



## Psilocybin Journey Day Breakfasts

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## Welcome to our Breakfast Recipe Collection for Psychedelic Journey Days!

At Fractal Soul's service center, we typically hold daytime administration sessions. Clients will arrive around 9:30 and consume their psilocybin dose around 10am. The sessions usually last until 3pm, 4pm or sometimes 5pm. The client then goes home or to their lodging and has a nourishing dinner and (hopefully) restful evening.

Nutritionally, this means the client is not eating often for many hours, and skipping lunch, which their bodies may not be accustomed to skipping. Psilocybin journeys can be taxing emotionally and spiritually, but they can also be taxing physically, even though a client is just 'laying there'. They aren't getting much nutrition throughout the day, and sometimes can forget to hydrate as well.

Pre- and Post-Nutrition Plans are covered in separate resource guides. This Recipe Collection is specifically geared toward well-balanced, nutritionally supportive breakfast choices on the morning of your session.

Ideally you will want to eat around 300 to 400 calories of a breakfast that is balanced in proteins, carbs and fats. This amount of nutrition will have to sustain you until you can have an afternoon snack, or dinner.

If you've also been following our Pre-Journey Nutrition Program, you will go into the day with maximum bodily fuel and nutrient support.

If you are planning to consume your psilocybin dose around 10am, you will want to ensure your breakfast is consumed between 7:30 and 8:30am, which gives time for your food to (mostly) digest before your body begins digesting and metabolizing your psilocybin mushroom powder.

You can plan this a little strategically as well. If you have a fast metabolism, you are more likely to experience a fast onset and potential serotonin-triggered nausea. Thus, you could eat a bit heavier of a meal (more complex carbs and/or higher fat, which both take longer to digest) and eat it a little closer to your arrival time.

On the other hand, if you tend to have a slow metabolism, you will still want to eat something nutritious and reasonably substantial, but may want to eat it earlier in the morning (at least 2-3 hours before) so that your body has sufficient time to digest it.

If you are 'average', we recommend eating breakfast around 8am and having about 300-400 calories with a minimum of 15g of protein to get you through the day (but more is better, as protein also stabilizes blood sugar).

Of course, you can only cook for yourself if you live locally, or stay at an AirBnB or Extended Stay suite with a kitchenette. If you are staying at a hotel, investigate nearby breakfast options and look for things like oatmeal, bagels, a protein source, and healthy fat. In a pinch, you can opt for a bagel or muffin + a store-bought protein shake to get a decent mix of macronutrients. This isn't the day to stress out about perfect clean eating.

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We have individual-serve snacks onsite at our Service Center, but they do not replace a nourishing meal. Our selection varies, but typically includes things like mixed nuts, crackers, string cheese, fruits (fresh or dried), yogurt, applesauce, oatmeal, quick-cook lentils, and cup of noodles. Sometimes we even have microwaveable frozen meals from Trader Joe's, but not always!

For immediate nutritional aftercare including your dinner after your session, please refer to our Post-Journey Nutritional Support, which focuses on calming, comforting foods that have a balanced blend of macronutrients and are high protein to help replenish tryptophan for continued serotonin production. There are studies which suggest that following a psilocybin journey, the body can self-regulate from the large influx of what it perceives as serotonin, by temporarily suppressing serotonin production.

A final note on fasting the day of your session: Some common wisdom out there recommends fasting prior to a psilocybin journey. We have found that this does not lead to any better outcomes for our clients and in fact sometimes leads to more adverse side effects, such as nausea, headaches, irritability, anxiety and fatigue.

One reason fasting is suggested is so the psilocybin digestion is not 'competing' with any food, thus making onset faster and perceived strength greater.

Since Fractal Soul uses super high (2-3X average) potency, lab-tested mushrooms, ground into a super fine powder, digestion speed and perceived strength are almost never a problem at our Center.

If you are doing a journey at home, of course, your mileage may vary. Of course, you do not want to have a totally full stomach when you consume your dose. No big IHOP platters! But having 300-400 calories a few hours beforehand will help stabilize your body and blood sugar.

The second reason fasting is sometimes suggested is because there are claims that fasting will reduce nausea. We have almost always found this to be the opposite. When high-potency, mostly broken down mushroom powder hits an empty stomach, it digests and metabolizes extremely quickly. This can lead to a perceived excess of serotonin in the gut, which the body responds to with nausea signals and attempting to vomit. (Anti-nausea meds typically work by blocking serotonin receptors in the gut.)

Thus, having psilocybin metabolize too quickly can actually *lead* to this common cause of nausea.

Also, in a fasted state, again the body is depleted of nutrients. This can sometimes lead to shakiness and hypoglycemia issues, which can also trigger nausea.

We have anecdotally heard from a small handful of practitioners who swear they only get nauseous when they eat beforehand, and never get nauseous when they don't. However, these are the outlier, not the rule. If you know this about yourself, follow what you know. If you aren't sure, we still feel it is best to have some nutritional support the morning of your big day.

The day of a big psilocybin journey is not the time to try new dietary fads your body isn't accustomed to. If you're an experienced and regular faster, great. If you've never done it before, this day may not be the ideal time to start.

We wish you all the best in your healing journey - magic and connection and love and self-acceptance. Food has amazing healing and spiritual qualities, and we find that whole, natural foods supplement and complement psilocybin therapy beautifully.

Please reach out if you have questions or need customized advice.

With Love,

The Team @ Fractal Health





## Ham, Egg & Cottage Cheese Tortilla Sandwich

1 serving  
10 minutes

### Ingredients

2 Egg  
1 stalk Green Onion (sliced finely)  
1/4 cup Baby Spinach (chopped)  
1/4 cup Cottage Cheese  
Sea Salt & Black Pepper (to taste)  
1 Whole Wheat Tortilla (large)  
2 ozs Sliced Ham

### Nutrition

Amount per serving	
Calories	402
Fat	19g
Saturated	6g
Carbs	23g
Fiber	4g
Sugar	4g
Protein	34g
Cholesterol	419mg
Sodium	1157mg
Vitamin A	1799IU
Vitamin C	4mg
Calcium	216mg
Iron	4mg
Vitamin D	85IU
Vitamin B6	0.5mg
Vitamin B12	1.3µg
Magnesium	70mg
Zinc	4mg
Selenium	72µg

### Directions

- 1 In a bowl, whisk together the eggs, onions, spinach, and cottage cheese. Season with salt and pepper.
- 2 Preheat a non-stick pan over medium high heat. Add the egg mixture and top with the tortilla. Cook for three to four minutes or until the eggs are done to your preference.
- 3 Using a plate to cover the pan, flip the pan upside down so the tortilla goes onto the plate. Then slide the tortilla back into the pan with the eggs facing up. Top with ham and fold the tortilla in two.
- 4 Slice in half and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is equal to one sandwich. A pan the size of a large tortilla, approximately 10 inch (25 cm), was used to make one tortilla sandwich.

**More Flavor:** Add your choice of seasoning to the egg mixture. Use other meat instead of ham.

**Gluten-Free:** Use a gluten-free tortilla instead.



## Banana Walnut Oatmeal with Kefir

1 serving  
10 minutes

### Ingredients

- 1 cup Water
- 1/2 cup Quick Oats
- 1/2 cup Plain Kefir
- 1/2 Banana (medium, sliced)
- 2 tbsps Walnuts (chopped)

### Nutrition

Amount per serving	
Calories	374
Fat	14g
Saturated	2g
Carbs	51g
Fiber	7g
Sugar	17g
Protein	14g
Cholesterol	5mg
Sodium	93mg
Vitamin A	287IU
Vitamin C	7mg
Calcium	263mg
Iron	2mg
Vitamin D	50IU
Vitamin B6	0.3mg
Vitamin B12	0.6µg
Magnesium	100mg
Zinc	2mg
Selenium	13µg

### Directions

- 1 In a small saucepan, bring the water to a boil. Add the oats. Reduce to a steady simmer and cook, stirring occasionally, for about five minutes or until the oats are tender and most of the water is absorbed.
- 2 Add the oats to a bowl. Top with kefir, banana, and walnuts. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Slice the banana when ready to serve.

**Serving Size:** One serving is one cup of cooked oatmeal and half a cup of kefir.

**Make it Vegan:** Use coconut kefir.

**More Flavor:** Add maple syrup, honey, and/or cinnamon to the oatmeal.

**Additional Toppings:** Hemp seeds.



## Banana Walnut Overnight Oats

2 servings  
9 hours 45 minutes

### Ingredients

- 1 cup Cow's Milk, Whole (Whole)
- 2 tsps Maple Syrup
- 1/2 cup Quick Oats
- 2 tsps Chia Seeds
- 3 tsps Walnuts (chopped)
- 1 Banana (medium, sliced)

### Nutrition

Amount per serving	
Calories	351
Fat	16g
Saturated	4g
Carbs	44g
Fiber	8g
Sugar	18g
Protein	11g
Cholesterol	12mg
Sodium	57mg
Vitamin A	235IU
Vitamin C	5mg
Calcium	246mg
Iron	2mg
Vitamin D	62IU
Vitamin B6	0.3mg
Vitamin B12	0.6µg
Magnesium	75mg
Zinc	2mg
Selenium	12µg

### Directions

- 1 In a bowl or a container, whisk together the milk, maple syrup, oats, and chia seeds.
- 2 Cover the bowl and refrigerate overnight.
- 3 Before serving, divide the oat mixture evenly between bowls. Top with walnuts and bananas. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately 1 1/4 cups.

**Make it Vegan:** Use plant-based milk instead.

**More Flavor:** Add vanilla.





## Edamame Curried Savory Oats

1 serving  
15 minutes

### Ingredients

1 cup Water  
1/2 cup Oats (rolled)  
1 tsp Curry Powder  
1/2 cup Frozen Edamame  
1/2 tsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	274
Fat	9g
Saturated	1g
Carbs	35g
Fiber	9g
Sugar	2g
Protein	15g
Cholesterol	0mg
Sodium	13mg
Vitamin A	231IU
Vitamin C	5mg
Calcium	105mg
Iron	4mg
Vitamin D	0IU
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	116mg
Zinc	3mg
Selenium	13µg

### Directions

- 1 In a small saucepan, bring the water to a boil. Add the oats and curry powder. Reduce to a steady simmer and cook, stirring occasionally, for about five minutes or until the oats are tender and most of the water is absorbed.
- 2 Add the edamame to the pot. Cover with a lid, remove it from the heat, and let everything steam for five minutes.
- 3 Once the five minutes are up, remove the lid and stir to mix everything really well together. Divide evenly between bowls. Garnish with oil, salt, and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups.





## Peanut Butter Bagel with Yogurt & Fruit

2 servings  
10 minutes

### Ingredients

- 1 cup Plain Greek Yogurt
- 1 tbsp Maple Syrup
- 1 Peach (sliced)
- 1 Banana (sliced)
- 2 tbsps All Natural Peanut Butter
- 1 Bagel (toasted)

### Directions

1

Add the yogurt to a bowl and stir in the maple syrup. Top with peaches and bananas. Spread the peanut butter onto the bagel slices. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Gluten-Free:** Use a gluten-free bagel.

### Nutrition

Amount per serving	
Calories	433
Fat	12g
Saturated	3g
Carbs	64g
Fiber	4g
Sugar	29g
Protein	21g
Cholesterol	17mg
Sodium	296mg
Vitamin A	907IU
Vitamin C	18mg
Calcium	390mg
Iron	3mg
Vitamin D	50IU
Vitamin B6	0.3mg
Vitamin B12	0µg
Magnesium	67mg
Zinc	1mg
Selenium	13µg



## Vanilla Protein Pancakes

2 servings

15 minutes

### Ingredients

2 Banana (plus extra for topping)  
4 Egg  
1/2 cup Vanilla Protein Powder  
1 tbs Coconut Oil

### Nutrition

Amount per serving	
Calories	394
Fat	17g
Saturated	9g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g
Cholesterol	376mg
Sodium	181mg
Vitamin A	616IU
Vitamin C	10mg
Calcium	176mg
Iron	2mg
Vitamin D	82IU
Vitamin B6	0.8mg
Vitamin B12	1.5µg
Magnesium	91mg
Zinc	3mg
Selenium	38µg

### Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to one month.

**Serving Size:** One serving is approximately two pancakes.

**Additional Toppings:** Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



## Cottage Cheese & Egg Breakfast Tacos

2 servings  
40 minutes

### Ingredients

- 1/4 cup Cottage Cheese
- 1/4 cup Egg Whites
- 1/16 tsp Black Pepper
- 1 1/2 tps Extra Virgin Olive Oil
- 2 Egg
- 1 tbs Pesto
- 1/2 cup Microgreens

### Nutrition

Amount per serving	
Calories	183
Fat	12g
Saturated	3g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	14g
Cholesterol	190mg
Sodium	252mg
Vitamin A	429IU
Vitamin C	5mg
Calcium	82mg
Iron	1mg
Vitamin D	42IU
Vitamin B6	0.1mg
Vitamin B12	0.6µg
Magnesium	15mg
Zinc	1mg
Selenium	24µg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Whisk the cottage cheese and egg whites together in a bowl. Spoon the mixture onto the baking sheet into equal circles.
- 3 Bake for 25 minutes, or until crispy. Set aside to cool for 10 minutes.
- 4 Meanwhile, add the oil to a pan and cook the eggs until the whites have set and the yolks reach your desired doneness.
- 5 Top the cottage cheese taco shells with pesto, eggs, and microgreens. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Serving Size:** One serving is equal to one taco.

**More Flavor:** Add chopped tomatoes. Add seasoning to the cottage cheese mixture.



## Raspberry Protein Overnight Oats

1 serving  
8 hours

### Ingredients

1 cup Unsweetened Almond Milk  
1/2 cup Oats (rolled)  
2 tbsps Chia Seeds  
3 tbsps Vanilla Protein Powder  
1/4 tsp Cinnamon (plus more for garnish)  
1/2 cup Raspberries  
2 tbsps Almonds (chopped)

### Nutrition

Amount per serving	
Calories	497
Fat	22g
Saturated	2g
Carbs	51g
Fiber	20g
Sugar	4g
Protein	29g
Cholesterol	3mg
Sodium	196mg
Vitamin A	522IU
Vitamin C	16mg
Calcium	781mg
Iron	5mg
Vitamin D	101IU
Vitamin B6	0.2mg
Vitamin B12	0.4µg
Magnesium	170mg
Zinc	3mg
Selenium	17µg

### Directions

- 1 Add the milk, oats, chia seeds, protein powder, and cinnamon to a bowl or container and stir to combine.
- 2 Refrigerate overnight then top with raspberries, chopped almonds, and cinnamon (optional) before eating. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**Additional Toppings:** Unsweetened coconut flakes, flax seeds, and/or hemp seeds.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.





## Cinnamon Pear Baked Oatmeal

**4 servings**  
**40 minutes**

### Ingredients

2 cups Oats (rolled)  
1 tsp Cinnamon  
3/4 tsp Baking Powder  
1/8 tsp Sea Salt  
2 cups Unsweetened Almond Milk  
1/4 cup Maple Syrup  
1/2 tsp Vanilla Extract  
3 Pear (chopped)

### Nutrition

Amount per serving	
Calories	300
Fat	4g
Saturated	0g
Carbs	62g
Fiber	9g
Sugar	26g
Protein	6g
Cholesterol	0mg
Sodium	252mg
Vitamin A	285IU
Vitamin C	6mg
Calcium	336mg
Iron	2mg
Vitamin D	50IU
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	79mg
Zinc	2mg
Selenium	12µg

### Directions

- 1 Preheat the oven to 375°F (190°C) and grease a baking dish, or line it with parchment paper.
- 2 Add the oats, cinnamon, baking powder, and salt to a large bowl and mix well. Add the milk, maple syrup, and vanilla and mix to combine. Fold in the pears.
- 3 Bake for 30 to 35 minutes or until cooked through. Remove from the oven and let it cool for ten minutes. Divide evenly between plates and enjoy!

### Notes

**Leftovers:** Cover the dish and refrigerate for up to four days. Eat it cold or heat it up.

**Serving Size:** One serving is equal to one square piece. An 8 x 8-inch (20 x 20 cm) baking dish was used to make four servings.

**Additional Toppings:** Yogurt, maple syrup, nuts/seeds or nut/seed butter.



## Scrambled Eggs with Toast & Sliced Pear

**1 serving**  
**10 minutes**

### Ingredients

- 2 tsps Butter (divided)
- 3 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 1 slice Whole Grain Bread
- 1 Pear (sliced)

### Nutrition

Amount per serving	
Calories	493
Fat	24g
Saturated	10g
Carbs	46g
Fiber	9g
Sugar	21g
Protein	25g
Cholesterol	578mg
Sodium	373mg
Vitamin A	1091IU
Vitamin C	8mg
Calcium	144mg
Iron	4mg
Vitamin D	123IU
Vitamin B6	0.4mg
Vitamin B12	1.4µg
Magnesium	63mg
Zinc	3mg
Selenium	60µg

### Directions

- 1 Heat half of the butter in a pan over medium heat. Pour the whisked eggs into the pan and season with salt and pepper. Scramble until cooked to your desired doneness.
- 2 While the eggs are cooking, toast the bread and spread the remaining butter on top.
- 3 Add the scrambled eggs, toast, and sliced pear to a plate. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Additional Toppings:** Top the eggs with chives or chopped green onion.

**Gluten-Free:** Use gluten-free bread instead.



## Cinnamon Pear Oatmeal with Walnuts

2 servings  
30 minutes

### Ingredients

- 2 Pear (large, peeled, sliced)
- 1 1/2 tsps Coconut Oil
- 2 tsbs Maple Syrup (divided)
- 1 tsp Cinnamon
- 2 cups Water
- 1 cup Oats (rolled)
- 2 tsbs Walnuts

### Nutrition

Amount per serving	
Calories	390
Fat	11g
Saturated	4g
Carbs	70g
Fiber	11g
Sugar	30g
Protein	7g
Cholesterol	0mg
Sodium	12mg
Vitamin A	48IU
Vitamin C	8mg
Calcium	102mg
Iron	2mg
Vitamin D	0IU
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	90mg
Zinc	2mg
Selenium	12µg

### Directions

- 1 In a saucepan over medium heat, add the pear, coconut oil, half of the maple syrup, and cinnamon. Stir and bring to simmer.
- 2 Immediately cover the saucepan with a lid and simmer on low heat for about 15 minutes or until the pears are soft. Check occasionally and add a splash of water if necessary.
- 3 Meanwhile, bring the water to a boil in a small saucepan. Add the oats and the remaining maple syrup.
- 4 Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
- 5 Serve the oatmeal with cinnamon pears and walnuts. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Warm up before serving.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Add ginger to the pear mixture.





## Wild Blueberry & Barleans Yogurt

1 serving

2 minutes

### Ingredients

- 1/2 cup Frozen Wild Blueberries
- 1 cup Plain Greek Yogurt
- 1 tbsp Barleans Omega-3 Mango Peach Smoothie (Can be found in fridge lockers at New Seasons, or ordered online)
- 1/4 tsp Stevia Powder (or to taste)

### Nutrition

Amount per serving	
Calories	281
Fat	9g
Saturated	4g
Carbs	29g
Fiber	3g
Sugar	13g
Protein	22g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	15mg
Calcium	499mg
Iron	1mg
Vitamin D	99IU
Vitamin B6	0mg
Vitamin B12	0µg
Magnesium	0mg
Zinc	0mg
Selenium	0µg

### Directions

- 1 Add yogurt to bowl and sprinkle blueberries over the top. Finish with the drizzle of Barlean's - it comes in several flavors but my favorite is Mango Peach Smoothie. Most the flavors have the same nutritional profile.
- 2 Eat as-is or stir all together. The frozen blueberries will make the yogurt very cold, giving it the texture almost of ice cream. This is a very healthy, high protein sweet treat that also contains Omega 3 fatty acids which almost everyone needs. The Barleans is expensive, so if you can't afford it it's okay to go without. You can just buy a small bottle to start - I think its around \$20. It is a high quality supplement that also tastes great and sweetens the yogurt.





## Strawberry & Blueberry Parfait

1 serving  
5 minutes

### Ingredients

1/2 cup Unsweetened Coconut Yogurt  
1/2 cup Granola  
1/4 cup Strawberries  
1/4 cup Blueberries

### Nutrition

Amount per serving	
Calories	386
Fat	19g
Saturated	5g
Carbs	47g
Fiber	9g
Sugar	18g
Protein	9g
Cholesterol	0mg
Sodium	41mg
Vitamin A	36IU
Vitamin C	25mg
Calcium	304mg
Iron	3mg
Vitamin D	0IU
Vitamin B6	0.3mg
Vitamin B12	1.4µg
Magnesium	109mg
Zinc	3mg
Selenium	16µg

### Directions

- 1 Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Additional Toppings:** Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.



## Applesauce & Almonds

1 serving  
5 minutes

### Ingredients

1/2 cup Unsweetened Applesauce  
1/4 cup Almonds (raw or roasted)

### Nutrition

Amount per serving	
Calories	258
Fat	18g
Saturated	1g
Carbs	21g
Fiber	6g
Sugar	13g
Protein	8g
Cholesterol	0mg
Sodium	3mg
Vitamin A	36IU
Vitamin C	1mg
Calcium	101mg
Iron	2mg
Vitamin D	0IU
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	100mg
Zinc	1mg
Selenium	2µg

### Directions

- 1 Serve the applesauce with the almonds. Enjoy!

### Notes

**Leftovers:** Refrigerate the applesauce in an airtight container for up to four days.

**More Flavor:** Add cinnamon.

**Nut-Free:** Use pumpkin seeds or sunflower seeds instead of almonds.

**Additional Toppings:** Add chopped fruit, hemp seeds, or yogurt.



## Blueberry Chia Pancakes

3 servings  
20 minutes

### Ingredients

- 1 cup Oats
- 1/2 cup Oat Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	276
Fat	11g
Saturated	2g
Carbs	39g
Fiber	7g
Sugar	11g
Protein	8g
Cholesterol	62mg
Sodium	206mg
Vitamin A	139IU
Vitamin C	5mg
Calcium	216mg
Iron	2mg
Vitamin D	14IU
Vitamin B6	0.2mg
Vitamin B12	0.4µg
Magnesium	53mg
Zinc	1mg
Selenium	13µg

### Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 2 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days, or freeze for up to two months.

**Serving Size:** One serving equals two to three 4-inch pancakes.

**More Flavor:** Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

**Additional Toppings:** Top with maple syrup, honey, cottage cheese, nut or seed butter.

**No Banana:** Use applesauce instead.

**No Oat Milk:** Use dairy or any alternative milk.

**Batter Consistency:** Add more milk if the batter is too thick, and more oats if the batter is too thin.



## Kefir & Granola Bowl

1 serving  
5 minutes

### Ingredients

1/2 cup Plain Kefir  
1/4 cup Granola  
1/4 cup Blueberries

### Nutrition

Amount per serving	
Calories	240
Fat	9g
Saturated	2g
Carbs	30g
Fiber	4g
Sugar	18g
Protein	10g
Cholesterol	5mg
Sodium	94mg
Vitamin A	275IU
Vitamin C	5mg
Calcium	226mg
Iron	1mg
Vitamin D	50IU
Vitamin B6	0.1mg
Vitamin B12	0.6µg
Magnesium	53mg
Zinc	1mg
Selenium	8µg

### Directions

- 1 Pour the kefir into a bowl and top with granola and blueberries. Enjoy!

### Notes

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## Cherry Kefir Smoothie

1 serving  
5 minutes

### Ingredients

1 1/2 cups Plain Kefir  
1 cup Cherries (pitted)  
2/3 oz Collagen Powder  
1 tbsp Ground Flax Seed

### Nutrition

Amount per serving	
Calories	404
Fat	6g
Saturated	2g
Carbs	52g
Fiber	5g
Sugar	45g
Protein	37g
Cholesterol	14mg
Sodium	293mg
Vitamin A	847IU
Vitamin C	14mg
Calcium	642mg
Iron	1mg
Vitamin D	151IU
Vitamin B6	0.1mg
Vitamin B12	1.8µg
Magnesium	21mg
Zinc	0mg
Selenium	7µg

### Directions

- 1 Add all the ingredients to a blender and blend until smooth. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is approximately two cups.

**More Fiber:** Add a handful of baby spinach or kale.

**More Protein:** Add a scoop of vanilla or unflavored protein powder and adjust the liquid quantity for preferred consistency.



## Greek Yogurt with Orange, Blueberries & Pumpkin Seeds

1 serving  
5 minutes

### Ingredients

1 cup Plain Greek Yogurt  
1/2 Navel Orange (chopped)  
1/3 cup Blueberries  
2 tbsps Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	333
Fat	13g
Saturated	4g
Carbs	30g
Fiber	4g
Sugar	17g
Protein	28g
Cholesterol	34mg
Sodium	142mg
Vitamin A	1452IU
Vitamin C	61mg
Calcium	540mg
Iron	2mg
Vitamin D	99IU
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	106mg
Zinc	1mg
Selenium	2µg

### Directions

- 1 Add all of the ingredients to a bowl and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 2/3 cups.

**Make it Vegan:** Use a plant-based yogurt alternative instead.

**More Flavor:** Add some maple syrup or raw honey.



## Egg Salad Wrap

2 servings  
25 minutes

### Ingredients

- 4 Egg
- 2 tbsps Mayonnaise
- 1 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 2 Whole Wheat Tortilla
- 1 cup Arugula

### Nutrition

Amount per serving	
Calories	369
Fat	24g
Saturated	7g
Carbs	20g
Fiber	4g
Sugar	2g
Protein	17g
Cholesterol	378mg
Sodium	513mg
Vitamin A	788IU
Vitamin C	2mg
Calcium	173mg
Iron	3mg
Vitamin D	83IU
Vitamin B6	0.3mg
Vitamin B12	0.9µg
Magnesium	52mg
Zinc	2mg
Selenium	46µg

### Directions

- 1 In a medium-sized pot add the eggs and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 2 Remove the eggs and let them cool in an ice bath. Once cooled, peel and add to a bowl. Add the mayonnaise, mustard, salt, and pepper. Mash with a fork to your desired consistency.
- 3 Place the tortilla on a plate and layer with arugula. Add the egg salad on top. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

**Serving Size:** One serving is equal to one wrap.

**Make it Vegan:** Use crumbled tofu instead.

**More Flavor:** Add a pinch of cayenne.

**Additional Toppings:** Add chives, chopped red onion, or chopped celery to the egg salad.

**Gluten-Free:** Use a gluten-free tortilla.





## Greek Yogurt, Banana & Cherry Granola Bowl

1 serving  
5 minutes

### Ingredients

- 1/2 cup Plain Greek Yogurt
- 1/3 cup Cherries (pitted, halved)
- 1/3 cup Granola
- 1/2 Banana (sliced)
- 1 1/2 tsps Ground Flax Seed
- 1 tbsp Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	437
Fat	18g
Saturated	4g
Carbs	51g
Fiber	7g
Sugar	25g
Protein	21g
Cholesterol	17mg
Sodium	82mg
Vitamin A	705IU
Vitamin C	17mg
Calcium	299mg
Iron	3mg
Vitamin D	50IU
Vitamin B6	0.4mg
Vitamin B12	0µg
Magnesium	138mg
Zinc	2mg
Selenium	12µg

### Directions

- 1 Add all of the ingredients to a bowl and serve. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to one day. Peel and slice the banana when ready to serve.

**Make it Vegan:** Use plant-based yogurt.

**Additional Toppings:** Hemp seeds and/or cacao nibs.





## Potato Chickpea Breakfast Hash with Fried Eggs

2 servings

30 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil (divided)  
3 Russet Potato (medium, cut into small cubes)  
1/4 cup Red Onion (chopped)  
1 cup Chickpeas (cooked, rinsed well)  
1 tsp Paprika  
3/4 tsp Garlic Powder  
1/2 tsp Sea Salt  
2 cups Baby Spinach (chopped)  
2 Egg

### Nutrition

Amount per serving	
Calories	594
Fat	21g
Saturated	4g
Carbs	83g
Fiber	14g
Sugar	8g
Protein	22g
Cholesterol	186mg
Sodium	729mg
Vitamin A	3698IU
Vitamin C	33mg
Calcium	153mg
Iron	7mg
Vitamin D	41IU
Vitamin B6	1.2mg
Vitamin B12	0.5µg
Magnesium	152mg
Zinc	3mg
Selenium	20µg

### Directions

- 1 Heat 3/4 of the oil in a pan over medium heat. Add the potatoes and cook for 10 to 12 minutes, stirring occasionally, until the potatoes start to brown and soften. Add the onion and continue to cook for five to six minutes more.
- 2 Add the chickpeas, paprika, garlic powder, and salt and continue to cook until the potatoes are tender and chickpeas are warmed through, about three to five minutes. Add the spinach and stir until wilted. Season with additional salt if needed.
- 3 Heat the remaining oil in a second pan over medium heat. Cook the eggs to your liking. Season with additional salt to taste.
- 4 Divide the potato hash and eggs between plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

**Serving Size:** One serving is approximately two cups of potato hash and one egg.

**More Flavor:** Add other dried herbs and spices to the potato hash to taste, like cumin, chili powder, or oregano. Add bell pepper, jalapeno, or top with fresh herbs.

**Potato:** Three medium potatoes yield approximately three cups of potato cubes.

**No Spinach:** Use kale instead.

**No Eggs:** Omit or serve beside protein of choice instead (chicken, tofu, pork, or beef).



## Mushroom & Tofu Scramble

3 servings  
10 minutes

### Ingredients

3/4 cup Oyster Mushrooms (sliced)  
1/4 cup Vegetable Broth (divided)  
12 ozs Tofu (extra firm, drained, crumbled)  
1 tbsp Nutritional Yeast  
1/4 tsp Turmeric  
1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	114
Fat	6g
Saturated	1g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	14g
Cholesterol	0mg
Sodium	268mg
Vitamin A	54IU
Vitamin C	0mg
Calcium	323mg
Iron	3mg
Vitamin D	6IU
Vitamin B6	2.7mg
Vitamin B12	11.3µg
Magnesium	44mg
Zinc	1mg
Selenium	15µg

### Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** Each serving equals approximately 1.5 cups.

**More Flavor:** Add your choice of spices and/or herbs.

**Additional Toppings:** Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

**No Vegetable Broth:** Use water instead.



## Breakfast Baked Potato with Sun Butter

1 serving  
50 minutes

### Ingredients

- 1 Sweet Potato (medium)
- 2 tbsps Sunflower Seed Butter
- 1 Banana (sliced)
- 1 tbsp Hemp Seeds
- 1/4 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	471
Fat	23g
Saturated	2g
Carbs	62g
Fiber	10g
Sugar	23g
Protein	12g
Cholesterol	0mg
Sodium	74mg
Vitamin A	18538IU
Vitamin C	14mg
Calcium	79mg
Iron	3mg
Vitamin D	0IU
Vitamin B6	0.9mg
Vitamin B12	0µg
Magnesium	234mg
Zinc	3mg
Selenium	35µg

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
- 3 Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!

### Notes

**More Toppings:** Greek yogurt, any fruits on hand, hemp seeds, crushed nuts, chocolate chips, and/or our Strawberry Chia Jam.

**No Sunflower Seed Butter:** Use any nut or seed butter.

**Meal Prep:** Bake several sweet potatoes at the start of the week. Reheat and add toppings just before serving.





## Chocolate Almond Butter Smoothie Bowl

1 serving

5 minutes

### Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Frozen Cauliflower
- 1/2 Zucchini (chopped, frozen)
- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)

### Nutrition

Amount per serving	
Calories	558
Fat	24g
Saturated	3g
Carbs	59g
Fiber	20g
Sugar	22g
Protein	33g
Cholesterol	4mg
Sodium	225mg
Vitamin A	788IU
Vitamin C	50mg
Calcium	764mg
Iron	6mg
Vitamin D	101IU
Vitamin B6	0.9mg
Vitamin B12	0.6µg
Magnesium	274mg
Zinc	3mg
Selenium	12µg

### Directions

- 1 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 2 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

**More Flavor:** Add cinnamon to your smoothie base.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.

**No Smoothie Bowl:** Drink as a regular smoothie instead.

**Smoothie Consistency:** For a creamier texture, use a frozen banana.





## Chocolate Banana Cauliflower N'Oats

1 serving  
20 minutes

### Ingredients

- 1 cup Cauliflower Rice
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Cacao Powder
- 2 tbsps All Natural Peanut Butter (divided)
- 1/8 tsp Sea Salt
- 1/2 Banana (sliced)
- 1 tbsp Cacao Nibs

### Nutrition

Amount per serving	
Calories	462
Fat	29g
Saturated	6g
Carbs	38g
Fiber	16g
Sugar	13g
Protein	16g
Cholesterol	0mg
Sodium	450mg
Vitamin A	412IU
Vitamin C	47mg
Calcium	508mg
Iron	4mg
Vitamin D	76IU
Vitamin B6	0.4mg
Vitamin B12	0µg
Magnesium	123mg
Zinc	1mg
Selenium	2µg

### Directions

- 1 In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
- 2 Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Nut-Free:** Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

**More Flavor:** Add cinnamon or maple syrup.

**More Protein:** Add collagen or protein powder.

**No Cacao Powder:** Use cocoa powder instead.

**No Banana:** Top with berries instead.



## Warm Peas with Eggs

2 servings

15 minutes

### Ingredients

1/2 White Onion (diced)  
3 tbsps Water  
3 cups Frozen Peas  
1/4 tsp Sea Salt  
4 Egg

### Nutrition

Amount per serving	
Calories	341
Fat	10g
Saturated	3g
Carbs	38g
Fiber	11g
Sugar	12g
Protein	25g
Cholesterol	372mg
Sodium	611mg
Vitamin A	5581IU
Vitamin C	26mg
Calcium	122mg
Iron	5mg
Vitamin D	82IU
Vitamin B6	0.5mg
Vitamin B12	0.9µg
Magnesium	68mg
Zinc	3mg
Selenium	33µg

### Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

**More Flavor:** Use broth or oil instead of water.

**Additional Toppings:** Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.



## Coconut Chia Seed Yogurt

1 serving  
30 minutes

### Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon
- 1/4 cup Strawberries (chopped)

### Nutrition

Amount per serving	
Calories	355
Fat	22g
Saturated	7g
Carbs	37g
Fiber	21g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	57mg
Vitamin A	12IU
Vitamin C	21mg
Calcium	838mg
Iron	4mg
Vitamin D	0IU
Vitamin B6	0mg
Vitamin B12	2.7µg
Magnesium	6mg
Zinc	0mg
Selenium	0µg

### Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**More Flavor:** Add maple syrup, honey, monk fruit sweetener or cardamom.

**Additional Toppings:** Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.