowl, mix together oats, TVP, protein powder, sweetener and salt. Mix well.

For banana-walnut topped: Add in cinnamon, then add milk. Cover with plastic wrap and refrigerate overnight.

For apple-almond: Mix in cider mix and milk. Cover with plastic wrap and refrigerate overnight.

In the morning, toast nuts in a dry pan until they are fragrant. Add to warm or cold oats with respective fruit.

Recipe Notes

Nutrition Information (Oats only)

of servings: about 1

Chicken: 190 calories, 20g fat, 189mg sodium, 17g carbohydrates, 3g fiber, 25g protein.

Apple topping add: 70 calories, 5g fat, 43 mg sodium, 7g carbs, 2g fiber, 2g protein.

Banana topping add: 62 calories, 5g fat, 0 mg sodium, 5g carbs, 2g fiber, 2g sugars, 1g protein

Recipe information was calculated on MyFitness Pal and is based off the ingredients available to me. Be sure to run your own stats before making this dish!

Other important tips!

- If you use the TVP make sure you do truly let it sit overnight. They take longer to soften!
- Play with your toppings! I created toppings that play to my love of varied textures. Do what makes you feel good!



Five Minute Frittata

Ingredients:

- 1/4 small onion, diced
- 1 small tomato, diced
- 1 c. baby spinach leaves
- 1 extra-large egg
- 2 tbsp. milk
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- salt and pepper to taste
- 1/4 c. shredded Mexican cheese

Directions:

Spray a 7-inch skillet with nonstick cooking spray. Sauté onions 1-2 minutes before adding tomatoes and spinach. Cook until all vegetables are soft. Arrange evenly around the skillet

In a bowl, whisk together eggs, spices and milk. Add to skillet and swirl around until pan is coated with egg.

Cook on stovetop until edges begin to set.

Directions (Cont.)

Sprinkle cheese on top and bake at 350 degrees for 10-15 minutes.

Cool for 10 minutes before either cutting into pieces or removing the whole frittata onto a plate.

Recipe Notes

Nutrition Information

of servings: 1

186 calories, 12g fat, 230mg sodium, 5g carbohydrates, 0g fiber, 2g sugars, 13g protein.

Recipe information was calculated on MyFitness Pal and is based off the ingredients available to me. Be sure to run your own stats before making this dish!

Other important tips!

- You can make a frittata with absolutely any combo of veggies that you like! If you don't like the ones I've used here, experiment!
- When you are cooking the frittata on the stove top, be sure to pull the sides back a few times while they are liquidy so that they don't stick. When they start to just set (where you can see a defined shape around the edge) throw your cheese on top and get it into the oven!



Bonus recipe: Basic Egg Casserole

Ingredients:

- 8 oz. turkey breakfast sausage
- 1/2 yellow onion, diced
- 1/4 red pepper, diced
- 1/4 orange pepper, diced
- 1/4 yellow pepper, diced
- 6 large eggs
- 1/2 tsp. salt
- 1/2 pepper
- 1/2 tsp. garlic powder
- 1/2 tsp. smoked paprika
- 1 c. lowfat shredded Mexican cheese

Directions:

Spray a skillet down with nonstick cooking spray, place it over medium heat, and allow it to get hot.

Add turkey sausage and break it up and brown it.

Add veggies and sautee 2-3 minutes. Turn off heat.

Spray an 8x8 casserole dish with nonstick and add meat/veggie mixture. Evenly distribute across the dish.

In a bowl, beat eggs with spices, then pour over the meat, veggie mixture. Top with cheese.

Bake at 350 degrees, uncovered, for 35-40 minutes or until completely done.

Recipe Notes

of servings: 9

133 calories, 9g fat, 331 mg sodium, 2g carbohydrates, 12g protein

Recipe information was calculated on MyFitness Pal and is based off the ingredients available to me. Be sure to run your own stats before making this dish!

Other important tips!

- Just like with the frittata, you can use any combo of veggies and even meat that you like. I also love frittatas with mushrooms, spinach, and peppers. For meat I love bacon or even turkey smoked sausage. Play around with it!
- Ideally, you'd let the fillings cool in the casserole dish while prepping your eggs. If you're ever short on time, you can add the hot fillings and pour the eggs over, but just make sure you get it into the oven quickly!

Your Shopping List

Meats/Seafood

Turkey ground sausage

Turkey lunch meat

Produce

Yellow onions (1)

Garlic

Tomato (1)

Red bell pepper (1)

Yellow bell pepper (1)

Green bell pepper (1)

Apple (1)

Banana (1)

Blueberries (optional)

Dairy

1% milk

Unflavored or pumpkin spice

Greek yogurt (6 oz.)

Cream cheese

Shredded Mexican blend cheese

Spices

Garlic powder

Onion powder

Salt

Pepper

Smoked paprika (optional)

Dry Goods

Almond flour

Quick oats

Walnut pieces

Sliced almonds

Sugar-free pancake syrup
(optional)

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let's do this again!



Once again, THANK YOU for attending the class! I hope you had a good time and came away with a few new ideas for your healthy lifestyle. I'd love to see you again in a class, so use the code below to snag a sweet discount on your next one!

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