

# EGG BAKE

*Makes 6 servings*

*make ahead*



## INGREDIENTS

Cooking spray	½ cup chopped
6 large eggs	broccoli florets
¼ cup milk	¾ cup diced ham
⅛ teaspoon salt	¼ cup shredded
⅛ teaspoon black	cheddar cheese
pepper, ground	

.....  
“This make-ahead option for a savory breakfast gives you multiple servings to last through the week. If watching your cholesterol, experiment with varying portions of egg whites or egg substitute.”  
.....

— Dr. Diana Han, Global Medical Director  
.....



## DIRECTIONS

Spray a muffin tin with cooking spray and set aside. Preheat oven to 375°F. Whisk the eggs and milk together in a bowl. Season with salt and pepper. Dice the broccoli and ham into small pieces. Add the broccoli, ham, and shredded cheddar to the egg mixture. Fill muffin cups ¾ full and bake for 20–25 minutes until centers are set and no longer runny. Allow to cool slightly before serving.

Extras may be stored in an air-tight container in the refrigerator for up to a week or in a freezer-safe container in the freezer for up to a month. Microwave thawed egg cups on high for 45–60 seconds or until hot.

# NO-PEEK EGGS

*Makes 5 servings*

*meal prep*



## INGREDIENTS

3 large Yukon gold potatoes, baked and large diced  
4 strips of bacon, chopped  
¼ cup diced yellow onions  
½ teaspoon chopped garlic  
5 eggs  
1 cup pico de gallo or salsa  
1 tablespoon olive oil  
Salt and pepper to taste

.....  
"Power up for an exercise session with this heavier breakfast option. Bacon — when eaten infrequently and in moderation — can be fine.

.....  
— Dr. Diana Han, Global Medical Director  
.....



## DIRECTIONS

Heat your saute pan to medium-high heat. Add the olive oil then allow it to get hot. First add the bacon. Cook the bacon until it starts to caramelize turning a light shade of brown. Next, add the onions, cooking them for 3 minutes. Follow that by adding the potatoes and the garlic. Gently stir the potato mixture, then season with salt and pepper.

Spread the potatoes into an even layer. Reduce the heat to medium, then crack the eggs over the top of the potato hash. Season each egg with salt and pepper. Cover tightly with the saute pan lid. Cook the eggs to your desired temperature. Don't peek for at least three minutes.

Garnish each egg with pico de gallo and serve.

# CARROT CAKE OVERNIGHT OATS

*Makes 1 serving*

*make ahead*



## INGREDIENTS

¾ cup nonfat milk  
½ cup old-fashioned rolled oats  
⅛ teaspoon pure vanilla extract  
1 small whole carrot, finely grated  
Kosher salt  
1 tablespoon toasted unsweetened  
shredded coconut  
1 tablespoon raisins  
1 tablespoon toasted chopped walnuts  
Dash ground cinnamon

## DIRECTIONS

Make this ahead in a container that's easy to transport. The night before you want to eat the oats, combine the milk, oats, vanilla, carrots and a pinch of salt in a glass pint jar or other container with a lid. Add your choice of coconut, raisins, walnuts or cinnamon. Secure the lid and shake. Refrigerate for at least 6 hours or overnight.

.....  
"Carrots for breakfast is a bit out of the ordinary — but can be so delicious! For a shortcut, buy pre-shredded carrots and heat in the microwave for 15 seconds to soften."  
.....

— Dr. Diana Han, Global Medical Director  
.....



# BREAKFAST SALAD

*Makes 4 servings*



## INGREDIENTS

One 8-oz. container strawberry yogurt

¼ cup honey

1 tablespoon cider vinegar

1 ½ cups crunchy granola

1 cup berries

2 bananas, sliced

¾ cup mixed greens

## DIRECTIONS

Mix the yogurt, honey and vinegar together in a large bowl. Just before serving, add the remaining ingredients and toss well with the yogurt dressing.

.....  
“There are no rules that dictate what food groups you can eat and when. Greens for breakfast? Sure. Give this breakfast salad a try. You may find that it ends up in your regular rotation!”

— Dr. Diana Han, Global Medical Director  
.....



# AVOCADO TOAST

*Makes 1 serving*



## INGREDIENTS

1 slice 100% whole-wheat bread

\*We recommend Dave's Good Seed bread.

½ avocado, ripened

1 teaspoon olive oil

Salt and pepper to taste

## DIRECTIONS

Toast bread. Peel and thinly slice avocado.

Spread avocado on bread. Drizzle with olive oil. Season with salt and pepper.

Optional: Add a sprinkle of red pepper flakes for a little kick.

.....  
"For extra flavor, I top with a light dusting of shredded  
Parmigiano Reggiano cheese and freshly ground cracked  
black pepper. Yummy!"  
.....

— Dr. Diana Han, Global Medical Director



# KIND BAR & BANANA



## NO TIME TO PREP?

Grab a Dark Chocolate Nuts & Sea Salt Kind bar and a banana.

.....  
"Kind bars are much better than most bars people eat.  
This particular type only has 5 grams of sugar per bar,  
which is excellent."  
.....

— Dr. Diana Han, Global Medical Director

