

BUILD A BETTER Breakfast

Whether you're an early riser or someone who enjoys a slower start, starting your day with a nourishing meal is key.

Breakfast sets the tone for your energy levels, mood, and overall well-being.

Fueling up with the right nutrients like protein and fiber can help you maintain focus and avoid late-day energy slumps.

PROTEIN: Essential for repairing muscles, supporting

immune function, and feeling full

FIBER: Critical for reducing inflammation, improving

gut health, and stabilizing blood sugar

By pairing protein and fiber, you not only create a satisfying meal but also set yourself up for sustained energy and health benefits throughout the day.

DAILY CHALLENGE GOAL:

AIM FOR AT LEAST 10 GRAMS OF PROTEIN AND 5-8 GRAMS OF FIBER FOR YOUR FIRST MEAL.

IF YOU REQUIRE MORE PROTEIN, ADD:

- ► AN EXTRA EGG (6 GRAMS OF PROTEIN)
- ► A SCOOP OF PROTEIN POWDER (15-25 GRAMS OF PROTEIN)
- ► ½ CUP GREEK YOGURT (10-12 GRAMS OF PROTEIN)
- ► 4 OUNCES OF TEMPEH (22 GRAMS OF PROTEIN)



GRAB-AND-GO PROTEIN & FIBER BREAKFAST OPTIONS:

- Dinner leftovers, such as a hearty salad with chicken or stir-fry with tofu
- A hard-boiled egg or whole grain breakfast option from a local coffee shop
- Greek yogurt with nuts and fruit
- A protein bar that includes whole grains and fiber
- Overnight oats with chia seeds, nut butter, and a scoop of protein powder

NO MATTER YOUR
SCHEDULE, MAKING YOUR
FIRST MEAL OF THE DAY A
PRIORITY CAN IMPROVE
YOUR PHYSICAL HEALTH
AND DAILY MINDSET.

HUNGRY FOR MORE?

Breakfast to dinner, snacks to sides, we've put together a collection of delicious, nutritious recipes the whole family will love.

Visit the CalVEBA Recipe Library today!



SHOPPING LIST

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- 1 banana
- 1 apple
- 2 ripe avocados
- 1 small bunch microgreens or sprouts
- 2 medium sweet potatoes
- 1 bunch cilantro
- 1 bunch green onions
- 1 small head red cabbage (or 1/4 cup pre-shredded)

Pantry Items:

- 1 jar peanut butter (at least 16 oz)
- 1 bottle maple syrup (at least 8 oz)
- 1 jar cinnamon (standard size)
- 1 container salt
- 1 small bottle vanilla extract (2 oz)
- 1 package chia seeds (at least 8 oz)
- 1 package rolled oats (at least 18 oz)
- 1 loaf bread of your choice
- 1 container Everything but the Bagel seasoning
- 1 package corn tortillas (10-12 tortillas)
- 1 jar salsa (at least 8 oz)
- 1 bottle olive oil (for scrambling eggs)
- 1 small bottle stevia drops (or 1 tbsp maple syrup)
- 1 container vanilla whey protein powder (or vegan alternative, about 1 lb)



Eggs and Dairy:

- 1 dozen eggs
- 1 quart oat milk (or alternative milk/yogurt)
- 1 stick butter (optional for scrambling eggs)

Frozen Foods:

- 1 bag frozen raspberries (16 oz)
- 1 bag frozen cauliflower (16 oz)

PREP-AHEAD TIPS

Create a shopping list for ease and efficiency.

Rinse herbs or green onions and wrap loosely in a paper towel so they will be dry and easy to cut when you are ready to use them.

Read recipes: Familiarize yourself with the steps to maximize your efficiency.

Organize ingredients: For meal prep or a recipe with multiple ingredients, gather everything from the fridge and pantry. Prep any vegetables, portion out garlic and ginger; open any cans; drain and rinse beans.

Preheat oven: Set the oven to 350°F for roasting sweet potatoes and cooking quinoa.

Wash produce: Rinse and pat dry fruit and vegetables before starting to make any recipe.

Prep storage: Have food storage containers ready for each item.



OVERNIGHT OATS

Oats are an excellent choice for promoting gut-brain health due to their high fiber content and beta-glucan, a soluble fiber that supports both gut health and immune function. They provide steady energy and help regulate blood sugar levels. When combined with ingredients like chia seeds (rich in omega-3 fatty acids and fiber), peanut butter (which provides healthy fats), and cinnamon (known for its anti-inflammatory properties), these oats help keep you full and satisfied, all while supporting the connection between your gut and brain.

Fermentable fiber is a type of soluble fiber that dissolves in water and is digested by gut bacteria in the colon. Oats are a good source of this fiber. When fermentable fiber is broken down, it produces short-chain fatty acids (SCFAs), which **help reduce inflammation**. A diverse diet rich in fiber can play a crucial role in reducing inflammation.





OVERNIGHT OATS

Prep Time: 10 minutes



Servings: 4

Kitchen Equipment:

- ▶ 1 large bowl or a food storage container (e.g., 1.5-2 quart size with a fitted lid)
- ► Spoon or whisk for mixing
- ► Knife (for chopping fruit)
- Measuring cups and spoons

Ingredients:

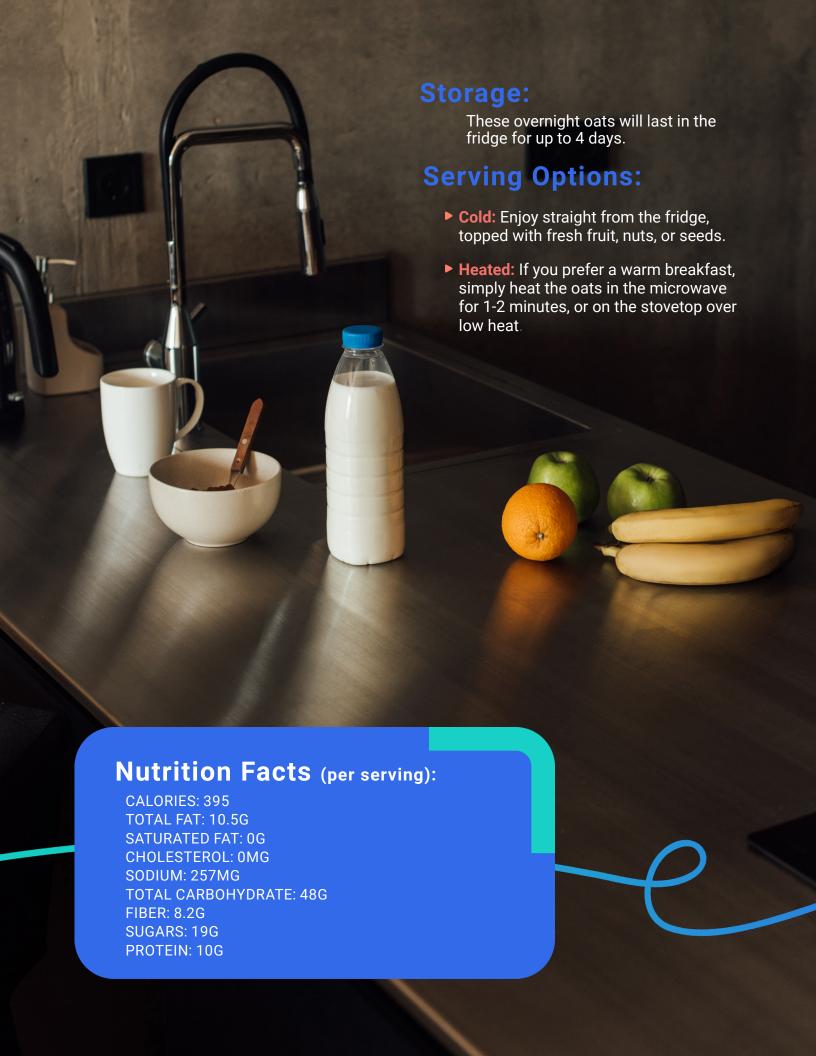
- ▶ 1 medium ripe banana (optional)
- 2 tablespoons peanut butter, nut butter (or peanut butter powder)
- 2 cups oat milk (or alternative such as cow's milk, almond milk, or yogurt)
- ▶ 1-2 Tbsp maple syrup
- ▶ 1 tsp cinnamon
- Pinch of salt (optional)
- ▶ 1 tsp vanilla extract
- ▶ ¼ cup chia seeds
- ▶ 1.5 cups rolled oats

Instructions:

- Mash the Banana: Begin by mashing the banana in a large bowl or the container in which you will be storing the oats. Mash with any peanut or nut butter.
- ▶ Add Liquids and Nut Butter: Pour in the oat milk (or your choice of milk/yogurt), maple syrup, cinnamon, and vanilla extract. Stir until well mixed.
- Add Dry Ingredients: Add the oats, chia seeds, and pinch of salt to the bowl. Stir everything well to ensure all ingredients are well combined. If using protein powder, you would add it here.
- Add and/or top with optional fruit, nuts, and seeds (see below).
- ▶ Refrigerate: Cover the bowl or food storage container and refrigerate for at least 6 hours, or overnight for the best texture.

Different Flavors:

- ► Frozen Pineapple, Coconut, & Macadamia Nut: Top with 1 cup chopped frozen pineapple, ¼ cup toasted shredded coconut, and ¼ cup chopped macadamia nuts.
- ▶ Raspberry, Apple & Walnut: Top with 1 cup fresh or frozen raspberries, 1 diced apple, and ¼ cup chopped walnuts.
- ► Carrot, Cinnamon, Vanilla, Walnut & Pineapple: Stir in 1 grated carrot, ½ cup diced frozen pineapple, and 1 extra teaspoon cinnamon. Top with ¼ cup chopped walnuts.
- ▶ Blueberry & Dark Chocolate: Add 1 cup fresh or frozen blueberries and top with ¼ cup dark chocolate chips (or cacao nibs).
- ► Mashed Banana & Mixed Berries: Add an extra mashed banana as the base and top with fresh or frozen mixed berries such as strawberries, blueberries, and raspberries.
- ▶ Almond-Cherry Dark Chocolate: Add 2 teaspoons almond extract to the oats mixture for a rich almond flavor. Stir in 1 cup of roughly chopped frozen cherries. Top with ¼ cup chopped almonds and ¼ cup dark chocolate chips (or cacao nibs).





EVERYTHING BUT THE BAGEL AVOCADO TOAST

When you're putting together your avocado toast, layer on some sliced avocado, sprinkle some Everything but the Bagel seasoning and top with microgreens or sprouts. You'll be getting fiber and flavor all in one delicious bite. You can add an egg or two for some protein. Start with the toast of your choice (We love sourdough!) + sliced avocado + sprouts + Everything but the Bagel seasoning.





EVERYTHING BUT THE BAGEL AVOCADO TOAST

Nergy Prep Time: 10 minutes



Servings: 1-2

Ingredients:

- ▶ Bread of your choice
- ▶ 1 ripe avocado
- ▶ 1 small handful microgreens
- Eggs
- Cooking oil
- Everything but the Bagel seasoning

Preparation:

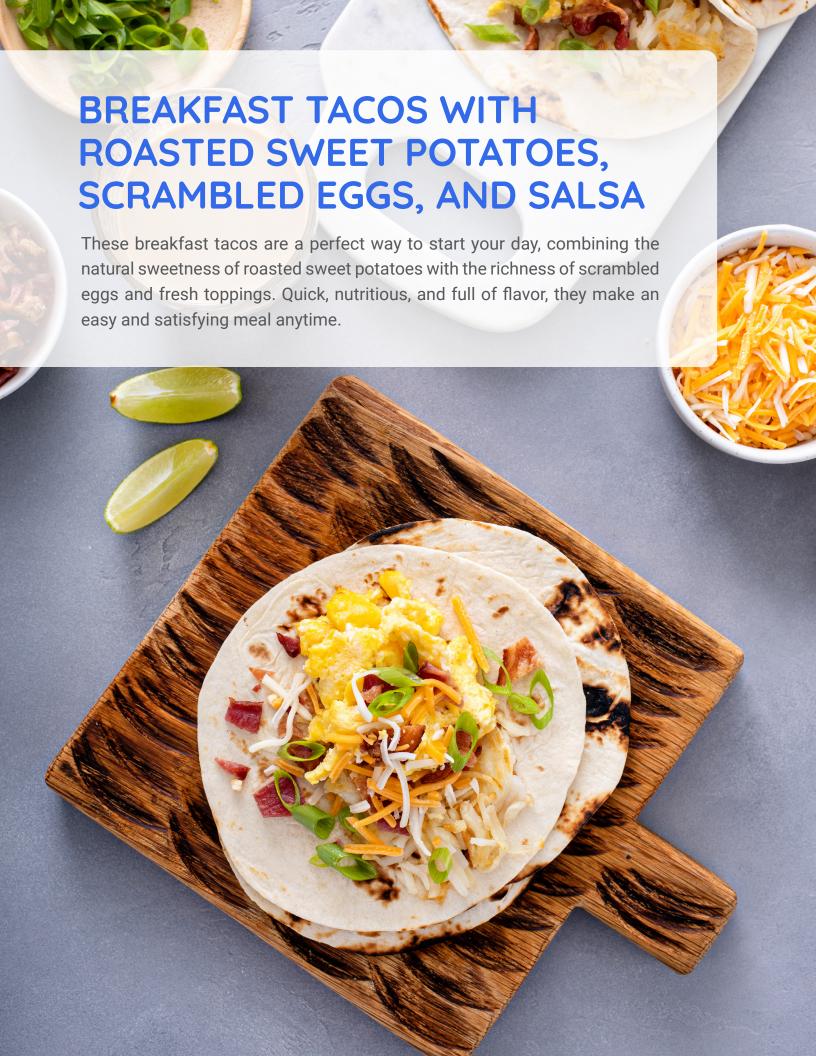
- Toast the bread.
- Add avocado.
- Add the egg (cooked anyway you would like).
- Top with microgreens and Everything but the Bagel seasoning.

Other Avocado Toast Variations:

- ▶ Sliced Cucumber + Kimchi + Sesame Seeds + Cilantro
- Smoky Tempeh Strips + Sauerkraut + Sprouts
- Poached Egg + Heirloom Tomatoes + Everything But the Bagel Seasoning + Microgreens
- Cherry Tomatoes + Balsamic Glaze + Feta + Basil
- ▶ Smoked Salmon + Chopped Capers + Shaved Red Onion + Lemon Zest
- ▶ Feta Cheese + Halved Cherry Tomatoes + Kalamata Olives + Oregano
- Arugula + Shaved Parmesan Reggiano + Lemon Zest + Chopped Smoked Almonds
- ► Fried Egg + Hot Sauce + Cilantro + Lime Zest + Pumpkin Seeds
- ▶ Thinly Sliced Radishes + Chia + Sunflower Seeds + Sea Salt
- ► Tomato + Red Onion + Goat Cheese + Basil









BREAKFAST TACOS WITH ROASTED SWEET POTATOES, SCRAMBLED EGGS, AND SALSA

Prep Time: 25 minutes



() Cook time: 5 minutes



Servings: 4

Kitchen Equipment:

- 2 skillets or pans for scrambling eggs and heating tortillas
- Baking sheet (for roasted sweet potatoes)
- Knife and cutting board
- Spoon or spatula for stirring
- ► Tongs (for tortillas)

Ingredients:

- 4 corn tortillas
- ▶ 1 cup pre-roasted, cubed sweet potatoes
- 4 large eggs
- 1 avocado, sliced
- № ¼ cup salsa
- 2 tbsp chopped cilantro leaves
- 2 green onions, sliced
- ▶ 1 tsp olive oil or butter for scrambling eggs
- Salt and pepper to taste

Instructions:

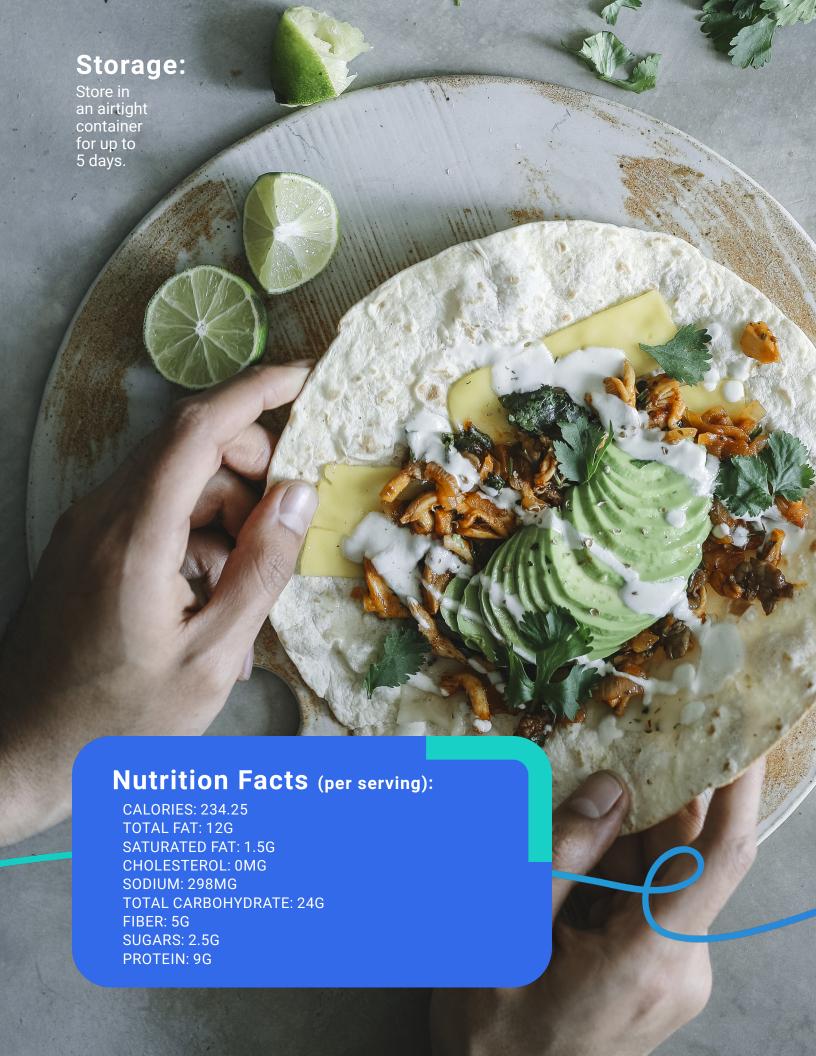
- Heat a skillet over medium heat. Once hot, use tongs to warm each tortilla for 30 seconds per side, until soft and slightly golden. Set aside.
- ▶ In a separate sauté pan, heat olive oil or butter over medium-low heat. Crack the eggs into a bowl, whisk them lightly with a pinch of salt and pepper. Pour into the heated skillet. Stir occasionally until scrambled and cooked through (about 2-3 minutes). Set aside.
- Reheat the sweet potatoes (using a microwave is the easiest way to do so).
- Place a warm tortilla on a plate. Layer with a few spoonfuls of roasted sweet potatoes, scrambled eggs, and salsa. Add slices of avocado, chopped cilantro, and green onions.
- Fold the tortillas and serve immediately for a delicious and satisfying breakfast.

Roasted Sweet Potatoes:

- 2 medium sweet potatoes
- ▶ 2 tbsp olive oil
- ▶ ½ tsp salt

Instructions:

- Preheat the oven to 375°F.
- ▶ Peel and cube sweet potatoes into ½-inch pieces.
- ▶ Toss with olive oil and salt, then spread on a baking sheet.
- Roast for 20-25 minutes, flipping halfway through.





PB & J SMOOTHIE WITH UNDERCOVER VEGGIES

This PB & J Smoothie is a nutrition powerhouse, delivering a delicious balance of plant-based protein, fiber, and essential vitamins. With the addition of frozen cauliflower and red cabbage, it sneaks in a dose of hidden veggies without compromising on flavor. The raspberries provide a rich source of potassium, promoting heart health and muscle function. Meanwhile, the peanut butter adds a boost of healthy fats, and the protein powder supports muscle recovery and satiety, making this smoothie a perfect post-workout or afternoon snack.





PB & J SMOOTHIE WITH **UNDERCOVER VEGGIES**

Prep Time: 5 minutes



Servings: 1

Ingredients:

- ▶ 1 cup frozen raspberries
- ▶ ½ cup frozen cauliflower
- ▶ 1 small wedge of red cabbage or ¼ cup shredded red cabbage
- 1 tbsp peanut butter
- ▶ 6-12 stevia drops or 1 tbsp maple syrup
- ▶ ½ tsp vanilla extract (optional)
- ▶ 2 tbsp vanilla whey protein powder or vegan vanilla protein powder
- ▶ 1/8 tsp sea salt
- ▶ ¾ cup unsweetened milk, plus extra milk or water to thin if needed

Preparation:

- Combine all ingredients in a blender.
- Blend until smooth and creamy.
- Add additional milk or water to reach desired consistency.



Enjoy!

