

Breakfast Eggs options (250-350 cal):

Note: In all these recipes you can replace one whole egg with one egg white and you can add 1 tbsp. of Half and Half to your coffee to keep calories and nutrients proportions.

Option one, eggs and toast:

- a) Prepare two eggs and one egg white using fat free cooking spray (Ex: "PAM")
- b) Have them with one slice of wheat toast with one tbsp. sugar free preserve (i.e Smucker's brand)
- c) Regular coffee with liquid sweetener (i.e Fasweet).

Nutritional info: 270 cal/ Total carbs 17 g/ fiber 2g/ Net Carbs 15 g/ Protein 19.5 g/ Fats 10 g/ Chol 374 mg

Option two, eggs and oatmeal

- a) Prepare two eggs and one egg white using fat free cooking spray (Ex: "PAM")
- b) Cook ½ cup regular oatmeal (not instant) in water, add cinnamon and liquid sweetener (Fasweet)
- c) Regular coffee with liquid sweetener as described above.

Nutritional info: 260 cal/ Total carbs 13.5g/ fiber 2 g/Net Carbs 11.5 g/ Protein 19 g/ Fats 11.6 g/ Chol 374 mg. (You can add 1 tbsp. of coconut sugar to the oatmeal, this will add 45 more calories – total 305 cal- and 12 g of net carbs total 23.5 g)

Option three, eggs and tortillas:

- a) Prepare two eggs and one egg white using fat free cooking spray (Ex: "PAM")
- b) Have them with two corn tortillas
- c) One or two cups of regular coffee with liquid sweetener as mentioned above

Nutritional info: 270 cal/Total carbs 22 g/ Fiber 3g/ Net Carbs 19 g/ Protein 19 g/ Fats 11.4 g/ Chol 374 mg

Option Four, Breakfast Burrito:

- a) Mix: Two eggs and one egg white scrambled using fat free cooking spray (Ex: "PAM") with
- b) ½ cup of canned black beans and add
- c) Mexican seasoning to taste
- d) With the mixture above put together one burrito using one unit of Flat out Italian high protein wrap
- e) Regular coffee with liquid sweetener (Fasweet)

Nutritional info: 310 cal/Total carbs 24 g/Fiber 12.1g/ Net Carbs 12 g/Protein 28.5 g/Fats 11.5 g/ Chol 374 mg

Option four, Omelet:

- a) Omelet: made with 2 eggs, ¼ cup of Kraft shredded cheddar cheese and ½ cup sautéed onions and peppers on a skillet brushed with regular oil.
- b) Tostitos Bite size tortilla chips (24 chips)
- c) Regular coffee with liquid sweetener as mentioned above.

Nutritional info: 350 cal/ Total carbs 18 g/Fiber 1g/ Net carbs 17 g/Protein 21 g/Fats 17 g/ Chol 374 mg