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Lose weight fitness and meal plan: 28 days to a slimmer, fitter you!

BREAKFAST RECIPES

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Breakfast Recipes

Chocolate Hazelnut Coffee Smoothie (Serves 1) (day 1)

1 serving whey protein isolate (chocolate)
¾ cup unsweetened almond milk (chocolate)
2 tablespoon Liberte 0.1% yogurt, non-fat plain
1 tablespoon hazelnut butter
1 tablespoon organic coffee, ground
½ cup fresh or frozen berries or ½ banana (chopped)
4–6 ice cubes

Place all ingredients in a blender and blend at high speed until smooth and creamy. Add extra water if desired.

Calories 301 | Protein 29 g | Fat 12 g | Carbohydrates 22 g | Fibre 4 g

Apricot Yogurt Smoothie (Serves 1) (day 2)

¼ serving whey protein isolate (vanilla)
¾ cup Liberte 0% Greek yogurt
3 dried apricots, chopped
1 tablespoon slivered almonds
2–3 ice cubes

Place all ingredients in a blender and blend at high speed until smooth and creamy. Add extra water if desired.

Calories 310 | Protein 26 g | Fat 9 g | Carbohydrates 35 g | Fibre 5 g

Berrylicious Iron-Booster Smoothie (Serves 1) (day 3)

½ cup spinach
½ small banana, fresh or frozen, chopped
1 tablespoon chia seed
½ cup almond milk, unsweetened
½ cup mixed berries, fresh or frozen
1 serving whey protein isolate (vanilla)
4 ounces water
3–4 ice cubes

Place all ingredients in a blender and blend on high speed until smooth and creamy. Add extra water if desired.

Calories 265 | Protein 28 g | Fat 8 g | Carbohydrates 29 g | Fibre 9 g

Chocolate Banana Smoothie (Serves 1)

1 serving whey protein isolate (chocolate)

½ cup unsweetened soy milk

½ cup water

1 tablespoon almond butter

½ small banana, fresh or frozen, chopped

½ teaspoon vanilla extract

2–3 ice cubes

Place all ingredients in a blender and blend on high speed until smooth and creamy. Add extra water if desired.

Calories 303 | Protein 31 g | Fat 12 g | Carbohydrates 23 g | Fibre 4 g

Mint Chocolate Smoothie (Serves 1)

½ serving whey protein isolate (chocolate)

½ cup water

½ cup organic pressed cottage cheese

2–3 drops mint extract

1 tablespoon chopped, fresh mint (optional)

1 tablespoon slivered almonds

½ small banana, fresh or frozen, chopped

2–3 ice cubes

Place all ingredients in a blender and blend at high speed until smooth and creamy. Add extra water if desired.

Calories 289 | Protein 28 g | Fat 11 g | Carbohydrates 20 g | Fibre 4 g

Strawberry Shortcake Smoothie (Serves 1)

¾ serving whey protein isolate (vanilla)

½ cup strawberries, fresh or frozen

½ cup unsweetened soy or almond milk

½ cup Liberte goat 10% yogurt, plain

1 tablespoon chia seed

3–4 ice cubes

½ teaspoon vanilla extract

Place all ingredients in a blender and blend at high speed until smooth and creamy. Add extra water if desired.

Calories 293 | Protein 28 g | Fat 9 g | Carbohydrates 34 g | Fibre 10 g

Skinny Banana Split Smoothie (Serves 1)

1 serving whey protein isolate (vanilla)
½ small banana, fresh or frozen, chopped
1 teaspoon banana extract
1 tablespoon chia seed
¾ cup unsweetened almond milk, vanilla
4–6 ice cubes

Place all ingredients in a blender and blend at high speed until smooth and creamy. Add extra water if desired.

Calories 257 | Protein 28 g | Fat 10 g | Carbohydrates 24 g | Fibre 8 g

Orange Vanilla Shake (Serves 1)

1 serving whey protein isolate (vanilla)
2 ounces orange juice
4 ounces water
1 teaspoon vanilla extract
2–3 fresh or frozen strawberries
½ small banana, fresh or frozen, chopped
1 tablespoon almond butter
Stevia to taste (optional)
4–6 ice cubes

Place all ingredients in a blender and blend on high speed until smooth and creamy. Add extra water if desired.

Calories 325 | Protein 28 g | Fat 11 g | Carbohydrates 34 g | Fibre 6 g

Breakfast Cooler Smoothie (Serves 1)

1 serving whey protein isolate (vanilla)
1 ripe plum, pitted and chopped
1 tablespoon lemon juice
2 tablespoons chia or flaxseed
4–6 ounces water
Stevia to taste (optional)
4–6 ice cubes

Place all ingredients in a blender and blend at high speed until smooth and creamy. Add extra water if desired.

Calories 273 | Protein 29 g | Fat 10 g | Carbohydrates 29 g | Fibre 9 g

Wild Berry Breakfast (Serves 1)

1 serving whey protein isolate (vanilla)

½ cup raspberries, fresh or frozen
½ cup blueberries, fresh or frozen
1 tablespoon almond or hazelnut butter
½ cup soy or almond milk, unsweetened
Stevia to taste (optional)
4–6 ice cubes

Place all ingredients in a blender and blend at high speed until smooth and creamy. Add extra water if desired.

Calories 303 | Protein 31 g | Fat 12 g | Carbohydrates 22 g | Fibre 10 g

Pina Colada Smoothie (Serves 1)

1 serving whey protein isolate (vanilla)
½ can coconut water or ½ teaspoon coconut extract
2 tablespoons chia seed
4 ounces water
½ small banana, fresh or frozen, chopped
¼ cup pineapple chunks (fresh or drained if canned in water)
4–6 ice cubes

Place all ingredients in a blender and blend at high speed until smooth and creamy. Add extra water if desired.

Calories 278 | Protein 29 g | Fat 11 g | Carbohydrates 31 g | Fibre 10 g

Alkalizing Breakfast Smoothie (Serves 1)

¾ serving whey protein isolate (vanilla)
½ cup Liberte yogurt, vanilla 0.1% non-fat or 2%
¼ small banana, fresh or frozen, chopped
½ cup spinach leaves (optional)
1 tablespoon spirulina or greens powder
1 tablespoon ground flaxseed
3–4 ice cubes
2–4 ounces water

Place all ingredients in a blender and blend at high speed until smooth and creamy. Add extra water if desired.

Calories 285 | Protein 28 g | Fat 9 g | Carbohydrates 28 g | Fibre 3 g

Portobello Mushroom Omelette (Serves 1)

½ clove garlic, diced
1 tablespoon ginger

2 tablespoons chopped green onions
1 teaspoon extra-virgin olive oil
1 cup chopped portobello mushrooms
1–2 teaspoons low-sodium soy sauce
2 omega-3 eggs
½ cup liquid egg whites or 4 egg whites
1 apple or orange

1. In a non-stick skillet on medium-high heat, sauté the garlic, ginger and green onions in olive oil.
2. Add the mushrooms and soy sauce, cook for 2 to 3 minutes and set aside on plate.
3. Add the eggs and egg whites to pan and scramble on medium heat.
4. Before eggs are completely cooked, return the vegetable mixture to pan and stir together.
5. Serve with apple or orange.

Calories 298 | Protein 29 g | Fat 12 g | Carbohydrates 24 g | Fibre 5 g

Salmon and Dill Omelette (Serves 1)

1 tablespoon extra-virgin olive oil
¼ small red onion, finely chopped
1 small handful baby spinach leaves
2 ounces smoked salmon, chopped coarsely
½ teaspoon chopped fresh dill
½ cup liquid egg whites or 4 egg whites
1 apple or pear

1. In a non-stick skillet on medium-high heat, saute the onion in olive oil.
2. Add the spinach and stir until wilted. Add the salmon and dill.
3. Pour in the egg whites and stir. Let mixture set into a flat omelette, flipping when ready and the whites are completely solid.
4. Serve with apple or pear.

Calories 293 | Protein 30 g | Fat 17 g | Carbohydrates 26 g | Fibre 5 g