

Scrambled Eggs with Capsicum and Spinach with Sourdough

6 ingredients · 15 minutes · 1 serving



Directions

1. Heat the olive oil in a non stick pan over medium heat. Add the red capsicum and silverbeet leaves and saute until softened, about 5 to 7 minutes.
2. While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
3. Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
4. Enjoy with a slice of sourdough.

Notes

Silverbeet

Is often called Spinach, or Swiss Chard. You only need the leaves for this recipe, but save the stalks to add to a casserole or curry.

Gluten Free

Serve with potato, rice or gluten free bread

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Red Capsicum (sliced)
- 1 cup Silverbeet (chopped)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 50 grams Sourdough Bread

Avo, Spinach and Tomato Toast

6 ingredients · 15 minutes · 1 serving



Directions

1. While bread is toasting, put spinach in a bowl and microwave for 30 secs, or until wilted.
2. Mash avocado on the toast, place spinach and tomato on top, then sprinkle on hemp seeds.

Notes

Add a Kick

Add red chili flakes or hot sauce.

Ingredients

- 1/4** Avocado
- 1/2** Tomato (sliced)
- 2 cups** Baby Spinach
- 2 tbsps** Hemp Seeds
- 70 grams** Sourdough Bread (2 small slices)
- Sea Salt & Black Pepper (to taste)

Scrambled Eggs with Zucchini and Salmon

5 ingredients · 15 minutes · 1 serving



Directions

1. Heat the olive oil in a non stick pan over medium heat. Add the zucchini and saute until softened, about 5 to 7 minutes.
2. While the zucchini is cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
3. Pour the beaten eggs into the pan and use a spatula to scramble, slowly incorporating the zucchini, then add in diced smoked salmon, - once the eggs are no longer very wet (a couple of minutes) take off the heat. Top with some grated parmesan cheese and some fresh basil leaves if you like.
4. Divide between plates and enjoy!

Notes

Egg-Free

Use mashed tofu instead of eggs.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Zucchini (sliced into rounds)
- 50 grams Smoked Salmon (chopped)
- 2 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Egg and Veg breakfast

6 ingredients · 10 minutes · 1 serving



Directions

1. Heat the olive oil in a small non stick pan over medium heat. Add the capsicum, mushrooms and zucchini and saute until softened, about 5 minutes.
2. Once soften, push to the side of the pan and crack in the egg. Place lid on until egg is cooked to your liking.
3. Slide all onto a plate, top with pepper and salt and enjoy !

Notes

Post training ?

Add toast or bagel !

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Red Capsicum (sliced)
- 1/2 cup Mushrooms (chopped)
- 1/2 Zucchini (sliced into rounds)
- 1 Egg
- Sea Salt & Black Pepper (to taste)

Sweet Potato & Egg Hash

9 ingredients · 25 minutes · 1 serving



Directions

1. Heat an frying pan over medium heat and add oil. Once melted, add the diced sweet potato. Cook for about 4 minutes undisturbed. Once browned, flip them around and continue cooking for 5 more minutes.
2. Add the smoked paprika and diced capsicum and cook for another 2 minutes. Then add the chopped kale and cook until just wilted. Remove the pan from the heat.
3. Make spaces in the hash mix and crack eggs into each space. Season with sea salt and pepper and place the lid on, cook for 3-4 minutes, or until eggs are cooked to your preference.
4. Remove from the heat, garnish with avocado and shallot. Divide onto plates and enjoy!

Notes

No Sweet Potato

Use butternut pumpkin instead.

No Kale

Use another leafy green, such as spinach or swiss chard

More Protein

Add tofu or tempeh

Prep Ahead

Chop vegetables in advance to save time.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Sweet Potato (medium, diced)
- 1/4 tsp Smoked Paprika
- 1/2 Red Capsicum (diced)
- 1 cup Kale Leaves (chopped and packed)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado (sliced)
- 2 tsps Shallot (sliced)

Mexican Black Bean Omelette

11 ingredients · 15 minutes · 1 serving



Directions

1. Place coconut oil in a frying pan and place on medium-low heat.
2. Mix eggs, almond milk, green capsicum, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
3. Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
4. Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

Notes

Need more carbs

If this is a post training meal and you need extra carbs add a slice of sourdough or 1/2 cup brown rice.

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (or butter)
- 2 Egg (whisked)
- 2 tbsps Unsweetened Almond Milk
- 1/4 Green Capsicum (finely diced)
- 1/2 cup Black Beans (cooked, drained and rinsed, tinned are fine)
- 1/4 cup Mushrooms (diced)
- 3/4 tsp Chili Powder
- 1/2 tsp Nutmeg
- 1/2 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1/4 Avocado (diced)