

## RECIPES TO TRY - Breakfast and Brunch Ideas

By Julie Cottrell, MS, RD, LD

*Lower carb, protein-rich recipes to inspire some tasty, health-promoting, home-cooked meals!*

### OMELETS: ANY TIME OF DAY, HAVE IT YOUR WAY!

Omelets are an easy option for any meal, and can often be ready in less than 10 minutes. Eggs provide quality protein and are budget-friendly. Add any veggies you like, plus cheese if you wish. It's also nice when your omelet has a "theme", with a specific flavor intention, as this omelet below does.

#### EASY ITALIAN OMELET

By Naomi Sherman

Recipe featured on [www.KetoDiet.com](http://www.KetoDiet.com) @ this [link](#).



Makes 1 serving

Per serving: 526 calories, 34 g protein, 9 g carb (1 g fiber), 39 g fat

<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>• 1 Tbsp extra virgin olive or avocado oil*</li> <li>• 7 grape tomatoes</li> <li>• 1 Tbsp freshly chopped basil</li> <li>• 2 slices prosciutto (20 g)</li> <li>• 50 g shredded mozzarella (1.8 oz or ~2/3 cup)</li> <li>• 3 large eggs</li> <li>• Sea salt and pepper</li> </ul>	<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Pour the olive oil into an omelet pan and place over medium heat.</li> <li>2. While heating, quarter the tomatoes, shred the basil and chop the prosciutto into small pieces. Portion out the mozzarella.</li> <li>3. Break the eggs into a bowl, season to taste, and whisk until frothy, then pour into the heated pan. Leave to cook for a minute, then run a spatula gently around the underside.</li> <li>4. Cook until the top and center look almost set, then distribute mozzarella, prosciutto, tomatoes and basil over one half of the omelet.</li> <li>5. Fold the omelet over the fillings, turn the heat off and leave to sit for a minute.</li> <li>6. Slide the omelet onto a plate and eat while hot.</li> </ol>
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\*Reduce olive oil to ½ Tbsp if you would like to reduce the total fat content and calories of this meal. Macros for this would be: 466 calories, 34 g protein, 9 g carb, 33 g fat.

#### OMELET WITH AVOCADO AND VEGGIES

By Maria Krampf from [www.wholesomeyum.com](http://www.wholesomeyum.com). Link to original recipe [here](#).

Recipe modified by Julie Cottrell, MS, RD, LD



Makes 1 serving

Per serving: 510 calories, 22 g protein, 15 g carb (5 g fiber), 10 g "net carbs", 41 g fat

<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>• 2 large eggs</li> <li>• 1 Tbsp heavy cream</li> <li>• 2 tsp avocado oil, divided</li> <li>• 1/4 cup onion, diced</li> <li>• 1/4 cup bell pepper, diced</li> <li>• 1/4 cup mushrooms, diced</li> <li>• 3 cherry tomatoes</li> <li>• ¼ cup cheddar cheese</li> <li>• ¼ medium avocado, sliced</li> <li>• Salt and pepper to taste</li> </ul>	<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. In a small bowl, whisk together the eggs and cream. Season to taste with salt and pepper. Set aside to rest while you cook the fillings.</li> <li>2. Heat 1 tsp oil in a small skillet over medium heat. Add the diced veggies. Saute for 5-7 minutes, until they are soft and lightly browned, and any moisture has evaporated. Transfer the veggies to a plate to keep warm.</li> <li>3. Add another tsp oil to the skillet, tilting to coat. Increase heat to medium high. Whisk the eggs again to make them foamy, then pour mixture into the skillet. As the edges start to set, use a spatula to push them toward the center of the pan. Repeat this process as needed until the omelet is just barely set, about 45-60 seconds.</li> <li>4. Turn off the heat. Place the cooked veggies over half the omelet and sprinkle shredded cheese over them. Fold the other half on top and press gently. Cover with a lid, with heat off, about 1 minute.</li> <li>5. Slide spatula beneath the omelet onto a plate; top with sliced avocado.</li> </ol>
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## **HASH = CHOPPED VEGGIES + PROTEIN**

The word “[hash](#)” (per Wikipedia) typically refers to a dish consisting of **chopped meat, potatoes and fried onions**. We are using the term “hash” loosely as we **substitute lower carb veggies for starchy ones**.

### **HASH WITH KALE, RED PEPPER AND CHICKEN SAUSAGE**

*Recipe by Julie Cottrell, MS, RD*



Makes 1 serving

Per serving: 399 calories, 25 g protein, 11 g carb (3 g fiber), 29 g fat

<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>• 2 stalks kale</li> <li>• 1/4 red bell pepper, chopped</li> <li>• 1 wedge onion, chopped (14 g)</li> <li>• 1/2 cup cabbage, chopped</li> <li>• 1 clove garlic, diced</li> <li>• 1 chicken sausage link</li> <li>• 1 Tbsp olive oil + olive oil spray</li> <li>• 2 eggs, organic preferred</li> <li>• Crushed red pepper flakes</li> <li>• Sea salt and pepper</li> <li>• Sour cream or Greek yogurt optional*</li> </ul>	<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Rinse and de-stem the kale. Rinse bell pepper. Portion and chop all veggies to be used. Tear or chop kale leaves into smaller pieces. Aim for a uniform size to ensure even cooking.</li> <li>2. Slice chicken sausage lengthwise, then add to a large skillet with 1 tsp olive oil. Cook over medium heat until browned on both sides, then remove from the skillet and set aside to cool.</li> <li>3. Add 2 tsp oil to the skillet along with the bell pepper, cabbage, onion and garlic. Season with salt and pepper plus a pinch of red pepper flakes (optional). Toss and cook for a couple minutes, then add kale and cook a couple minutes more. Meanwhile, dice the cooked sausage and add back to the skillet.</li> <li>4. Spray olive oil in a separate skillet for cooking the eggs. Pan fry the eggs over medium heat. Cook on both sides to desired level of doneness. I like my yolk to be runny!</li> <li>5. To plate: Add sauteed mixture to your plate and top with the fried eggs.</li> </ol> <p><b>*Optional: Top with a dollop of sour cream or try unsweetened Greek yogurt</b></p>
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**Note: You may alter the veggies that comprise this dish. Use what you have on hand, in any combination, as long as they are low-carb veggies! This same idea works great with chopped cabbage and onions in place of the kale and peppers.**

### **CAULIFLOWER HASH WITH SAUSAGE AND EGGS**

*Recipe by Abbie Gellman, M.S., RD, CDN. Recipe found @ [www.eatingwell.com](http://www.eatingwell.com).*

*Link to recipe is [here](#).*



Makes 4 servings

Per serving: 317 calories, 26 g protein, 8 g carb (3 g fiber), 19 g fat

<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>• 4 teaspoons olive oil, divided</li> <li>• 1 small onion, diced</li> <li>• 2 cloves garlic, minced</li> <li>• 8 ounces turkey sausage</li> <li>• 16 ounces cauliflower rice (4 cups; see Tip)</li> <li>• ¼ teaspoon salt</li> <li>• ½ teaspoon ground pepper</li> <li>• 3 tablespoons water</li> <li>• 8 large eggs</li> </ul>	<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and garlic; cook, stirring, until translucent. Add sausage; cook, stirring, until cooked through, 4 to 5 minutes. Transfer the mixture to a plate.</li> <li>2. Increase heat to medium-high and add cauliflower rice to the pan in an even layer. Cook without stirring until it starts to turn golden brown, 2 to 3 minutes. Then stir and add salt, pepper, and water. Cover and cook until tender and golden, 3 to 4 minutes. Stir the sausage mixture back in and heat through, about 2 minutes.</li> <li>3. Heat 1 teaspoon oil in a medium nonstick skillet over medium heat. Break 4 eggs into the pan and cook until the whites are set but the yolks are still runny, about 3 minutes (or up to 5 minutes for firmer yolks). Transfer to a plate and repeat with the remaining 1 teaspoon oil and the remaining 4 eggs.</li> <li>4. Divide the hash among 4 plates and top each with 2 fried eggs.</li> </ol>
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**Note: This recipe makes 4 servings. If you need less servings than this, it might be helpful to go ahead and cook the rice and sausage as per the amount above (save leftovers) but cook fresh eggs based on the amount needed.**

## **“COOK ONCE, EAT MULTIPLE TIMES”**

You may not have time to cook **EVERY** day. But if you prepare a **casserole, a skillet meal, or some individually portioned foods**, you can enjoy these items for several subsequent meals. Pick one and try making it on a Sunday, then enjoy it during the busy work week. Freeze some for later, too, if needed! Recipes that use these strategies are found below.

### **BREAKFAST CASSEROLE**

Recipe from [www.greenandketo.com](http://www.greenandketo.com); link to recipe [here](#).

Serves: 6-8

Per Serving (6 servings): 499 calories, 29 g protein, 5 g carb (1 g fiber), 40 g fat

Per Serving (8 servings): 374 calories, 22 g protein, 4 g carb, 30 g fat



<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>● 12 oz pork sausage</li> <li>● 2 cups broccoli, chopped</li> <li>● 12 large eggs</li> <li>● 1/2 cup heavy cream</li> <li>● 1 1/2 cups shredded cheddar, divided</li> <li>● 1/4 tsp garlic powder</li> <li>● 1/2 tsp salt</li> <li>● 1/2 tsp black pepper</li> </ul>	<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Spray a 9 x 13 casserole dish with non-stick spray. Preheat the oven to 350 degrees.</li> <li>2. In a large skillet over medium heat, brown the sausage. Use a spatula or wooden spoon to break up the sausage into smaller pieces as it cooks. Spoon the browned sausage evenly into the prepared casserole dish. Set aside.</li> <li>3. To the same large skillet, saute the broccoli until tender, about 5 minutes. (Note: you may substitute other vegetables for the broccoli). Add the broccoli to the casserole dish and stir together to distribute evenly. Set aside.</li> <li>4. In a medium-sized bowl, whisk together the eggs, heavy cream and 1 cup of the shredded cheese. Season with garlic powder, salt and pepper.</li> <li>5. Pour egg mixture evenly over sausage and vegetable mixture. Stir gently to combine. Sprinkle with remaining 1/2 cup of shredded cheese.</li> <li>6. Place in oven and bake for 30-40 minutes, or until the eggs are set and the edges start to brown. Allow to cool at least 10 minutes before serving.</li> </ol>
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*This is an extremely versatile casserole. The author suggests these variations: instead of browned sausage: try leftover rotisserie chicken, crisp bacon or diced ham; instead of broccoli try leftover sauteed kale, spinach or swiss chard; instead of cheddar cheese, try Swiss or Gouda; and if you don't mind a few extra carbs, add fresh diced tomatoes and bell peppers. Mushrooms would also be great!*

### **Carnivore Casserole with Ground Beef**

By Jessica Haggard @ [www.primaledgehealth.com](http://www.primaledgehealth.com). Link to recipe is [here](#).

Recipe modified by Julie Cottrell, MS, RD, LD

Makes 4 servings

Per serving: 523 calories, 30 g protein, 2 g carb, 43 g fat



<p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>● 1 pound ground beef</li> <li>● 6 large eggs</li> <li>● 1/2 cup heavy cream</li> <li>● 2 Tbsp cream cheese, softened</li> <li>● Sea salt and pepper to taste</li> <li>● <b>Optional:</b> 1/2 cup sliced mushrooms or other veggies (Note: adding veggies = “keto” not “carnivore”)</li> </ul>	<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 350 degrees F.</li> <li>2. Lightly brown the meat in a skillet over medium heat. Add cream cheese to the meat and stir to melt. Season to taste with salt and pepper.</li> <li>3. Whisk the eggs in a large bowl. Add the cream and whisk again. Add the meat mixture and stir well to combine.</li> <li>4. Pour the egg meat mixture into a greased 9 inch round pie plate or something similar. Bake for 25-30 minutes until eggs set. Let rest for 10 minutes, then slice and serve.</li> </ol> <p>If adding optional mushrooms or other veggies, you may add them to the meat cheese mixture without cooking OR saute in a separate skillet with 1-2 tsp oil before adding to the casserole. This recipe may also be prepared using a muffin tin to make individual portions.</p>
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## EGG MUFFINS 3 WAYS

By Karina @ [www.cafedelites.com](http://www.cafedelites.com). Link to recipe [here](#).

Makes 12 muffins

Per Serving:

**Spinach, Tomato and Mozzarella:** 106 calories, 8 g protein, 2.6 g carb, 7 g fat

**Bacon and Cheddar:** 130 calories, 9.6 g protein, 1 g carb, 9 g fat

**Garlic, Mushrooms and Peppers:** 82 calories, 6.6 g protein, 1.5 g carb, 5 g fat



<p><b><u>BASE:</u></b></p> <ul style="list-style-type: none"> <li>• 12 large eggs</li> <li>• 2 Tbsp finely chopped onion (red, white or yellow/brown)</li> <li>• Salt and pepper to taste</li> </ul> <p><b><u>SPINACH/TOMATO/MOZZARELLA:</u></b></p> <ul style="list-style-type: none"> <li>• 1/4 cup fresh spinach, roughly chopped</li> <li>• 8 grape or cherry tomatoes, halved</li> <li>• 1/4 cup shredded mozzarella cheese</li> </ul> <p><b><u>BACON/CHEDDAR:</u></b></p> <ul style="list-style-type: none"> <li>• 1/4 cup cooked bacon, chopped</li> <li>• 1/4 cup shredded cheddar cheese</li> </ul> <p><b><u>GARLIC/MUSHROOM/PEPPER:</u></b></p> <ul style="list-style-type: none"> <li>• 1/4 cup sliced brown mushrooms</li> <li>• 1/4 cup red bell pepper, diced</li> <li>• 1 Tbsp fresh chopped parsley</li> <li>• 1/4 tsp garlic powder or 1/3 tsp minced garlic</li> </ul>	<p><b><u>Directions:</u></b></p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 350 F. Lightly spray a 12-cup capacity muffin tin with non-stick oil spray.</li> <li>2. In a large bowl, whisk together eggs and onion. Season with salt and pepper, to taste.</li> <li>3. Add egg mixture halfway up into each tin of a greased muffin tin.</li> <li>4. Divide the three topping combinations into 4 muffin cups each.</li> <li>5. Bake for 15-20 minutes, until set.</li> <li>6. Let cool slightly, then serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.</li> <li>7. Enjoy!</li> </ol> <p><b>Note:</b> You can pick <b>one</b> of the flavor combos (left) and <b>make all 12 that way</b>; just triple the recipe add-ins so you will have enough for the full batch. Also, feel free to be creative and use your own flavor combos! Just make the base recipe and then add ingredients as desired!!</p>
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For more recipe inspiration on **ketto/low-carb breakfast muffins**, use [this link](#) to visit [www.wholesomeyum.com](http://www.wholesomeyum.com), or [this link](#) to find 9 egg muffin recipes @ [www.lifemadeket.com](http://www.lifemadeket.com).

## TACO BREAKFAST SKILLET

By Kyndra D. Holley @ [www.peaceloveandlowcarb.com](http://www.peaceloveandlowcarb.com). Link to recipe [here](#).

Serves: 6-8

Per Serving (6): 476 calories, 38 g protein, 6 g carb (4 g fiber), 33 g fat

Per Serving (8): 362 calories, 29 g protein, 5 g carb (3 g fiber), 25 g fat



<p><b><u>Ingredients:</u></b></p> <ul style="list-style-type: none"> <li>• 1 pound 93% lean ground beef</li> <li>• 4 Tbsp taco seasoning</li> <li>• 2/3 cup water</li> <li>• 10 large eggs</li> <li>• 1 1/2 cups shredded sharp cheddar cheese</li> <li>• 1/4 cup heavy cream</li> <li>• 1 medium roma tomato, diced</li> <li>• 1 large avocado (200 grams), cubed</li> <li>• 2 green onions, sliced</li> </ul> <p><b><u>Optional additions:</u></b> sour cream, salsa, cilantro, jalapenos</p>	<p><b><u>Directions:</u></b></p> <ol style="list-style-type: none"> <li>1. Brown the ground beef in a large oven-safe skillet over medium to medium-high heat.</li> <li>2. To the skillet, stir in the taco seasoning and water. Reduce heat to low and allow to simmer until the sauce has thickened and coats the meat, about 5 minutes. Remove half of the seasoned beef from the skillet and set aside.</li> <li>3. Crack the eggs into a large mixing bowl and whisk. Add 1 cup of the cheddar cheese, and the heavy cream to the eggs, and whisk to combine.</li> <li>4. Preheat the oven to 375 degrees.</li> <li>5. Pour the egg mixture over the top of the meat retained in the skillet and stir to mix the meat into the eggs. Bake for 30 minutes, or until the egg bake is cooked all the way through and fluffy.</li> <li>6. Remove from the oven and top with remaining ground beef, the remaining 1/2 cup cheddar cheese, tomato, avocado, olives, and green onion. Optional ingredients may be added individually.</li> </ol>
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**MORE INSPIRATION FROM A VARIETY OF WEBSITES**

**VERY LOW CARB OPTIONS**

			
<a href="#"><u>Scrambled Eggs with Cottage Cheese</u></a>	<a href="#"><u>Cauliflower Crust Quiche with Bacon and Cheddar</u></a>	<a href="#"><u>Crustless Zucchini Quiche</u></a>	<a href="#"><u>Spinach Mushroom Omelet</u></a>

**MODERATE CARB OPTIONS**

			
<a href="#"><u>Greek Omelet</u></a>	<a href="#"><u>Breakfast Quesadilla</u></a>	<a href="#"><u>Mexican Omelet</u></a>	<a href="#"><u>Smoked Salmon Toast with Whipped Cheese*</u></a>

+ Use low-carb tortillas; La Banderita and Extreme Wellness are good options.

\* Bread options depend on your tastes and need for gluten-free options. This could also go on a keto bagel.

**LOW OR MODERATE CARB - SWEETER OPTIONS**

			
<a href="#"><u>Keto Energy Balls</u></a>	<a href="#"><u>Keto Breakfast Cookie</u></a>	<a href="#"><u>Keto Maple "Oatmeal" Breakfast Cookies</u></a>	<a href="#"><u>Keto-Friendly Cottage Cheese Pancakes</u></a>

## **OVERNIGHT OATS**

There are a variety of recipes for overnight oats on the internet. The traditional way uses rolled oats + milk + sweetener + optional ingredients. This version may use whole, real food ingredients but will be higher in carbs. For a lower-carb approach, there are versions that remove the oats and high-carb extras; these versions rely on chia and other seeds, unsweetened milk, low-sugar Greek yogurt, etc. Links to both options will appear below. If this appeals to you, experiment with the recipes and see what works best for you. These are great for meal prep - and you can take one with you as you head out the door, if you are trying to eat in a tighter “eating window”.

<b>Traditional Method (with oats)</b>		<b>Low-Carb/Keto Method (no oats)</b>	
			
<a href="#"><u>Overnight Oats</u></a>	<a href="#"><u>Easy Overnight Oats</u></a>	<a href="#"><u>Keto Overnight Oats</u></a>	<a href="#"><u>Keto Overnight Oats</u></a>

## **CHIA PUDDING**

Similar to “Keto Overnight Oats” is “Chia Pudding”. Use recipes below to explore this option. Carbs may be a little higher in some options; but chia seeds are loaded with fiber so the net carbs are still low.

				
<a href="#"><u>Chocolate Peanut Butter Chia Seed Pudding</u></a>	<a href="#"><u>Peanut Butter Chia Seed Pudding</u></a>	<a href="#"><u>Raspberry Chia Seed Pudding</u></a>	<a href="#"><u>3-Ingredient Chia Pudding</u></a>	<a href="#"><u>Chocolate Chia Pudding</u></a>

Please see the PDF titled  
**“Breads and Bread Alternatives”**  
 for more ideas!

## SIMPLE SOLUTIONS

Another approach is to **keep some specific items/ingredients stocked in your pantry and fridge** that you can easily throw together. You don't really need a "recipe" for these quick meals, but some ideas for how to "throw these together" are listed below for inspiration.

<p><b>Eggs and Breakfast Meat</b></p>		<p>This is an easy meal of eggs however you like them (fried, scrambled, boiled, or deviled) + breakfast meat (bacon, sausage, Canadian bacon, turkey bacon, turkey sausage, chicken sausage). Cheese is optional on the eggs. Add a veggie on the side if you wish! We are leaving off the biscuits, toast, grits and other starchy or processed carbs with this one.</p>
<p><b>Deconstructed "Egg McMuffin"</b></p>		<p>Use 2-3 slices of Canadian bacon as the base. Top each slice with a fried egg plus cheese. We are skipping the bread to save calories and carbs. But this has so much flavor, you won't miss the bread! Try topping it with a slice of fresh tomato if you wish!</p>
<p><b>Eggs and Avocado</b></p>		<p>Cook 2-3 eggs any way you like them. Have 1/3 of an avocado (sliced) on the side. For added flavor and crunch, try sprinkling the avocado with "Everything Bagel Seasoning". You may be surprised by how adding this seasoning will satisfy much of your craving for "avocado toast", even without the bread!</p> 
<p><b>Greek Yogurt with Chopped Nuts and Fruit</b></p>		<p>Use 3/4-1 cup low-carb Greek yogurt as a base. Add stevia to the yogurt if extra sweetness is desired. Top with a small serving of chopped nuts (1/4 cup or 1 ounce) + a small serving of berries (1/4 cup). Frozen berries may be heated in the microwave and poured over the top for a delicious treat!</p>
<p><b>Protein Shake or Smoothie</b></p> <p>Note: See handout "Protein Shakes and Smoothies" for help selecting a quality protein powder</p>		<p>Start by selecting a lower carb/sugar protein powder. Use 8-12 ounces of liquid for the base (water, unsweetened coconut or almond milk, or other acceptable fluid). A single-serve blender is great for making this (easy clean up and you can drink it straight from the blender cup!) Measure out the liquid, then add the protein powder. Add ice, depending on how thick you like your shake, and blend. If your shake seems a little "gritty", try adding a few slivers of avocado; this can help make it "creamier", plus it adds some healthy fat + fiber. A SMALL amount of fruit may be added for additional flavor, but remember that this will add carbs to it as well.</p>
<p><b>Cottage Cheese with Chopped Nuts and Fruit</b></p>		<p>This is the same idea as the Greek yogurt above, just swapping cottage cheese (which is also quite high in protein, and pretty low in carbs) for the Greek yogurt. Simply add 3/4-1 cup cottage cheese to a bowl. Top with 1/4 cup fresh fruit (or frozen fruit that has been warmed up) + 2 Tbsp chopped nuts or seeds. Here is a recipe for "<a href="#">Cottage Cheese Breakfast Bowl</a>" (chia seeds and flaxseed oil are optional).</p>