

10-DAY FAT FLUSH

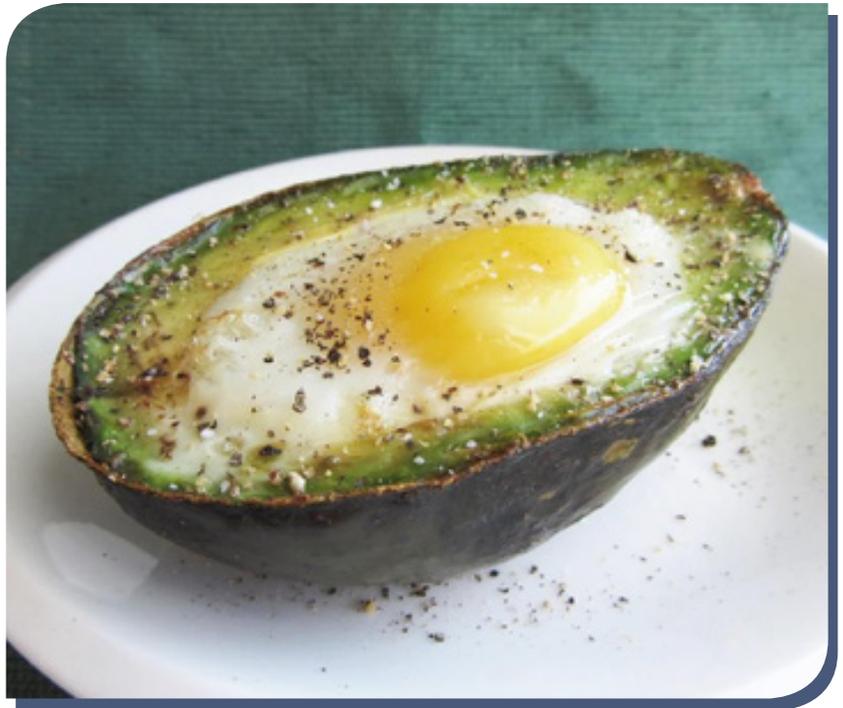
30 Fat-Flushing Breakfast
Recipes



AVOCADO EGGS

INGREDIENTS:

- 4–6 eggs
- 1 avocado
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic
- ¼ teaspoon chili powder
- ¼ teaspoon cumin
- ¼ teaspoon smoked paprika, optional*
- 2 tablespoons cilantro



DIRECTIONS:

- 1 In a medium pot add eggs and cover with water until fully submerged.
- 2 Bring to a boil, then remove from heat and cover for 12–13 minutes.
- 3 Fill a large bowl with ice water and, using a slotted spoon, gently place eggs in the bowl, allowing eggs to chill for 5 minutes.
- 4 Remove outer casing from eggs and slice in half lengthwise, removing the yolk.
- 5 Add the yolk, along with the avocado and spices to a bowl, mixing together until well combined.
- 6 Add the mixture to the egg halves.
- 7 Drizzle with lime juice and top with cilantro.

CREAM CHEESE PANCAKES

INGREDIENTS:

- ½ cup plus 1 tbsp almond flour
- ½ cup grass-fed cream cheese
- 4 eggs
- ½ teaspoon cinnamon
- 1 tablespoon butter or avocado oil, for frying



DIRECTIONS:

- ① Mix all ingredients in a blender.
- ② In a frying pan, over medium heat, add in the butter or oil.
- ③ Pour in 2-3 tablespoons of batter per pancake and turn over once the center begins to bubble (usually takes about 3-4 minutes).
- ④ Top with butter and cinnamon

BUTTER COFFEE

INGREDIENTS:

- One 8-ounce cup of coffee
- 1/2 tablespoon grass-fed butter
- cinnamon to sprinkle on top



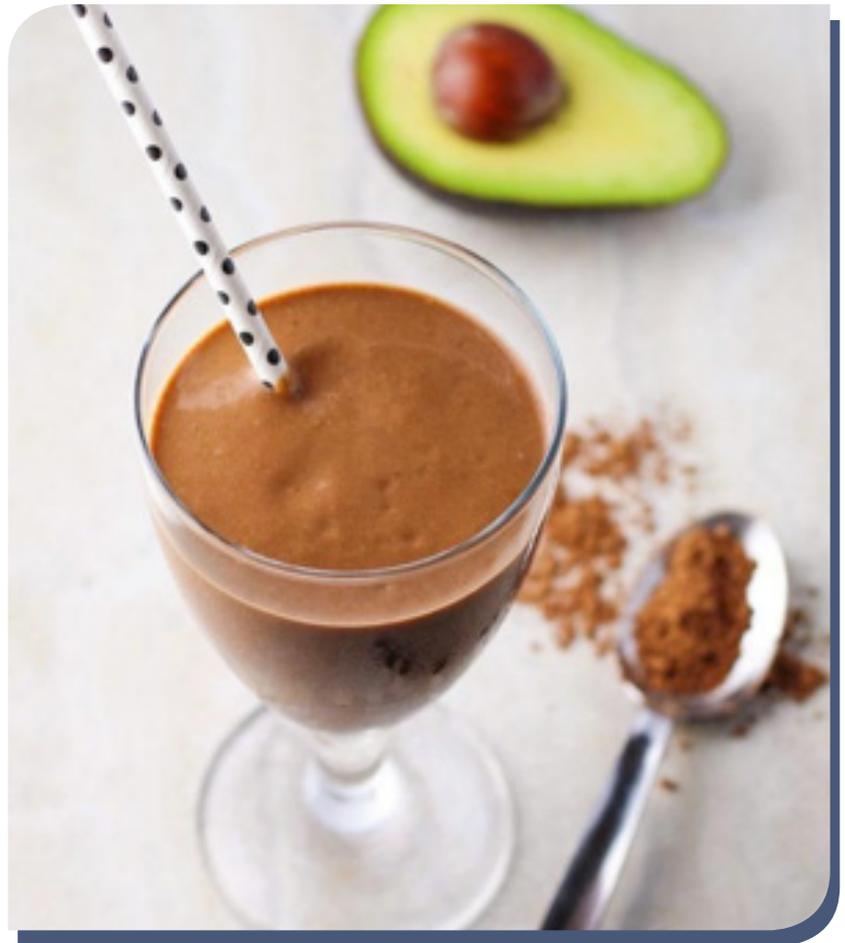
DIRECTIONS:

- ① It doesn't get much easier than this. Pour a cup of coffee, add in the butter, and let it melt before drinking
- ② Other options instead of butter are ½ tbsp. coconut oil OR 1 tbsp. heavy whipping cream
- ③ Having this instead of a “normal” breakfast can keep you full until lunch time because of the healthy fats in the butter.

CHOCOLATE SMOOTHIE

INGREDIENTS:

- 1–1¼ cups full-fat coconut milk
- ½ frozen avocado
- 1 tablespoon almond butter (no sugar added)
- 1 tablespoon chia seeds, soaked in 3 tablespoons of water for 10 minutes
- 2 teaspoons cacao nibs, cacao powder or cocoa powder
- 1 tablespoon coconut oil
- Ice (optional*)
- For topping: cacao nibs and cinnamon
- ¼ cup water, if needed



DIRECTIONS:

- ① Add contents into a high-powered blender, blending until well-combined.
- ② Top with cacao nibs and cinnamon.

LOW CARB BREAD

INGREDIENTS:

- 1½ cups almond flour
- 6 egg whites
- ¼ teaspoon cream of tartar
- 4 tablespoons butter, melted
- ¾ teaspoon baking soda
- 3 teaspoons apple cider vinegar
- 2 tablespoons coconut flour



DIRECTIONS:

- ① Preheat the oven to 375 F.
- ② Add the cream of tartar to the egg white mixture and, using a hand mixer, whip the eggs until soft peaks are formed.
- ③ Add the almond flour, butter, baking soda, apple cider vinegar and coconut flour to a food processor, blending until well-incorporated.
- ④ Place the mix into a bowl and gently fold in the egg white mixture.
- ⑤ Grease an 8x4 loaf pan and pour in the bread mixture.
- ⑥ Bake for 30 minutes.
- ⑦ *Note: can use 3 teaspoons baking powder instead of ¾ teaspoon baking soda and 3 teaspoons apple cider vinegar*

EGGPLANT ROLLS

INGREDIENTS:

- 2 large eggplants, sliced lengthwise
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1-1½ cups marinara sauce (no sugar added)
- 2 large eggs
- 3 cups spinach
- 1 package feta cheese (4 ounces)
- 1 teaspoon dried oregano
- 1 teaspoon parsley
- 1 teaspoon dried basil
- 2 cups romano cheese, grated



DIRECTIONS:

- 1 Preheat oven to 450 F.
- 2 While your oven is heating up, cut the ends off of the two eggplants and then slice lengthwise.
- 3 Place the eggplant slices on a baking sheet lined with parchment paper and sprinkle with salt and pepper.
- 4 Bake for 12-15 minutes, remove and allow to cool.
- 5 Reduce heat to 400 F.
- 6 In a medium bowl, mix the eggs, feta cheese, spinach, oregano, parsley, basil, romano cheese, salt and pepper, mixing until well combined.
- 7 In a 9x13 baking dish, add ¾ cup marinara.
- 8 Place ¼ cup cheese mixture onto one end of the sliced eggplant, then roll it up and transfer to baking dish, continuing until baking dish is full.
- 9 Cover with remaining marinara and cheese.
- 10 Bake for 25 minutes and allow to cool for 10 minutes before serving.

FRESH GREENS SALAD

INGREDIENTS:

- 2 eggs
- 3 oz. turnip or celery root
- 7 oz. fresh green beans
- 2 tbsp olive oil
- 1 - 2 finely chopped garlic cloves (optional)
- 7 oz. Romaine lettuce
- 2 oz. cherry tomatoes
- ½ red onion
- 1 can tuna
- 2 oz. olives
- Salt and pepper



DRESSING:

- ½ tbsp Dijon mustard
- 2 tbsp small capers
- 1 oz. anchovies
- ½ cup olive oil
- ¼ cup mayonnaise
- 1 tbsp fresh parsley
- ½ lemon, the juice
- 1 minced garlic clove (optional)

INSTRUCTIONS:

- 1 Mix all the ingredients for the dressing using a mixer or an immersion blender until fully combined and creamy. Set aside.
- 2 Boil the eggs the way you like them, soft or hard boiled. Place them immediately in ice-cold water when they are done to make them easier to peel. Cut them into wedges.
- 3 Wash and peel the turnips. Cut them in half-inch pieces. Wash and trim the green beans and parboil both for 5 minutes in lightly salted water. Use separate pans. Rinse in cold water when done.
- 4 Place a skillet on medium high heat and fry the green beans in butter or olive oil. Add finely chopped garlic. Season with salt and pepper.
- 5 Place lettuce on a serving plate or on individual plates. Add tomatoes, onion, drained tuna, eggs, beans, olives and turnip. Serve with dressing on the side.

Tip!

You can prep the vegetables a day before serving, for an even faster assembly.

CHEESE OMELET

INGREDIENTS:

- ½ tbsp. butter
- 2 large eggs
- 1/8th tsp salt and pepper, to taste
- 1 ounce shredded cheddar cheese
- 2 thin slices heirloom tomato
- ½ cup sliced red onion
- 1/2 tbsp capers, drained
- a few parsley leaves



DIRECTIONS:

- 1 In a small bowl beat the eggs, chive, add salt and pepper.
- 2 Heat a medium nonstick skillet over medium-low heat. Melt the butter in the pan and pour the eggs. Cook until they set, about 2 to 3 minutes then top with goat cheese, then transfer to a plate. Top with sliced tomato, lox, red onion, capers, parsley and chives.

EGG MUFFINS

INGREDIENTS:

- 12 eggs
- 2 scallions, finely chopped
- 3 slices cooked bacon (chopped)
- 6 oz. shredded cheese
- salt and pepper



INSTRUCTIONS:

- ① Preheat the oven to 350°F (175°C).
- ② Grease a muffin tin thoroughly with butter.
- ③ Chop scallions and bacon and add to the bottom of the tin.
- ④ Whisk eggs together with seasoning and pesto. Add the cheese and stir.
- ⑤ Pour the batter on top of the scallions and chorizo.
- ⑥ Bake for 15–20 minutes, depending on the size of the muffin tin.

TIP!

Kids love these cheesy muffins. Perfect for a lunchbox! Can be eaten hot or cold. Prepare a big batch and store in the refrigerator for 3-4 days or freeze them.

MUSHROOM & CHEESE FRITATTA

INGREDIENTS:

Frittata

- 15 oz. mushrooms
- 3 oz. butter
- 6 scallions
- 1 tbsp fresh parsley
- 1 tsp salt
- ½ tsp ground black pepper
- 10 eggs
- 8 oz. shredded cheese
- 1 cup mayonnaise
- 4 oz. leafy greens



Vinaigrette

- 4 tbsp olive oil
- 1 tbsp white wine vinegar
- ½ tsp salt
- ¼ tsp ground black pepper

INSTRUCTIONS:

- 1 Preheat the oven to 350°F (175°C). First, prepare the vinaigrette and set aside.
- 2 Slice the mushrooms anyway you like, small or big—whatever your preference.
- 3 Sauté the mushrooms on medium high with most of the butter until golden. Lower the heat. Save some of the butter for greasing the baking dish.
- 4 Chop the scallions and mix with the fried mushrooms. Add salt and pepper to taste, and mix in the parsley.
- 5 Mix eggs, mayonnaise and cheese in a separate bowl. Salt and pepper to taste.
- 6 Add the mushrooms and scallions and pour everything into a well-greased baking dish. Bake for 30–40 minutes or until the frittata turns golden and the eggs are cooked.
- 7 Let cool for 5 minutes and serve with leafy greens and the vinaigrette.

TIP!

Be sure to choose your cheese carefully! Select a cheese that has superior melting quality like cheddar, fontina or gruyere!

SMOKED SALMON SANDWICH

INGREDIENTS:

Spicy Pumpkin Bread

- 2 tbsp pumpkin pie spice
- 1 tbsp baking powder
- 1 tsp salt
- 2 tbsp ground psyllium husk powder
- ½ cup flaxseed
- 1¼ cups almond flour
- 1¼ cups coconut flour
- 1/3 cup chopped walnuts
- 1/3 cup pumpkin seeds + extra for topping
- 3 eggs
- ½ cup unsweetened apple sauce
- ¼ cup coconut oil
- 14 oz. pumpkin puree
- 1 tbsp coconut oil or butter for greasing the pan



Toppings

- 4 eggs
- 2 tbsp heavy whipping cream
- 2 oz. butter for frying
- salt and pepper
- 1 pinch chili flakes
- 2 tbsp butter
- 1 oz. leafy greens
- 3 oz. smoked salmon
- 1 tbsp fresh chives (optional)

INSTRUCTIONS:

Spicy Pumpkin Bread

- 1 Preheat the oven to 400°F (200°C) and grease a bread pan, 7-8 inches (about 10 x 18 cm), with butter or oil.
- 2 Mix together all dry ingredients in a bowl.
- 3 Stir together egg, apple sauce, pumpkin puree and oil in a separate bowl and mix into a smooth batter with the dry ingredients.
- 4 Pour into the baking dish and sprinkle a tablespoon of pumpkin seeds on top.
- 5 Bake on lower rack for an hour and test with a toothpick. If it comes out clean, it's done.

Building the sandwich

- 1 Whisk together eggs and cream in a bowl. Add salt and pepper to taste.
- 2 Melt the butter in a frying pan on medium high heat. Pour in the egg mixture and stir until blended and cooked through. Remove from heat.
- 3 Add chili and mix. Use whatever you have at home already – tabasco, dried chili flakes or fresh finely chopped chili.
- 4 Toast two slices of the spicy low-carb pumpkin bread, or another low-carb bread.
- 5 Apply a thick layer of butter.
- 6 Put a few lettuce leaves and the scrambled eggs on top, then add the salmon and some finely chopped chives.

TIP!

Adjust the chili heat in the scrambled eggs according to your taste. If you're using fresh chili peppers, you can sauté them in the butter for a few seconds before adding the eggs. Fire, meet delicious!

This loaf of bread yields about 22 slices. It tastes best freshly baked or toasted. Slice the part of the bread you won't have the same day and keep in the refrigerator for 2-3 days. It will keep in the freezer up to a month.

EGGS & AVOCADO

INGREDIENTS:

- 4 eggs
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 5 oz. butter, at room temperature
- 1 avocado
- 2 tbsp olive oil
- 1 tbsp fresh parsley, chopped



INSTRUCTIONS:

- ① Place the eggs in a pot carefully. Cover with cold water and place on the stove without a lid. Bring the water to a boil.
- ② Lower the heat and let simmer for 7-8 minutes. Remove the eggs from the warm water and place them in a bowl with ice-cold water to cool.
- ③ Peel the eggs and chop them finely. Mix eggs and butter with a fork. Season to taste with salt, pepper and other flavors of your choice, see different suggestions below.
- ④ Serve the egg butter with a side of diced avocado tossed in olive oil and finely chopped parsley and a few slices of smoked salmon.

TIP!

Try flavoring your egg butter with chili flakes, fresh herbs or your favorite seasoning. Egg butter is great as a topping on just about anything – both hot and cold dishes, as avocado, salmon, turkey and ham, but also in soups and stews and on top of vegetables and salads.

BISCUITS & GRAVY

INGREDIENTS:

Biscuits

- 1 cup almond flour
- ¼ tsp sea salt
- 1 tsp baking powder
- 4 egg whites
- 2 tbsp very cold butter or coconut oil
- 1 tsp garlic powder or other seasoning of your liking (optional)
- 1 tsp coconut oil spray

Gravy

- 10 oz. ground pork sausage
- 1 cup cream cheese
- 1 cup beef broth or chicken broth salt and pepper



INSTRUCTIONS:

Biscuits

- 1 Preheat the oven to 400°F (200°C). Grease a cookie sheet or muffin pan with coconut oil spray.
- 2 Beat the egg whites until very fluffy and firm.
- 3 In a separate medium bowl, mix the baking powder into the almond flour.
- 4 Cut in COLD butter and salt (if the butter isn't chilled, the biscuits won't be flakey). Gently fold in the dry mixture into the egg whites.
- 5 Spoon a dollop of the dough onto the cookie sheet (or muffin tin) and bake for 11-15 minutes.

Gravy

- 1 Cook sausage in a large skillet over medium heat for 5-6 minutes or until thoroughly heated, stirring frequently.
- 2 Gradually add cream cheese and broth; cook until mixture comes to a soft simmer and thickens, stirring constantly until smooth.
- 3 Reduce heat to medium-low; simmer 2 minutes, stirring constantly. Season to taste with salt and pepper.
- 4 Split biscuits in half. Place 2 halves on each of plates; top with about 1/3 cup gravy.

TIP!

Love cheese? Then sprinkle grated cheddar or parmesan on top of the dough before you pop the biscuits in the oven for a (good kind of) cheesy variation!

CAPRESE OMELET

INGREDIENTS:

- 6 eggs
- salt and pepper
- 1 tbsp fresh basil or dried basil
- 3 oz. cherry tomatoes cut in halves or tomatoes cut in slices
- 5 oz. fresh mozzarella cheese
- 2 tbsp olive oil



INSTRUCTIONS:

- 1 Crack the eggs into a mixing bowl, add salt and black pepper to your liking. Whisk well with a fork until fully combined. Add basil and stir.
- 2 Cut the tomatoes in halves or slices. Dice or slice the cheese.
- 3 Heat oil in a large frying pan. Fry the tomatoes for a few minutes.
- 4 Pour the egg batter on top of the tomatoes. Wait until the batter is slightly firm before adding the mozzarella cheese.
- 5 Lower the heat and let the omelet set. Serve right away and enjoy!

SLIMMING CEREAL

INGREDIENTS:

- 1 c. almonds, chopped
- 1 c. walnuts, chopped
- 1 c. unsweetened coconut flakes
- 1/4 c. sesame seeds
- 2 tbsp. flax seeds
- 2 tbsp. chia seeds
- 1/2 tsp. ground clove
- 1 1/2 tsp. ground cinnamon
- 1 tsp. pure vanilla extract
- 1/2 tsp. kosher salt
- 1 large egg white
- 1/4 c. melted coconut oil



INSTRUCTIONS:

- 1 Preheat oven to 350 degrees and grease a baking sheet with coconut oil.
- 2 In a large bowl, mix together almonds, walnuts, coconut flakes, sesame seeds, flax seeds and chia seeds. Stir in cloves, cinnamon, vanilla, and salt.
- 3 Beat egg white until foamy then stir into the nut mixture. Add coconut oil and stir until everything is well coated. Pour onto prepared baking sheet and spread into an even layer.
- 4 Bake for 10 minutes or until golden, gently stirring halfway through. Let cool and then serve with 1 cup coconut milk or 1/4 cup heavy whipping cream. Sprinkle cinnamon on top for taste.

TIP!

Don't wait for company! This genius, throw-it-together dish is perfect anytime.

PUMPKIN SPICE LATTE

INGREDIENTS:

- 1 oz. unsalted butter
- 1 tsp pumpkin pie spice
- 1 - 2 tsp instant coffee powder
- 1 cup boiling water



INSTRUCTIONS:

- ① Place butter, spices and instant coffee in a deep bowl to use with an immersion blender. Alternatively, you can put the ingredients directly into the jar of a blender.
- ② Add boiling water and blend for 20–30 seconds until a fine foam has formed.
- ③ Pour into a cup and sprinkle some cinnamon or pumpkin spice on top. Serve immediately!
- ④ It's even more delicious with a dollop of whipped heavy cream on top.

TIP!

The instant coffee can be replaced with a shot of espresso; just add less of the hot water. The latte can also be made coffee and caffeine free. The butter and pumpkin spice gives it a wonderfully rich flavor, so whether you go with “high octane” coffee, or decaf .

BAKED BACON OMELET

INGREDIENTS:

- 4 eggs
 - 3 slices bacon (chopped)
 - 3 oz. butter
 - 2 oz. fresh spinach
 - 1 tbsp finely chopped fresh chives (optional) salt and pepper
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INSTRUCTIONS:

- 1 Preheat the oven to 400°F (200°C). Grease an individual serving-sized baking dish with butter.
 - 2 Fry bacon and spinach in the remaining butter.
 - 3 Whisk the eggs until frothy. Mix in the spinach and bacon, including the fat left from frying.
 - 4 Add some finely chopped chives. Season to taste with salt and pepper.
 - 5 Pour the egg mixture into baking dish(es) and bake for 20 minutes or until set and golden brown.
 - 6 Let cool for a few minutes and serve.
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TIP!

If you love cheese, you might want to mix in some grated cheddar or sprinkle parmesan on top before baking. Sautéed onions are another yummy possible addition.

CROQUE MADAME

INGREDIENTS:

- 8 oz. cottage cheese
- 4 eggs
- 1 tbsp ground psyllium husk powder
- 4 tbsp butter or coconut oil
- 3 oz. smoked deli ham
- 3 oz. cheddar cheese or other cheese of your liking
- ½ finely chopped red onion



INSTRUCTIONS:

- 1 Whisk the eggs in a bowl. Mix in the cottage cheese. Add ground psyllium husk powder while stirring to incorporate it smoothly, without lumps. Let the mixture rest for five minutes until the batter has thickened.
- 2 Place a frying pan over medium heat. Add a generous amount of butter and fry the batter like small pancakes for a couple of minutes on each side, until they are golden. Make two pancakes per serving.
- 3 Assemble a sandwich with sliced ham and cheese between two of the warm pancakes. Add finely chopped onion on top.
- 4 Add more butter to the frying pan and fry an egg to serve atop each sandwich.

PORRIDGE

INGREDIENTS:

- 1 tbsp chia seeds
- 1 tbsp sesame seeds
- 1 egg
- 1/3 cup heavy whipping cream
- 1 pinch salt
- 1 oz. butter or coconut oil



INSTRUCTIONS:

- ① Mix all ingredients except the butter in a bowl. Let sit for 2-3 minutes.
- ② Melt butter or oil on medium heat in a small pan.
- ③ Pour in the other ingredients and continue to stir until the porridge firms up. Let the porridge simmer, but do not let it boil.
- ④ Serve immediately with melted butter like in the picture

COFFEE W/ CREAM

INGREDIENTS:

- ¾ cup coffee, brewed the way you like it
 - 1 tbsp heavy whipping cream
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INSTRUCTIONS:

- 1 Make your coffee the way you like it. Pour the cream in a small sauce pan and heat gently while stirring until it's frothy.
 - 2 Pour the warm cream in a big cup, add coffee and stir. Serve straight away as is.
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TIP!

Add a piece of dark chocolate, with a minimum of 80% cocoa solids, to your cup of coffee. This way you'll have a melted little treat waiting by the time you finish your drink. Or try it with cinnamon as a gorgeous and luscious post-meal treat!

EGGS BENEDICT WITH MUG BREAD

INGREDIENTS:

Mug Bread

- 1 tsp butter
 - 1 tbsp almond flour
 - 1 tbsp coconut flour
 - ¾ tsp baking powder
 - 1 pinch salt
 - 1 egg
 - 1 tbsp heavy whipping cream
-

Hollandaise Sauce

- 3 oz. butter
 - 2 egg yolks
 - 1 tbsp water
 - 1 tbsp lemon juice salt and pepper
 - 1 pinch cayenne pepper (optional)
-

Poached eggs

- 1 tbsp white vinegar 5% water
 - 2 eggs
-

Serving

- 1 tbsp butter, for frying
- 1 oz. smoked deli ham



INSTRUCTIONS:

- ① Grease a large cup or glass dish with a flat bottom with butter. Mix all dry ingredients in the cup with a fork or spoon. Crack in eggs and mix well. Stir in cream. Combine until smooth and make sure there are no lumps.
- ② Microwave on high (approximately 700 watts) for 2 minutes. Check if the bread is done in the middle — if not, microwave for another 15-30 seconds.
- ③ Let cool and remove from cup. Slice in half.

Hollandaise Sauce

- ① Melt butter in a saucepan or microwave oven and let cool for a few minutes.
- ② Mix egg yolks and water in a pot and place in a water bath.
- ③ Simmer while stirring constantly until sauce thickens slightly.
- ④ Remove the pot from the water bath and slowly drizzle butter into eggs while whisking constantly.
- ⑤ Season with lemon, salt, pepper and some cayenne pepper.

Poached Eggs

- ① Add plenty of water with vinegar in a saucepan. Bring to a simmer but make sure the water is not boiling.
- ② Crack in eggs one at a time. First crack into a cup, then carefully pour into the water. Let simmer for 3 minutes.
- ③ Remove eggs with a slotted spoon and plunge into cold water. Put the eggs on a plate and trim any rough edges.

Serving

Fry mug bread halves in butter. Place a slice of bread on each plate, top each half with smoked ham, poached egg and hollandaise sauce. Sprinkle with watercress.

SALMON-FILLED AVOCADO

INGREDIENTS:

- 1 avocado
 - 6 oz. smoked salmon
 - $\frac{3}{4}$ cup sour cream
 - salt and pepper
 - 2 tbsp lemon juice (optional)
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INSTRUCTIONS:

- ① Cut avocados in half and remove the pit.
 - ② Place a dollop of sour cream in the hollow of the avocado and add smoked salmon on top.
 - ③ Season to taste with salt and a squeeze lemon juice for extra flavor (and to keep the avocado from turning brown).
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TIP!

This can be served with any other type of fatty fish—boiled, fried or smoked. It tastes even better with a little fresh dill!

FRIED EGGS W/ KALE & PORK

INGREDIENTS:

- ½ lb kale
- 3 oz. butter
- 6 oz. smoked pork belly or bacon
- ¼ cup frozen cranberries
- 1 oz. pecans or walnuts
- 4 eggs
- salt and pepper



INSTRUCTIONS:

- 1 Trim and chop the kale into large squares. (Pre-washed baby kale is a terrific shortcut.) Melt two thirds of the butter in a frying pan and fry the kale quickly on high heat until slightly browned around the edges.
- 2 Remove the kale from the frying pan and set aside. Sear the pork belly or bacon in the same frying pan until crispy.
- 3 Lower the heat. Return the sautéed kale to the pan and add the cranberries and nuts. Stir until warmed through. Reserve in a bowl.
- 4 Turn up the heat and fry the eggs in the rest of the butter. Salt and pepper to taste. Plate two fried eggs with each portion of greens and serve immediately.

TIP!

Switch it up with other greens... cabbage, chard, or spinach offer tasty variations. Or, make it a side dish by eliminating the fried eggs.

TUNA SALAD W/ CAPERS

INGREDIENTS:

- 4 oz. tuna in olive oil
 - ½ cup mayonnaise
 - 2 tbsp crème fraîche
 - 1 tbsp capers
 - ½ leek, finely chopped
 - ½ tsp chili flakes
 - salt and pepper
-



INSTRUCTIONS:

- ① Let the tuna drain.
 - ② Mix together all ingredients, season with salt and pepper or chili flakes. You're all set!
 - ③ Serve with boiled eggs and LCHF sesame crispbread.
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TIP!

You can chop the eggs directly into the salad and add some hot chili sauce. You can also replace the sour cream with mayonnaise for a dairy-free option, or replace capers with olives or gherkins. Try it out with our homemade mayo—simply divine!

FLUFFY SCRAMBLED EGGS

INGREDIENTS:

- 1 oz. butter
- 2 eggs
- salt and pepper

INSTRUCTIONS:

- 1 Crack the eggs into a small bowl and use a fork to whisk them together with some salt and pepper.
- 2 Melt the butter in a non-stick skillet over medium heat. Watch carefully — the butter shouldn't turn brown!
- 3 Pour the eggs into the skillet and stir for 1–2 minutes, until they are creamy and cooked just shy of how you like them. Remember that the eggs will still be cooking even after you've put them on your plate.



TIP!

These fluffy eggs pair well with many low-carb favorites. Obvious choices are bacon or sausage, but other great options include salmon, avocado, cold cuts and cheese (try cheddar, fresh mozzarella or feta cheese).

And, if you are really hungry (or have extra-large eggs), don't be shy. Add more butter!

BLT W/ CLOUD BREAD

INGREDIENTS:

Cloud bread

- 3 eggs
- 4¼ oz. cream cheese
- 1 pinch salt
- ½ tbsp ground psyllium husk powder
- ½ tsp baking powder
- ¼ tsp cream of tartar (optional)

Toppings

- 8 tbsp mayonnaise
- 5 oz. bacon
- 2 oz. lettuce
- 1 tomato, thinly sliced
fresh basil (optional)



INSTRUCTIONS:

Cloud Bread

- 1 Preheat oven to 300°F (150°C).
- 2 Separate the eggs. Put the egg whites in one bowl and the yolks in another.
- 3 Whip egg whites together with salt (and cream of tartar, if you are using any) until very stiff. Preferably using a hand held electric mixer. You should be able to turn the bowl over without the egg whites moving.
- 4 Add cream cheese to the egg yolks and mix well. To make the oopsie more bread-like, add in the optional psyllium seed husk and baking powder.
- 5 Gently fold the egg whites into the egg yolk mixture — try to keep the air in the egg whites.
- 6 Put 8 cloud bread pieces on a paper-lined baking tray.
- 7 Bake in the middle of the oven for about 25 minutes, until they turn golden.

Building the BLT

- 1 Fry the bacon in a skillet on medium high heat until crispy.
- 2 Place the cloud bread pieces top-side down.
- 3 Spread 1-2 tablespoon of mayonnaise on each.
- 4 Place lettuce, tomato, some finely chopped fresh basil and fried bacon in layers between the bread halves.
- 5 Serve immediately.

Meal Prep

Feel free to make large batches of cloud bread ahead of time so you can make this delicious sandwich in no time. You can also prepare bacon in large batches and keep ready made in an air-tight container in your fridge for up to a week (as if bacon ever lasted that long, huh?). Perfect for a snack or to use as a salad topping, to your morning eggs or in a sandwich like this one.

How to Store Cloud Bread

The bread keeps in the fridge for 2-3 days or in the freezer for up to 3 months. Put a layer of parchment paper between each bread so

they don't stick together. That way you can easily grab as many as you need.

You can thaw frozen cloud bread at room temperature or in the fridge. They taste their very best if you toast them once thawed but you can also reheat them in the oven.

Preheat to 300°F (150°C) and place them on the rack for about five minutes.

Tomato Tip

Some of the best slicing heirloom tomatoes are Beefsteak, Brandywine, Mortgage Lifter, Cherokee Purple, and Black Krim. Watch for these at your local farmers' market for a BLT upgrade!

How about mayo?

We think homemade mayo beats store bought versions any day but sometimes you just don't have the time, energy or ingredients to make it yourself. The ones you buy in the supermarkets can vary in quality. Read the labels and try to steer clear of brands using sugar and soybean oil.

PANCAKES W/ BERRIES & WHIPPED CREAM

INGREDIENTS:

- 4 eggs
- 7 oz. cottage cheese
- 1 tbsp ground psyllium husk powder
- 2 oz. butter or coconut oil

TOPPINGS:

- ½ cup fresh raspberries or fresh blueberries or fresh strawberries
- 1 cup heavy whipping cream



INSTRUCTIONS:

- ① Add eggs, cottage cheese and ground psyllium husk powder to a medium size bowl and mix together. Let sit for 5-10 minutes to thicken up a bit.
- ② Heat up butter or oil in a non-stick skillet. Fry the pancakes on low to medium heat for 3-4 minutes on each side. Don't make them too big or they will be hard to flip.
- ③ Add heavy whipping to a separate bowl and whip it until soft peaks form.
- ④ Serve the pancakes with whipped cream and berries of your choice.

TIP!

If you want a really fluffy pancake, and don't mind spending a few more minutes making them, you can separate the eggs. Use the egg yolks as the instructions say but whip up the egg whites in a separate bowl.

Add the egg whites to the batter by carefully folding them in so that the air you whipped into them doesn't get knocked out.

These pancakes are also a great snack served cold! Wrap a few up and bring them to work with you!

COCONUT PORRIDGE

INGREDIENTS:

- 1 oz. butter or coconut oil
- 1 egg
- 1 tbsp coconut flour
- 1 pinch ground psyllium husk powder
- 4 tbsp coconut cream
- 1 pinch salt

INSTRUCTIONS:

- 1 Add all ingredients to a non-stick saucepan. Mix well and place over low heat. Stir constantly until you achieve your desired texture.
- 2 Serve with coconut milk or cream. Top your porridge with a few fresh or frozen berries and enjoy!



TIP!

If you find yourself with left over coconut milk, put some into your next smoothie. It will thicken it up a bit and make it richer and more filling.

SALAD SANDWICHES

INGREDIENTS:

- 2 oz. Romaine lettuce or baby gem lettuce
- ½ oz. butter
- 1 oz. cheddar cheese or other cheese of your liking
- ½ avocado
- 1 cherry tomato

INSTRUCTIONS:

- ① Rinse the lettuce thoroughly and use as a base for the toppings.
- ② Smear butter on the lettuce leaves and slice the cheese, avocado and tomato and add on top.

TIP!

Some other yummy toppings to try are tuna salad and egg salad. Try these out on your kids—they will love selecting their own toppings and putting them together.



YUMMY FRENCH TOAST

INGREDIENTS:

Mug bread

- 1 tsp butter
- 2 tbsp almond flour
- 2 tbsp coconut flour
- 1½ tsp baking powder
- 1 pinch salt
- 2 eggs
- 2 tbsp heavy whipping cream

Batter

- 2 eggs
- 2 tbsp heavy whipping cream
- ½ tsp ground cinnamon
- 1 pinch salt
- 2 tbsp butter



INSTRUCTIONS:

- ① Grease a large mug or glass dish with a flat bottom with butter.
- ② Mix together all dry ingredients in the mug with a fork or spoon. Crack in the egg and stir in the cream. Combine until smooth and make sure there are no lumps.
- ③ Microwave on high (approximately 700 watts) for 2 minutes. Check if the bread is done in the middle – if not, microwave for another 15-30 seconds.
- ④ Let cool and remove from the mug. Slice in half.
- ⑤ In a bowl or deep plate, whisk together the eggs, cream and cinnamon with a pinch of salt. Pour over the bread slices and let them get soaked. Turn them around a few times so the bread slices absorb as much of the egg mixture as possible.
- ⑥ Fry in plenty of butter and serve immediately.