

*@paper\_plate\_meals recipes*

# **BREAKFASTS, DESSERTS & SNACKS**





CHAPTER 1

BREAKFAST  
IDEAS



# Avocado Toast & Egg Whites



What you'll need:

- whole wheat bread
- avocado
- 1 egg + egg whites
- EBTB seasoning

Toast whole wheat bread. Mash avocado and spread over toast.

Sprinkle with EBTB seasoning.

Fry an egg, scramble some egg whites, and add to avocado toast.



# Breakfast Burrito



What you'll need:

- 1 egg + egg whites
- whole wheat wrap
- sweet potatoes
- avocado
- chunky salsa

Scramble egg + egg whites. Air fry sweet potatoes to heat up.

Add eggs, sweet potatoes, avocado, and salsa to whole wheat wrap and wrap up like a burrito.



# Breakfast Sandwich



What you'll need:

- 1 egg + egg whites
- whole grain english muffin, bread, or sandwich thin
- spinach
- tomato slice
- avocado
- turkey bacon

Cook turkey bacon and eggs to your liking. Toast english muffin/bread/sandwich thin and add all ingredients, forming a sandwich.



# Oats & Eggs



What you'll need:

- steel cut oats
- 2-3 eggs
- cinnamon
- salt
- 1 tbsp coconut oil

Cook steel cut oats according to package with cinnamon to taste and a pinch of salt. Scramble eggs in coconut oil. Add coarse pink himalyan sea salt to eggs and combine with oats.



# Cauliflower Oats & Egg Whites



What you'll need:

- riced cauliflower
- egg whites
- pink himalayan sea salt
- cinnamon
- unsweetened vanilla almond milk
- vanilla extract

Scramble egg whites with sea salt and set to the side. Warm 2-3 tbsp almond milk, 1/2 tsp vanilla extract, and cinnamon in pan. Add riced cauliflower and more cinnamon. Combine eggs with cauliflower and enjoy!



# Egg White Bites



What you'll need:

- egg whites
- bell peppers
- mushrooms
- onions
- shredded cheese

Spray a muffin/cupcake tin with non-stick cooking spray. Add egg whites, veggies, and cheese about 1/2 way up cups (or they will overflow). Bake at 350 degrees for 17-20 minutes.



# Eggs & Potatoes



What you'll need:

- 1 egg + egg whites
- mini yellow potatoes
- sugar-free ketchup or chunky salsa

Air fry mini yellow potatoes to reheat. Scramble egg + egg whites in a pan with non-stick cooking spray and serve over potatoes. Add 1-2 tbsp of sugar-free ketchup or a dollop of chunky salsa.



# Egg White Omelette



What you'll need:

- 130-150g egg whites
- bell peppers
- mushrooms
- onions
- shredded swiss cheese
- chunky mango salsa
- avocado

Add egg whites to a medium sized pan with non-stick cooking spray. Let them cook/harden a bit, then add cheese and veggies to half of egg whites. Add some more cheese on top of veggies so eggs can melt on top. Once eggs are no longer liquid-y, flip half of egg whites without any toppings over the side with veggies/cheese. Cook for about a minute, then flip to the other side and cook for another minute. Top with chunky mango salsa and avocado.



# French Toast



What you'll need:

- whole wheat bread
- egg whites
- cinnamon
- nut butter of your choice
- 40g frozen, mixed berries
- sugar-free pancake syrup

Mix egg whites and cinnamon and soak both sides of bread in mixture (30g egg whites per slice). Add to a pan with non-stick cooking spray and cook on medium heat to your liking. While french toast is cooking, microwave frozen berries for 30 seconds, then saute in a pan with sugar-free syrup until mixture simmers. Top french toast with mixed berries, nut butter, and sugar-free syrup.



# Greek Yogurt Parfait



What you'll need:

- two good greek yogurt, any flavor
- whey protein powder
- fruit of your choice
- nut butter of your choice
- 20-40g granola

Add greek yogurt to a bowl. Mix protein powder in until blended completely. Top with fruit, nut butter, and granola. Drizzle with some sugar-free syrup or honey for some extra sweetness!



## CHAPTER 2

# DESSERT IDEAS



# Banana Ice Cream



What you'll need:

- 2-3 frozen bananas
- almond milk

Add frozen bananas and almond milk to a blender. Start with 2-3 tbsp almond milk and only add if you need to. Bananas should reach an ice-cream like consistency. Add protein powder or nut butter to add some extra protein/fat.



# Casein Waffles



What you'll need:

- 35g casein protein powder
- 1 whole egg (or use 1:1 ratio casein:egg whites)
- 1/3 c water per 35g casein
- 1/2 tsp cacao nibs
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract

Mix all ingredients together until everything reaches a smooth, cookie dough-like consistency. Spray waffle iron with non-stick cooking spray once it heats up and add 1/2 of waffle mixture. Repeat with other 1/2 when finished. Top with nut butter, butter, sugar-free syrup, and/or fruit!



# Protein Mug Brownie



What you'll need:

- 1 scoop chocolate casein protein powder
- 1 egg
- 1 tbsp flour (any kind)
- 1 tbsp baking cocoa
- 1/2 tsp baking powder
- 1/4c milk

Spray a microwave safe mug with non-stick cooking spray. Combine all ingredients in a separate bowl and mix well. Add the mixture to the mug and cover with plastic wrap. Microwave for about 30 seconds to a minute (depending on mug-size and wattage of microwave).



# Chocolate Chip Protein Mug Cake



What you'll need for mug cake:

- 1 scoop vanilla protein powder
- 1/4 c flour
- 1 egg
- 1/4 non-fat greek yogurt
- 1/3 c unsweetened vanilla almond milk
- 1/2 tsp baking powder
- 1 tbsp chocolate chips

For "frosting:"

- 1/4 c non-fat greek yogurt
- 1/3 scoop vanilla protein powder
- nut butter

Add protein powder, flour, and baking powder to a bowl and mix. Add egg, greek yogurt, and milk and stir until smooth. Fold in 1/2 tbsp chocolate chips. Spray a mug with non-stick cooking spray and pour batter in. Microwave for about 1 minute, or until mug cake reaches preferred consistency. For frosting, mix greek yogurt and protein powder. Add to top of mug cake, then drizzle with some nut butter of your choice and the other 1/2 tbsp of chocolate chips!



# Casein Cookie Dough



What you'll need:

- 35g casein protein powder
- 35g egg whites
- 1/3 c water
- 1 tsp cacao nibs
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract

Mix all ingredients together until everything reaches a smooth, cookie dough-like consistency and enjoy!



# Casein Protein Smoothie



What you'll need:

- 35g casein protein powder
- 1/4c unsweetened vanilla almond milk
- frozen bananas
- frozen strawberries
- 1-2 tbsp peanut butter

Combine all ingredients in blender and blend until smooth. Top with some fat-free whipped cream. This can also be made with whey protein powder if you do not have casein!



# Bread Pudding



What you'll need:

- 5 pieces of stale Schmidt's 647 bread
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Combine all ingredients in blender and blend until smooth. Top with some fat-free whipped cream. This can also be made with whey protein powder if you do not have casein!



# Protein Rice Krispie Treats



What you'll need:

- 3 c brown rice cereal
- 3/4 c natural peanut butter
- 3/4 c honey
- 1 scoop vanilla protein powder

Add brown rice cereal to a bowl and set aside. Place peanut butter and honey in a microwave safe bowl and microwave in 10-second intervals until mixture is melted. Add protein powder and mix until smooth. Pour mixture into cereal and use hands to combine well. Transfer into a muffin or cake tray and firmly press down. Let cool, cut up, and enjoy! (Sprinkles optional)



# CHAPTER 3

## SNACKS



# Cucumber with Cheese



What you'll need:

- 6 cucumber slices
- 1 wedge of laughing cow cheese
- EBTB seasoning

Cut cucumber up into slices. Divide laughing cow cheese wedge into 6 pieces and smash down on top of cucumber slices. Sprinkle with EBTB seasoning.



# No Bake Energy Bites



What you'll need:

- 1 1/2c oats
- protein powder
- 3-4 tbsp nut butter
- unsweetened, shredded coconut flakes
- honey or sugar-free syrup
- 1-2 tbsp mini chocolate chips

Combine all ingredients until everything is mixed together. Roll into balls. Enjoy immediately or refrigerate for 30 minutes to an hour before eating.



# Raw Veggies & Fat-Free Ranch



What you'll need:

- raw bell peppers, cucumbers, celery, broccoli, cauliflower, etc.
- fat-free ranch dressing

Get the veggies of your choice together and enjoy with some fat-free ranch! You can also sub veggies out for some Snyder's Sourdough Hard Pretzels.



# Kale Chips



What you'll need:

- kale
- garlic salt with parsley

Spread kale out over a baking sheet (covered in tinfoil + non-stick cooking spray). Spray kale with cooking spray, sprinkle garlic salt with parsley, bake for 5 min at 350 deg, then broil on high for another 5 min.



# Celery Sticks with Nut Butter



What you'll need:

- celery sticks
- nut butter of your choice
- optional toppings: raisins, blueberries, shredded/unsweetened coconut flakes, chocolate chips

Fill the center of your celery sticks with nut butter of your choice. Top with raisins, coconut flakes, or chocolate chips!



# Protein Hot Chocolate



What you'll need:

- chocolate flavored protein powder
- hot/boiling water

Blend protein powder and hot/boiling water in a blender until smooth. OR add protein powder to room temperature water, mix, and heat up in the microwave.



# Diet Friendly PB&J



What you'll need:

- whole wheat bread (I use Schmidt's 647)
- sugar-free preserves (strawberry or grape)
- nut butter of your choice

Toast whole wheat bread to your liking, and add sugar-free preserves & nut butter of your choice! [I used 30g of SF strawberry preserves and dark chocolate almond butter]



# Homemade Granola



What you'll need:

- whole wheat bread (I use Schmidt's 647)
- sugar-free preserves (strawberry or grape)
- nut butter of your choice

Toast whole wheat bread to your liking, and add sugar-free preserves & nut butter of your choice! [I used 30g of SF strawberry preserves and dark chocolate almond butter]