4 High Protein, Low Sugar Breakfasts for the Workday

Created by HEAL



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How to Use this Guide:

Starting the day with a high protein, low sugar breakfast is a great way to keep your blood sugar balanced, maintain energy levels, promote a good mood and can even help you stay focused. In this guide, we've included 4 simple breakfast recipes with tips below on how to do some prep in advance. Be sure to read the notes section in each recipe for additional ideas on how you can make the meal work for your unique needs.



Veggie Scramble with Strawberries

At the beginning of the week, or on your meal prep days take some time to pre-chop the peppers, tomatoes, green onions and strawberries. Store in separate airtight containers in the fridge and saute fresh each morning.



Sweet Potato Sausage Hash

To save time with this recipe, cook the sweet potatoes in advance and pre-chop your veggies. This recipe will also keep well in the fridge, (just be sure to check the expiry on the sausage) and can be a great addition to your weekly meal prep.



High-Protein Sunbutter Oatmeal with Strawberries

This recipe keeps in the fridge for up to three days. On your meal prep days, simply double or triple the recipe and store the leftovers in an airtight container in the fridge. This recipe would also make a great high-protein snack option.



Chocolate Zucchini Bread Smoothie

To make smoothie prep a breeze pre-make smoothie bags and have them ready to go in the freezer. Chop zucchini and banana and portion out into small freezer bags. Then add the chia seeds, cocoa powder, and cocoa nibs to each bag and let out any air before freezing. When you're ready to enjoy a smoothie, simply add the contents of one smoothie bag, with the almond milk, protein powder and almond butter and blend until smooth.

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Veggie Scramble with Strawberries

7 ingredients · 15 minutes · 1 serving



Directions

1. Whisk the eggs in a bowl and season with half of the salt. Set aside.
2. Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
3. Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

Ingredients

3 Egg

1/8 tsp Sea Salt (divided)

1 tsp Extra Virgin Olive Oil

1 Red Bell Pepper (finely chopped)

1 Tomato (medium, diced)

1 stalk Green Onion (chopped)

1 cup Strawberries (chopped)

Notes

Leftovers
Best enjoyed immediately.

More Flavor
Add dried herbs and spices like garlic powder or parsley.

No Red Pepper
Use any colour of bell pepper.

Like it Spicy
Add red pepper flakes or jalapeno pepper.

No Strawberries
Serve with a different fruit instead.

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Sweet Potato & Sausage Hash

8 ingredients · 30 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil and parboil the sweet potato for about 5-7 minutes or until just cooked.
2. In the meantime, cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
3. In the same skillet, add the cooked sweet potato and cook over medium-high for 1 to 2 minutes or until brown on each side.
4. Add the kale, mushroom, onion and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

Notes

Prep Ahead
Cook the sweet potato in advance to save time.

No Kale
Use another hearty green such as dandelion or shaved brussels sprouts. You can also use spinach just add it later in the cooking process.

No Sausage
Use ground meat instead and add additional seasonings of your choosing.

Make It Vegan
Use a vegan sausage instead or try subbing for lentils and add your favourite seasoning.

Ingredients

1 lb Turkey Sausage (casings removed)

2 Sweet Potato (medium, diced into cubes)

6 cups Kale Leaves (chopped)

2 cups Mushrooms (chopped)

1/2 Yellow Onion Or White Onion (diced)

1 Apple (medium, diced)

1/4 tsp Cinnamon

1/2 tsp Sea Salt

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High Protein Sunbutter Oatmeal with Strawberries

6 ingredients · 5 minutes · 1 serving



Directions

1. Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
2. Transfer to a bowl and top with sunflower seed butter, hemp seeds and strawberries. Enjoy!

Notes

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

More Flavor
Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt.

Additional Toppings
Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or chia seeds.

Make it egg-free
Omit the egg whites and add collagen or protein powder when oats are almost cooked.

No Sunflower Seed Butter
Use almond butter, tahini, pumpkin seed butter or peanut butter instead.

Ingredients

1/2 cup Oats

1/2 cup Water

1/2 cup Egg Whites

1 tbsp Sunflower Seed Butter

1 1/2 tsps Hemp Seeds

1/4 cup Strawberries (stems removed, chopped)

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Chocolate Zucchini Bread Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
2. Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

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

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

No Zucchini
Use frozen cauliflower or spinach instead

Ingredients

1 cup Unsweetened Almond Milk

1/2 Zucchini (chopped, frozen)

1 serving Chocolate Or Vanilla Protein Powder

1/2 Banana (frozen)

1 tbsp Chia Seeds

1 tbsp Almond Butter

1 tbsp Cacao Powder

1 tsp Cacao Nibs (optional)

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