LEALOU COOKS

Easy Breakfast Ideas

Stephanie Fazio
http://www.lealoucooks.com

Lealou Cooks
lealoucooks@gmail.com

Welcome to the Easy Breakfast Ideas recipe book!

On the next pages, you will find a collection of delicious recipes I put together to help make breakfast time a bit easier.

These recipes will keep you inspired and help you eat more nutrient-dense foods all year long.

How to Use

Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print the blank meal plan template I've included in this package.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

Enjoy and if you have any questions please don't hesitate to contact me!

Stephanie

•••

Stephanie Fazio
Culinary Nutrition Expert + Instructor
Lealou Cooks
lealoucooks@gmail.com
www.lealoucooks.com

Stephanie Fazio
http://www.lealoucooks.com

Cardamom Pear Baked Oatmeal

6 servings
45 minutes

Ingredients

2 cups Oats (quick or traditional)
2 cups Water
2 tbsps Maple Syrup
1/2 cup Pureed Pumpkin (canned)
1/4 cup Tahini
1 tsp Cardamom
2 tbsps Ground Flax Seed
1 Pear (half sliced, half diced)

Directions

1. Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil or line with parchment paper.
2. Add all ingredients except the pear slices in a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and top with pear slices. Bake for about 45 minutes or until a toothpick comes out clean. Enjoy!

Notes

Storage: Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.
No Pumpkin: Use unsweetened applesauce, pureed butternut squash or sweet potato instead.

Stephanie Fazio
http://www.lealoucooks.com

Simple Banana Pancakes

2 servings
20 minutes

Ingredients

2 Banana (ripe)
4 Egg
1 tbsp Coconut Oil

Directions

1. In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
2. Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
3. Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Notes

Likes it Sweet: Add blueberries or chocolate chips into the batter.

Stephanie Fazio
http://www.lealoucooks.com

Veggie Goat Cheese Omelette

2 servings
15 minutes

Ingredients

1 tbsp Tamari
1 tbsp Extra Virgin Olive Oil
1 cup Mushrooms (sliced)
1/4 cup Red Onion (diced)
2 Garlic (cloves, minced)
2 cups Baby Spinach
5 Egg
1/3 cup Goat Cheese (crumbled)
1/4 cup Parsley (chopped)
Sea Salt & Black Pepper (to taste)

Directions

1. Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
2. Whisk eggs together in a mixing bowl.
3. Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
4. Repeat with remaining ingredients to create another omelette. Enjoy!

Stephanie Fazio
http://www.lealoucooks.com

Chocolate Cauliflower Shake

2 servings
5 minutes

Ingredients

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.
Likes it Sweeter: Add pitted medjool dates.
No Maca Powder: Leave it out or use cinnamon instead.

Stephanie Fazio
http://www.lealoucooks.com

Blueberry Beet Chia Pudding

4 servings
3 hours

Ingredients

- **1** Beet (medium)
- **3 cups** Unsweetened Almond Milk
- **1 cup** Canned Coconut Milk
- **1 cup** Blueberries (fresh or frozen)
- **1 tsp** Cinnamon
- **2 tbsps** Maple Syrup
- **1 cup** Chia Seeds

Directions

1. Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
2. Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
3. Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
4. Remove chia pudding from fridge. Add desired toppings and enjoy!

Notes

Save Time: Buy canned beets. Make sure they are not pickled!

Topping Ideas: Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds or bee pollen.

Stephanie Fazio
http://www.lealoucooks.com

Zucchini Turkey Breakfast Skillet

3 servings
20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 cup Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Directions

1. Add the coconut oil to a large skillet and place over medium heat.
2. Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
3. Add the salsa to the skillet and stir well to mix.
4. Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
5. Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Leftovers: For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein: Add extra eggs.

Vegetarian: Use lentils instead of ground turkey.

More Greens: Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa: Use crushed tomatoes instead.

Stephanie Fazio
http://www.lealoucooks.com

Gut Healing Green Smoothie

2 servings
5 minutes

Ingredients

2 1/2 cups Water (cold)
2 cups Kale Leaves
1/2 Avocado (peeled and pit removed)
1 Banana (frozen)
1 tbsp Chia Seeds
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
2 tbsps Raw Honey

Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale: Use spinach instead.
No Honey: Use maple syrup, dates or extra banana to sweeten instead.
Likes it Creamy: Use almond milk instead of water for extra creaminess.
Storage: Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Stephanie Fazio
http://www.lealoucooks.com

Pumpkin Spice Granola

12 servings
40 minutes

Ingredients

- **3 cups** Oats (rolled)
- **1 cup** Walnuts (chopped)
- **1/2 cup** Pumpkin Seeds
- **1/4 cup** Ground Flax Seed
- **1/4 tsp** Sea Salt
- **3/4 tsp** Pumpkin Pie Spice
- **1/2 tsp** Cinnamon
- **1/4 cup** Coconut Oil
- **1/3 cup** Maple Syrup
- **1/3 cup** Pureed Pumpkin

Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
3. In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
4. Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
5. Divide into bowls or store sealed in a jar until ready to use. Enjoy!

Notes

Leftovers: Stores well in an airtight container up to a week. Freezes well for longer.
No Walnuts: Use pecans or slivered almonds instead.
Nut-Free: Skip the nuts and add extra pumpkin seeds.
Serve it With: Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.
Optional Add-Ins: Raisins, dried cranberries, berries or coconut flakes.

Stephanie Fazio
http://www.lealoucooks.com

Avocado Sweet Potato Toast with Poached Egg

2 servings
15 minutes

Ingredients

1 Sweet Potato (large)
4 Egg
1 Avocado
Sea Salt & Black Pepper (to taste)

Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens: Add a layer of baby spinach after you spread on the avocado.
Guacamole Lover: Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.
Egg-Free: Skip the eggs and top with hemp seeds instead.

Stephanie Fazio
http://www.lealoucooks.com

Coconut Matcha Latte

1 serving
10 minutes

Ingredients

1 cup Water (hot)
1/2 cup Canned Coconut Milk
1 tsp Green Tea Powder
1 tbsp Coconut Butter
1 tbsp Raw Honey (optional)

Directions

1. In your blender, combine the hot water, coconut milk, matcha, coconut butter, and raw honey (if using). Blend until creamy and frothy. Pour into a mug and enjoy!

Notes

Coconut Butter: Made from the ground meat of a coconut, it is sweeter and creamier than coconut oil. It's sold at most grocery stores and health food stores. Alternatively, you can use coconut oil instead.

More Protein: Add a scoop of collagen or gelatin protein.

Make it Vegan: Use maple syrup instead of honey.

Weekly Meal Plan

MONDAY	TUESDAY	WEDNESDAY

THURSDAY	FRIDAY	SATURDAY

SUNDAY

Fruits	Vegetables	Bread, Fish, Meat & Cheese
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
Breakfast	**Boxed & Canned**	**Condiments & Oils**
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
Seeds, Nuts & Spices	**Baking**	**Cold**
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
❑ _____	❑ _____	❑ _____
Frozen	**Other**	
❑ _____	❑ _____	
❑ _____	❑ _____	
❑ _____	❑ _____	
❑ _____	❑ _____	
❑ _____	❑ _____	
❑ _____	❑ _____	
❑ _____	❑ _____	