

A top-down view of a white plate filled with a variety of breakfast foods. The plate includes a piece of cooked salmon, two sunny-side-up eggs, a portion of scrambled eggs, several slices of whole-grain toast, two slices of tomato, a cluster of fresh raspberries, and a serving of sautéed green leafy vegetables. The plate is set on a light-colored wooden surface. In the upper left corner, a small white vase with green foliage is partially visible. The entire image has rounded corners and a soft, slightly faded overlay.

20 OF MY FAV'S

**A MAGGIE OLIVIA FITNESS SWEET
BREAKFAST RECIPE BOOK**

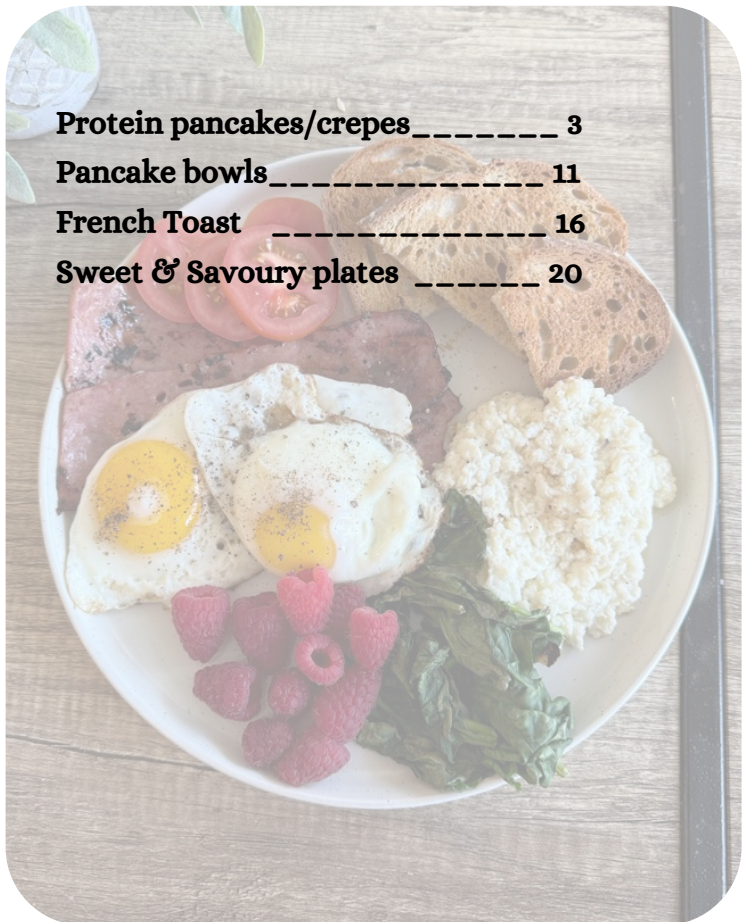
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BANANA PANCAKES

USING CREAM OF RICE OR CREAM OF WHEAT BASE

 1 serving

 15 minutes




INGREDIENTS


60g cream of wheat or
cream of rice
1 banana (mashed)
1 whole egg
¼ tsp of salt
Splash of vanilla extract
Pinch of cinnamon
½ tsp of baking powder
Splash of water or milk
Toppings or mix ins:
chocolate chips
banana slices
cinnamon powder

DIRECTIONS

1. Mix your mashed banana, vanilla, and egg together. Add cream of wheat or cream of rice, cinnamon, baking powder, and salt, and whisk together.
2. Use milk or water to find a batter consistency (not too runny).
3. Scoop the batter to your pre-heated pan on MEDIUM HEAT to make pancakes (roughly 3 inches wide).
4. Flip your cakes when small bubbles start to form on top.
5. After moving them to your plate, add your favourite toppings like melted peanut butter, banana slices, or maple syrup.
6. To make your whey drip, add ½ a scoop of your choice of protein powder to a mini bowl or cup and mix together with just a splash of water. Drizzle ovetop of pancakes (if desired).

APPLE SPICED PUMPKIN PANCAKES

 1 serving

 15 minutes



INGREDIENTS

60g cream of wheat or
cream of rice

½ banana (mashed)

50g of pumpkin puree

50g of apple sauce

1 whole egg

¼ tsp of salt

¼ tsp of cinnamon

¼ tsp of ginger

Pinch of allspice

⅓ tsp of baking powder


Splash of water or milk


DIRECTIONS

1. Mix your mashed banana, pumpkin puree, and egg together.
2. Add cream of wheat or cream of rice, cinnamon, ginger, allspice, baking powder, and salt, and whisk together.
3. Use milk or water to find a batter consistency (not too runny).
4. Scoop the batter to your pre-heated pan on MEDIUM HEAT to make pancakes (roughly 3 inches wide). BEFORE flipping your cakes, add a small scoop of apple sauce to the centre of your pancakes.
5. Flip your cakes when small bubbles start to form on top.
6. After moving them to your plate, add your favourite toppings like melted peanut butter, cooked apple slices with vanilla greek yogurt, egg whites, or maple syrup.

OAT FLOUR PANCAKES

BANANA BASE

 1 serving

 15 minutes



INGREDIENTS


50g of oat flour
20g of protein powder
1 banana (mashed)
1 whole egg
¼ tsp of salt
Splash of vanilla extract
Pinch of cinnamon
⅓ tsp of baking powder
Splash of water or milk


DIRECTIONS

1. Mix your mashed banana, vanilla, and egg together.
2. Add oat flour, protein powder, cinnamon, baking powder, and salt, and whisk together.
3. Use milk or water to find a batter consistency (not too runny).
4. Scoop the batter to your pre-heated pan on MEDIUM HEAT to make pancakes (roughly 3 inches wide).
5. Flip your cakes when small bubbles start to form on top.
6. After moving them to your plate, add your favourite toppings like melted peanut butter or maple syrup.
7. To make your whey drip, add ½ a scoop of your choice of protein powder to a mini bowl or cup and mix together with just a splash of water. Drizzle overtop of pancakes (if desired).

PROTEIN B-DAY 'CAKES

USING GRINDSTONE BLENDS THE MIX

 1 serving

 15 minutes



INGREDIENTS

70g Grindstone Blends

b-day cake Mix

½ banana (mashed)

1 whole egg

Splash of water or milk

Toppings:

Birthday cake flavoured

whhey drip

Melted almond butter

Scrambled egg whites


Light whipped cream

Sprinkles

DIRECTIONS

1. Mix the egg and mashed banana together.
2. Add pancake mix and use water or milk until you find a light, batter consistency (shouldn't be too runny).
3. Scoop the batter to your pre-heated pan on MEDIUM HEAT to make pancakes (roughly 3 inches wide).
4. Flip your cakes when small bubbles start to form on top.
5. After moving them to your plate, add your favourite toppings (I always scramble egg whites and melt almond butter on top).
6. To make your whhey drip, add ½ a scoop of your choice of protein powder to a mini bowl or cup and mix together with just a splash of water.
7. Drizzle overtop of pancakes (if desired). Add light whipped cream and top with some sprinkles.
8. add a side of scrambled egg whites if desired.

LEMON BLUEBERRY 'CAKES' 1 serving

 15 minutes

USING FLOURISH PROTEIN PANCAKE MIX



INGREDIENTS

70g Flourish blueberry protein pancake mix
½ banana (mashed)
½ tsp vanilla extract
2 tbsp lemon juice
1 whole egg
splash of water or milk
Toppings:
Fresh blueberries or
berry compote
Cinnamon powder
Lemon zest
Vanilla whey drip

DIRECTIONS


1. Mix the egg, mashed banana, vanilla, and lemon juice together.
2. Add pancake mix and use water or milk until you find a light, batter consistency (shouldn't be too runny).
3. Scoop the batter to your pre-heated pan on MEDIUM HEAT to make pancakes (roughly 3 inches wide).
4. Flip your cakes when small bubbles start to form on top. After moving them to your plate, add your fresh blueberries or berry compote on top.
5. To make your whey drip, add ½ a scoop of your choice of protein powder to a mini bowl or cup and mix together with just a splash of water.
6. Drizzle otop of pancakes (if desired). Top with cinnamon and some lemon zest.


Berry Compote:

Cook berries together in a pan or in the microwave with a tbsp of water and ½ a tbsp of maple syrup or sugar free maple syrup.

PB & J CAKES

USING FLOURISH PROTEIN PANCAKE MIX

 1 serving

 15 minutes



INGREDIENTS


70g Flourish strawberry shortcake protein pancake mix
½ banana (mashed)
2 tbsp of PB fit (or 1 tbsp of regular peanut butter, but PB fit mixes better with batter)
1 whole egg
splash of water or milk
Toppings:
Melted peanut butter
Fresh strawberries
Strawberry whey drip


DIRECTIONS

1. Mix the egg and mashed banana together. Add pancake mix and PB fit and use water or milk until you find a light, batter consistency (shouldn't be too runny).
2. Scoop the batter to your pre-heated pan on MEDIUM HEAT to make pancakes (roughly 3 inches wide).
3. Flip your cakes when small bubbles start to form on top.
4. After moving them to your plate, drizzle melted peanut butter and add fresh strawberries.
5. To make your whey drip, add ½ a scoop of your choice of protein powder to a mini bowl or cup and mix together with just a splash of water.
6. Drizzle otop of pancakes (if desired). Add whipped cream if you're feeling it!

SCRAMBLED BERRY CAKES

USING FLOURISH PANCAKE MIX

 1 serving

 15 minutes



INGREDIENTS

60g Flourish strawberry
pancake mix

½ banana, mashed

1 egg

3 tbsp milk or water

Toppings:

strawberries

egg whites

Peanut butter drizzle


Sf maple syrup


DIRECTIONS

1. In a bowl, mash the banana.
2. Add pancake mix, egg, and milk/water. Stir until combined.
3. Heat a pan over medium heat and lightly grease.
4. Pour batter into the pan.
5. Instead of flipping into perfect rounds, use a spatula to gently scramble and break into chunks while cooking.
6. Cook until golden and fully set.
7. top with any desired toppings

PROTEIN CREPES

USING LIMITLESS PHARMA PROTEIN POWDER

 1 serving

 15 minutes



INGREDIENTS

½ cup liquid egg whites

1 scoop protein powder

3 tbsp milk

¼ tsp vanilla extract

Cooking spray or non-stick pan

Toppings:

Sugar-free maple syrup

hazelnut spread

Sliced banana

Dark chocolate chips


Cinnamon sprinkle


DIRECTIONS

1. In a bowl, whisk together egg whites and protein powder until smooth.
2. Add milk 1 tablespoon at a time until the batter becomes thin and pourable (crepe consistency).
3. consistency).
4. Heat a pan over medium heat and lightly spray with cooking spray.
5. Pour a thin layer of batter into the pan, tilting to spread evenly.
6. Cook for 2 minutes until edges lift easily, then flip and cook another minute or so.
7. Repeat with remaining batter.
8. fold and top with any desired toppings

CHOCOLATE-DIPPED STRAWBERRY BOWL

USING FLOURISH PANCAKE MIX

 1 serving

 15 minutes



INGREDIENTS

40g of strawberry flourish
mix

30g chocolate flourish
mix

1/2 mashed banana

1 whole egg

80g liquid egg whites

1/8tsp salt

Drizzle of vanilla and red
food colouring

Toppings:

maple brown sugar

protein powder whey drip

Cocoa powder

1 tbsp of peanut butter

DIRECTIONS

1. Mash banana and whole egg together first in a small breakfast bowl.
2. Add the Flourish pancake mix, salt, vanilla and red food colouring to your bowl.
3. Begin to stir this whilst slowly adding your liquid egg whites until you get a nice, smooth, batter-like consistency
4. Microwave the bowl **COVERED** for 1:30min -2 min depending on your microwave power. Make sure the bottom of the bowl is not runny with any batter.
5. For the protein whey drip, mix 15g of protein powder with a splash of water or milk and pour on top of the cake.

BERRY BURST BOWL

🍴 1 serving

🕒 15 minutes

USING FLOURISH PANCAKE MIX



INGREDIENTS

35g of strawberry flourish mix

35g of blueberry flourish mix

1/2 mashed banana

1 whole egg

80g liquid egg whites

Optional: 1/2 tsp of sugar free strawberry jell-o mix toppings:

Melted almond butter

Fresh strawberries

Vanilla frosting whey drip

DIRECTIONS

1. Mash banana and whole egg together first in a small breakfast bowl.
2. Add the Flourish pancake mix and begin to slowly add your liquid egg whites until you get a nice, smooth, batter-like consistency.
3. Adding just a 1/2 tsp of sugar free strawberry jell-o mix gives it an even fruitier base, but this is optional!
4. Microwave the bowl COVERED for 1:30min -2 min depending on your microwave power. Make sure the bottom of the bowl is not runny with any batter.
5. For the protein whey drip, mix 15g of protein powder with a splash of water or milk and pour on top of the cake.
6. HINT: You can also add fresh blueberries and strawberries into the bowl before cooking. This adds even more fruity goodness!!

APPLE PIE BOWL

🍴 1 serving

🕒 15 minutes

USING GRINDSTONE BLENDS THE MIX



INGREDIENTS

70g Grindstone Apple
Cinnamon Mix
½ banana (mashed)
1 whole egg
80g liquid egg whites
½ chopped apple
1 tsp sf maple syrup
1 tsp cinnamon powder
1 tsp ginger powder
toppings:
1 tsp of nutmeg
1 tbsp of almond butter or
peanut butter

DIRECTIONS

1. Mash banana and whole egg together first in a small breakfast bowl.
2. Add the Flourish pancake mix, cinnamon, and ginger powder to the bowl. Begin to stir this whilst slowly adding your liquid egg whites until you get a nice, smooth, batter-like consistency.
3. Microwave the bowl COVERED for 1:30min -2 min depending on your microwave power. Make sure the bottom of the bowl is not runny with any batter.
4. While the cake is cooking, chop half an apple into small pieces. Mix the apple slices in maple syrup and a tsp of cinnamon.
5. Cook this mixture in a pan or in the microwave for one minute. Once the bowl is finished, top with desired toppings like apple slices or egg whites.
6. Sprinkle with nutmeg and cinnamon, and drizzle with melted nut butter if preferred (almond butter goes best on this one!)

PUMPKIN SPICED BOWL

🍴 1 serving

🕒 15 minutes

USING FLOURISH PANCAKE MIX



INGREDIENTS

70g Flourish Pumpkin spiced protein pancake mix
½ banana (mashed)
40g of pumpkin puree
1 whole egg
80g liquid egg whites
1 tsp cinnamon powder
1 tsp ginger powder
1 tsp allspice
toppings:
2 tbsp of peanut butter
1 tsp sf maple syrup
Light cream cheese

DIRECTIONS

1. Mix the mashed banana, whole egg, and pumpkin puree in a small breakfast bowl.
2. Add the Flourish pancake mix, cinnamon, allspice, and ginger powder to the bowl.
3. Begin to stir this while slowly adding your liquid egg whites until you get a nice, smooth, batter-like consistency.
4. Microwave the bowl covered for 1:30 minutes to 2 minutes, depending on your microwave power. Make sure the bottom of the bowl is not runny with any batter.
5. Add 2 tbsp of melted peanut butter on top.
6. Alternatively, create a cream cheese whey drip to spread over the top.
7. Mix ½ scoop of vanilla protein powder with a splash of water until you get a thick frosting.
8. Mix a tbsp of light cream cheese with the whey drip and spread over the cake.

BANANA PUMPKIN BOWL

🍴 1 serving

🕒 15 minutes

USING OAT FLOUR BASE




INGREDIENTS


40g of oat flour
25g of vanilla protein powder
40g pumpkin puree
½ mashed banana
1 whole egg
80g liquid egg whites
¼ tsp baking powder
¼ tsp baking soda
Pinch of salt
cinnamon/ginger/allspice
Toppings:
chocolate chips
banana slices
sf maple syrup

DIRECTIONS

1. Mix the mashed banana, whole egg, and pumpkin puree in a small breakfast bowl.
2. Add the oat flour, protein powder, baking powder, and baking soda and mix all ingredients.
3. Begin to stir this while slowly adding your liquid egg whites until you get a nice, smooth, batter-like consistency.
4. Add all the spices and stir. Mix in chocolate chips if preferred.
5. Microwave the bowl covered for 1:30 minutes to 2 minutes, depending on your microwave power. Make sure the bottom of the bowl is not runny with any batter.
6. Add any optional toppings that you choose.

C&C PROTEIN FRENCH TOAST

 1 serving

 15 minutes

USING LIMITLESS PHARMA PROTEIN POWDER




INGREDIENTS


½ scoop of cookies and cream protein powder (Limitless Pharma)
1 whole egg
50g of liquid egg whites
Milk of choice
Splash of vanilla
Pinch of salt
Dash of cinnamon
Sourdough bread

DIRECTIONS

1. Mix the whole egg, egg whites, and a splash of your milk choice in a small bowl.
2. Add ½ scoop of cookies and cream protein powder, vanilla, salt, and cinnamon.
3. Stir the mixture with a fork until blended thoroughly.
4. Get two pieces of sourdough bread (or bread of your choosing) and soak the pieces of bread in the egg mixture.
5. Ensure the bread is soaked thoroughly. Add your pieces of dipped sourdough to a pan on medium heat. Flip when golden and cooked through.
6. Drizzle with SF maple syrup or create a cookies and cream whey drip with 2 tbsp of protein powder and a small splash of water.
7. Sprinkle with cinnamon to finish.

PB & J FRENCH TOAST

 1 serving

 15 minutes

USING POWDERED PB2



INGREDIENTS

1 whole egg
50g of liquid egg whites
Milk of choice
Splash of vanilla
1 tbsp of powdered
peanut butter
Pinch of salt
Fresh strawberries
No sugar added
strawberry jam
sourdough bread

DIRECTIONS

1. Mix the whole egg, egg whites, and a splash of your milk choice in a small bowl.
2. Add powdered peanut butter, vanilla, salt, and cinnamon. Stir the mixture with a fork until blended thoroughly.
3. Get two pieces of sourdough bread (or bread of your choosing) and soak the pieces of bread in the egg mixture. Ensure the bread is soaked thoroughly.
4. Add your pieces of dipped sourdough to a pan on medium heat.
5. While the first side is cooking, spread a thin layer of jam on top.
6. Flip when golden and cooked through (cooked jam will go slightly darker).
7. Add sliced fresh strawberries, a tbsp of jam, and sprinkle with cinnamon to finish.

MAPLE BROWN SUGAR FRENCH TOAST STICKS

🍴 1 serving

🕒 15 minutes

USING LIMITLESS PHARMA PROTEIN POWDER




INGREDIENTS


½ scoop of Maple Brown sugar protein powder (Limitless Pharma)
1 whole egg
50g of liquid egg whites
Milk of choice
Splash of vanilla
Pinch of salt
Dash of cinnamon
Sourdough bread

DIRECTIONS

1. Mix the whole egg, egg whites, and a splash of your milk choice in a small bowl.
2. Add ½ scoop of maple brown sugar protein powder, vanilla, salt, and cinnamon.
3. Stir the mixture with a fork until blended thoroughly.
4. Get two pieces of sourdough bread (or bread of your choosing) and soak the pieces of bread in the egg mixture.
5. Ensure the bread is soaked thoroughly. Add your pieces of dipped sourdough to a pan on medium heat. Flip when golden and cooked through.
6. Drizzle with SF maple syrup or create a cookies and cream whey drip with 2 tbsp of protein powder and a small splash of water.
7. Slice toast into finger length sticks.
8. Sprinkle with cinnamon to finish.

CHOCHO' NANA PROTEIN FRENCH TOAST

 1 serving

 15 minutes

USING LIMITLESS PHARMA PROTEIN POWDER



INGREDIENTS


2 slices sourdough bread
1 whole egg
1 scoop chocolate protein powder from limitless pharma
¼ cup milk (or milk substitute)
½ tsp cinnamon
1 banana, sliced
Sugar-free maple syrup
Toppings:
Greek yogurt
Cocoa powder dusting
Crushed walnuts
Chocolate chips


DIRECTIONS

1. In a bowl, whisk together egg, chocolate protein powder, milk, and cinnamon, and ½ a mashed banana until smooth.
2. Heat a pan over medium heat, use a light avocado oil or olive oil spray.
3. Dip sourdough slices into the mixture, coating both sides.
4. Cook each slice 2 minutes per side until golden brown.
5. Top with sliced banana and drizzle with sf maple syrup.

SPINACH & STRAWBS OMELETTE

SWEET & SAVOURY

 1 serving

 15 minutes



INGREDIENTS

2 whole eggs
¼ cup liquid egg whites
½ cup fresh spinach
¼ cup fresh strawberries,
sliced
¼ tsp cinnamon
¼ tsp vanilla extract
Cooking spray
Toppings:
Sf maple syrup drizzle
Peanut butter
Extra cinnamon

DIRECTIONS

1. Whisk together eggs, egg whites, cinnamon, and vanilla extract.
2. Heat a non-stick pan over medium heat and spray lightly.
3. Add spinach and cook until wilted.
4. Pour egg mixture over spinach.
5. Once the eggs begin to set, sprinkle sliced strawberries evenly over one side.
6. Fold the omelette in half and cook until fully set.
7. Sprinkle with cinnamon or add fresh berries on the side.

GREEK BREAKFAST PLATE

🍴 1 serving

🕒 15 minutes

SWEET & SAVOURY




INGREDIENTS


2 small slices sourdough toast
½ cup cottage cheese
¼ cup liquid egg whites
½ cup spinach
1 small tomato, sliced
2 whole eggs (for sunny side)
Balsamic glaze
1 kiwi

DIRECTIONS

1. Toast sourdough slices and set aside.
2. In a pan over medium heat, mix the cottage cheese and egg whites.
3. Stir continuously until egg whites are fully cooked and mixture thickens. Remove from pan.
4. In the same pan, cook spinach fully.
5. In a separate pan, cook two eggs sunny side up.
6. Spread cottage cheese mixture onto toast.
7. Top with cooked spinach.
8. Add sliced tomato.
9. Place sunny side egg on top.
10. Drizzle with balsamic glaze.
11. side with sliced kiwi

BAGEL BREAKFAST PLATE

 1 serving

 15 minutes

SWEET & SAVOURY



INGREDIENTS

- ½ blueberry bagel
- ½ cup cottage cheese
- ¼ cup raspberries
- 2 whole eggs
- 1 kiwi, sliced with skin on
- ½ cup spinach
- Fresh berries

DIRECTIONS

1. Toast blueberry bagel half, lightly toasted.
2. Add cottage cheese + raspberries on top of bagel and put in airfryer for 5 minutes.
3. Scramble 2 eggs in a pan.
4. Sauté spinach.
5. Assemble plate with:
 - a. Bagel topped with cottage cheese + raspberries
 - b. Scrambled eggs
 - c. Cooked spinach
 - d. Sliced kiwi
 - e. Fresh berries on the side