

BREAKFAST

Gourmet Nutrition

All meals are broken down into large (for men) and small (for women) servings sizes.

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Omelet with Side Salad

At

Anytime
Meal

3 10
min. min.

Preparation
Time Cooking
Time

When I need a delicious, easy-to-make breakfast for fat loss, this is my default choice. I can whip it up in minutes from a few basic ingredients that I keep on hand, and then I'm off to work, knowing the day's fat loss is well under way.

Nutritional Information

(per serving)	large	small
Calories (k/cal)	580	290
Fat (g)	48	24
Saturated (g)	10	5
Monounsaturated (g)	18	9
Polyunsaturated (g)	4	2
omega-3 (g)	0.3	0.15
omega -6 (g)	3.8	1.9
Carbohydrates (g)	18	9
fiber (g)	10	5
sugars (g)	2	1
Protein (g)	26	13

Instructions

Preheat a large non-stick frying pan on medium heat. Lightly coat with olive oil cooking spray. Whisk egg whites, eggs, and grated mozzarella cheese together in a mixing bowl. Pour egg mixture to the pan. Cook for a couple of minutes until the bottom is golden brown. Flip the omelet and cook until the other side is golden brown. While omelet is cooking, in a separate bowl, add spring mix, chopped avocado, mixed nuts, olive oil, sea salt, and pepper. Toss lightly to mix the ingredients. When omelet is done cooking, transfer to a plate.

Add salad to the side and serve. **Serves 2 large or 4 small.**

3 whole eggs
3 egg whites
1 oz mozzarella cheese
Olive oil cooking spray
2 cups of spring mix (greens)
1 avocado
3 oz raw mixed nuts
2 tbsp extra virgin olive oil
Sea salt, to taste
Pepper, to taste

Variations and Options

Toss a few asparagus spears (pictured) in with the eggs for some extra greens and a crunchier taste.



Green Cuisine Frittata

At

Anytime
Meal

5 min. 10 min.

Preparation Time Cooking Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	467.9	234.0
Fat (g)	25.3	12.7
Saturated (g)	8.9	4.5
Monounsaturated (g)	7.7	3.9
Polyunsaturated (g)	7.9	4.0
omega-3 (g)	0.6	0.3
omega-6 (g)	6.2	3.1
Carbohydrates (g)	12.6	6.3
fiber (g)	3.6	1.8
sugars (g)	3.5	1.8
Protein (g)	47.4	23.7

TIP: With a spatula, lift a portion of the egg, allowing the runny egg on top to flow beneath the part that you lifted. Repeat this step three or four times at different spots.

A frittata is a type of Italian omelet that frequently features fillings such as meats, cheeses and vegetables – making it a great way to get all your breakfast nutrients in one simple dish. In this Green Cuisine Frittata, a host of fresh and frozen veggies are added to a fantastic feta cheese and ham omelet. The feta adds a creamy zest while the pumpkin seeds add a nice textured crunch. This is one breakfast omelet you're sure to love.

Instructions

Whisk egg whites, eggs, salt and pepper together in a mixing bowl. Preheat a large non-stick frying pan (with a heat-resistant handle) on medium heat. Lightly coat with spray. Add spinach and sauté for 10-30 seconds, stirring frequently. Add the pumpkin seeds, broccoli, peas, zucchini, onion and garlic. Sauté for 1 minute. Evenly pour the egg mixture over the vegetables in the pan. Cook for a couple of minutes until the top of the mixture begins to bubble. Evenly spread the cheese and ham on top of the frittata. Turn oven on to broil. Place pan in oven until egg is cooked (approximately 2-5 minutes). Remove from the oven, place onto a plate and serve. **Serves 4 large or 8 small.**

Egg whites (6 large)	1 cup
Whole omega-3 eggs	2
Salt	1 pinch
Pepper	1 pinch
Olive oil cooking spray	
Spinach	2 cups
Pumpkin seeds	¼ cup
Broccoli florets (small)	¼ cup
Peas (frozen or canned)	¼ cup
Zucchini (small diced)	¼ cup
Green onion (small diced)	¼ cup
Garlic (minced)	2 tsp
Low-fat feta cheese (crumbled)	½ cup
Turkey ham deli meat (large diced)	4 oz

Variations and Options

Pw option: Add two slices of whole grain toast or any *Gourmet Nutrition* oatmeal recipe to the meal. **For veggie variety, substitute the vegetables in this recipe with your favorites or whatever is in season.** For a different spice combination, try adding ¼ teaspoon of chili powder, ¼ teaspoon of cumin, ¼ teaspoon of salt and a pinch of pepper before whisking the egg mixture.



Peaches and Cream Omelet

At

Anytime
Meal

3 10
min. min.

Preparation
Time Cooking
Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	651.8	325.9
Fat (g)	31.7	15.9
Saturated (g)	5.6	2.8
Monounsaturated (g)	14.6	7.3
Polyunsaturated (g)	8.1	4.0
omega-3 (g)	1.1	0.5
omega-6 (g)	7.2	3.6
Carbohydrates (g)	33.0	16.5
fiber (g)	5.2	2.6
sugars (g)	28.2	14.1
Protein (g)	58.6	29.3

TIP: With a spatula, lift a portion of the egg, allowing the runny egg on top to flow beneath the part that you lifted. Repeat this step three or four times at different spots.

It's no surprise that the heavenly taste of peaches and cream makes for a dessert classic. However, typical peaches and cream recipes are filled with sugar and fat. With this fresh take on peaches and cream, we've combined the goodness of peaches and cream with the protein power of a morning omelet. Not a combination most would think of – but this recipe is delicious in its unconventionality.

Instructions

Preheat a large non-stick frying pan on medium heat. Lightly coat with spray. Whisk egg whites, eggs, cinnamon and Splenda® together in a mixing bowl. Pour mixture into the pan. Cook for a couple of minutes until the top of the mixture begins to bubble. Cook for 1 minute until bottom is golden brown. Flip the omelet and cook until the other side is golden brown. Transfer omelet to a plate. Mix cottage cheese, peaches and pecans together and place half of the mixture onto one side of the omelet. Fold the omelet over to cover contents. Use remaining peach mixture as a fruit salad side, and garnish omelet with yogurt and serve. **Serves 1 large or 2 small.**

Olive oil cooking spray

Egg whites (6 large) 1 cup

Whole omega-3 eggs 2

Cinnamon 1/8 tsp

Splenda® (1 package) 1/4 tsp

Low-fat cottage cheese 1/2 cup

Small peaches (small diced) 2

Pecans (crushed) 1/4 cup

Low-fat plain yogurt 1/2 cup

Variations and Options

Pw option: Use fruit-flavored yogurt instead of plain yogurt. **For fruit variety, substitute peaches with nectarines, apples, berries, banana or oranges.** If you'd like to avoid Splenda®, you can replace with a small amount of stevia. **If you like sweeter yogurt, add a small amount of Splenda® or stevia to the 1/2 cup low-fat plain yogurt before garnishing omelet.**

