



Cyndi Combs
Energy Coach & Mind, Body, Eating Coach

Protein-packed Breakfasts:
sugar-free, gluten free, dairy-
free, and delicious

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Cyndi Combs, Energy Coach and
Mind, Body, Eating Coach
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Greetings!

Breakfast is the most important meal! It starts our metabolism, and provides energy for our day. If we skip breakfast, or don't include enough protein, we can be famished by lunch, and snacking uncontrollably by 3pm.

I hope you enjoy these protein-packed morning meals to power up your day! I have included options for meat lovers, and vegans.

If you're interested in knowing more about my work as an Energy Coach, and Mind Body Eating Coach, please reach out to schedule a complimentary Discovery Session.

I support clients across the country as they step into their power, revitalize their energy, and transform their relationship with food and body.

I write a weekly blog called Transformation Playground where I present topics that help people lighten up emotionally, energetically, and physically.

I am also the founder and facilitator of Relief through Release Playgroup, an online program where women create relief from unwanted symptoms by releasing thoughts, foods, and behaviors that are keeping them from reaching their goals!

Find out more about me and my services at CyndiCombs.com/Coaching

Wishing you Energized Thriving!

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Eggs with Sweet Potato, Kale & Bacon Hash

3 servings
30 minutes

Ingredients

4 slices Bacon (chopped)
1 Sweet Potato (large, cubed)
1/4 cup Water
2 tsps Extra Virgin Olive Oil
6 Egg
2 cups Kale Leaves (chopped)
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	358
Fat	27g
Carbs	10g
Fiber	2g
Sugar	2g
Protein	19g
Cholesterol	397mg
Sodium	552mg
Vitamin A	7375IU
Vitamin C	14mg
Calcium	109mg
Iron	2mg

Directions

- 1 Heat a pan over medium heat. Add the bacon and cook for five to six minutes or until crispy. Remove the bacon and keep the fat in the pan.
- 2 Add the sweet potato and water to the pan. Cover and cook over medium heat for five to seven minutes or until the sweet potato has softened.
- 3 Meanwhile, add the oil to a separate pan over medium heat. Cook the eggs until the whites are set and the yolks are cooked to your preference. Set aside.
- 4 Remove the lid from the pan and let the sweet potato brown for three to five minutes. The water will cook off, and the fat from the bacon will crisp up the sweet potato.
- 5 Add the kale and salt to the pan and mix well. Serve with the eggs and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. To meal prep in advance, hard-boil the eggs and refrigerate items separately.

Serving Size: One serving is approximately 1 1/2 cups of hash and two eggs.

More Flavor: Add minced garlic and shallots while the sweet potato cooks.

Additional Toppings: Chopped parsley, cilantro, green onions, and/or hot sauce.

Protein Substitutions: To add variety, replace the eggs with turkey sausage, salmon filet, hamburger patty, or rosemary chicken patties.



One Pan Kale & Leeks with Eggs

1 serving
15 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
1 Leeks (small, thinly sliced)
2 cups Kale Leaves (stems removed, chopped)
1/2 Lemon (medium, juiced)
Sea Salt & Black Pepper (to taste)
3 Egg
1/4 tsp Chili Flakes

Nutrition

Amount per serving	
Calories	368
Fat	24g
Carbs	17g
Fiber	3g
Sugar	5g
Protein	21g
Cholesterol	558mg
Sodium	253mg
Vitamin A	4316IU
Vitamin C	59mg
Calcium	245mg
Iron	5mg

Directions

- 1 Heat a cast iron pan over medium heat. Add the oil, leeks, and kale. Sauté for three to five minutes, or until the leeks are fragrant and the kale has started to wilt. Add the lemon juice and season with salt and pepper.
- 2 Make space in the kale mixture for the number of eggs you are using, and crack an egg into each space. Cover and cook until the whites are set and the yolks are cooked to your desired doneness.
- 3 Garnish with the chili flakes and serve. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is three eggs and 1 1/2 cups of cooked kale and leeks.

More Flavor: Add minced garlic and/or hot sauce.



Homemade Breakfast Sausage, Eggs & Avocado

2 servings
20 minutes

Ingredients

8 ozs Lean Ground Pork
1 tbsp Fresh Dill (chopped, plus more for garnish)
1 tbsp Chives (chopped, plus more for garnish)
1/2 tsp Sea Salt (divided, optional)
1 1/2 tps Extra Virgin Olive Oil (divided)
2 Egg (whisked)
1/2 Avocado (medium, sliced)

Nutrition

Amount per serving	
Calories	430
Fat	34g
Carbs	5g
Fiber	3g
Sugar	1g
Protein	28g
Cholesterol	263mg
Sodium	742mg
Vitamin A	430IU
Vitamin C	6mg
Calcium	53mg
Iron	2mg

Directions

- 1 In a mixing bowl, combine the pork, dill, and chives. Season with half of the salt. Gently mix to combine and form the meat mixture into patties approximately three inches in diameter.
- 2 Heat half of the oil in a large pan over medium-high heat. Cook the sausage patties for three to four minutes per side or until golden brown and cooked through.
- 3 Wipe out the pan. Add the remaining oil and cook the eggs to your desired doneness. Season with the remaining salt.
- 4 To serve, divide the sausages, scrambled egg, and avocado slices between plates. Season with extra chives and dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days

Serving Size: One serving is two sausages with avocado and scrambled eggs.



Steak & Sweet Potato Egg Muffins

4 servings

45 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
1 lb Top Sirloin Steak
12 Egg (whisked)
1 Sweet Potato (medium, chopped into small cubes)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	505
Fat	33g
Carbs	8g
Fiber	1g
Sugar	2g
Protein	42g
Cholesterol	646mg
Sodium	289mg
Vitamin A	5421IU
Vitamin C	1mg
Calcium	122mg
Iron	5mg

Directions

- 1** Preheat the oven to 375°F (190°C). Line a muffin tray with paper liners or use a silicone tray.
- 2** Heat the oil in a pan over medium heat. Add the steak and cook for five minutes on each side, or until desired doneness. Slice into small pieces.
- 3** Add the eggs, steak, sweet potato, salt, and pepper to a bowl. Stir to combine. Divide the mixture evenly between muffin cups.
- 4** Bake in the oven for 30 minutes, or until they have risen and started to brown on the top. Enjoy!

Notes

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

Serving Size: One serving is equal to three egg muffins.

More Flavor: Add onion, garlic, spinach, and/or mushrooms.



Savory Egg & Beef Oats

3 servings

20 minutes

Ingredients

- 1 1/2 cups Oats (rolled)
- 1 1/2 tps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 3 Egg
- 2 tbsps Nutritional Yeast

Nutrition

Amount per serving	
Calories	540
Fat	25g
Carbs	31g
Fiber	6g
Sugar	1g
Protein	46g
Cholesterol	284mg
Sodium	194mg
Vitamin A	628IU
Vitamin C	7mg
Calcium	89mg
Iron	7mg

Directions

- 1 Cook the oats according to package directions.
- 2 Heat the oil in a pan over medium heat. Add the beef and break it up as it cooks. Cook for seven to 10 minutes or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 3 Add the mushrooms and kale to the beef. Crack the eggs over the mixture and stir to combine. Cook for five minutes, or until the mushrooms are soft. Stir often to ensure the eggs are cooked through.
- 4 Divide the oats and beef mixture evenly between bowls and top with the nutritional yeast. Enjoy!

Notes

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

Serving Size: One serving is approximately three cups.

More Flavor: Add sea salt, pepper, garlic, onions and/or chilli flakes.

Additional Toppings: Top with sliced cherry tomatoes and/or avocado.



Blueberry Vanilla Protein Oats

2 servings

8 hours

Ingredients

- 1 cup Oats
- 1 tbsp Chia Seeds
- 1 1/4 cups Oat Milk
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed
- 1 cup Blueberries
- 1 tbsp All Natural Peanut Butter
- 2 tbsps Pecans (chopped)

Nutrition

Amount per serving	
Calories	450
Fat	18g
Carbs	55g
Fiber	11g
Sugar	13g
Protein	21g
Cholesterol	2mg
Sodium	87mg
Vitamin A	43IU
Vitamin C	7mg
Calcium	353mg
Iron	3mg

Directions

- 1 In a large bowl or container combine the oats, chia seeds, and milk. Stir to combine. Place in the fridge for eight hours, or overnight.
- 2 After the oats have set, remove from the fridge and stir in the protein powder and ground flax until well combined. Add extra oat milk one tablespoon at a time if the oats are too thick.
- 3 Divide the oats evenly between bowls or containers and top with blueberries, peanut butter, and chopped pecans. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1 1/2 cups.

No Peanut Butter: Use other nut or seed butter instead.

No Oat Milk: Use other milk alternative instead.



Strawberry Basil Smoothie Bowl

1 serving
10 minutes

Ingredients

- 1/2 Banana (frozen)
- 1 cup Strawberries (frozen plus additional for garnish)
- 1/2 Zucchini (medium, chopped, frozen)
- 1/4 Avocado
- 1/4 cup Basil Leaves (plus additional for garnish)
- 1/4 cup Vanilla Protein Powder
- 1/2 cup Coconut Water
- 1 tbsp Unsweetened Shredded Coconut (for garnish)
- 1 tbsp Pumpkin Seeds (for garnish)

Nutrition

Amount per serving	
Calories	384
Fat	16g
Carbs	41g
Fiber	11g
Sugar	22g
Protein	26g
Cholesterol	4mg
Sodium	86mg
Vitamin A	885IU
Vitamin C	127mg
Calcium	192mg
Iron	3mg

Directions

- 1 Add the banana, strawberries, zucchini, avocado, basil, protein powder, and coconut water in a blender or food processor. Start to blend on low, working your way up to high, and tampering as necessary until a thick, ice cream-like consistency is achieved.
- 2 Scoop into a bowl and top with the shredded coconut and pumpkin seeds. Add strawberries and basil if desired. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately two cups.

Additional Toppings: Honey and/or hemp seeds.



Zucchini Banana Smoothie Bowl

1 serving

5 minutes

Ingredients

1/3 cup Unsweetened Coconut Yogurt
3/4 cup Water
1 Banana (divided)
1/2 Zucchini (large, frozen)
1/4 cup Vanilla Protein Powder
1 tbsp Pumpkin Seeds
1 tbsp Sunflower Seeds

Nutrition

Amount per serving	
Calories	335
Fat	11g
Carbs	38g
Fiber	7g
Sugar	18g
Protein	26g
Cholesterol	4mg
Sodium	68mg
Vitamin A	274IU
Vitamin C	28mg
Calcium	329mg
Iron	2mg

Directions

- 1 Add the yogurt, water, half of the banana, zucchini, and protein powder to a blender and blend on high until smooth.
- 2 Pour the smoothie into a large bowl and top with the remaining banana, pumpkin seeds, and sunflower seeds. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add frozen berries.

Additional Toppings: Berries, hemp hearts, and/or cacao nibs.



Grape & Coconut Protein Chia Pudding

2 servings

35 minutes

Ingredients

1/2 cup Chia Seeds
1 cup Unsweetened Coconut Yogurt
2/3 cup Water
1/2 tsp Cinnamon
1/2 cup Vanilla Protein Powder
2/3 cup Grapes (halved)

Nutrition

Amount per serving	
Calories	389
Fat	19g
Carbs	33g
Fiber	19g
Sugar	5g
Protein	28g
Cholesterol	4mg
Sodium	72mg
Vitamin A	33IU
Vitamin C	1mg
Calcium	689mg
Iron	4mg

Directions

- 1 In a small bowl, mix together the chia seeds, yogurt, water, cinnamon, and protein powder.
- 2 Layer the chia pudding and grapes into small jars, one jar per serving, and refrigerate for at least 30 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is 3/4 cup of chia pudding.

More Flavor: Add maple syrup.

Additional Toppings: Nuts and seeds.



Tempeh & Arugula Benedict

2 servings

35 minutes

Ingredients

8 ozs Tempeh (cut into 2 x 2-inch squares)
1 Sweet Potato (large, cut into rounds)
2 tbsps Extra Virgin Olive Oil (divided)
1/4 cup Cashews (raw, soaked for at least 6 hours, drained & rinsed)
1 tbsp Lemon Juice
1/4 tsp Turmeric
1/2 tsp Sea Salt
1/4 cup Water
1 cup Arugula

Nutrition

Amount per serving	
Calories	497
Fat	34g
Carbs	29g
Fiber	3g
Sugar	4g
Protein	27g
Cholesterol	0mg
Sodium	642mg
Vitamin A	9459IU
Vitamin C	6mg
Calcium	173mg
Iron	5mg

Directions

- 1 Preheat the oven to 375°F (190°C). Brush both sides of the tempeh and sweet potato rounds with half of the oil. Place them on a baking sheet and bake in the oven for 30 minutes, or until the sweet potato is fork-tender.
- 2 Add the remaining oil, cashews, lemon juice, turmeric, salt, and water to a blender. Blend for approximately one minute, or until smooth and creamy. Add a little more water if necessary to achieve your desired consistency.
- 3 Stack the sweet potato rounds, arugula, and tempeh, then drizzle on the cashew hollandaise. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Ingredients are best kept separately before serving.

Serving Size: One serving is equal to two sweet potato rounds, two pieces of tempeh, 1/2 cup of arugula, and approximately 1/4 cup of cashew hollandaise.

More Flavor: Add garlic powder or smoked paprika to the hollandaise. Use smoked tempeh.

Additional Toppings: Microgreens or tomato slices.

Short on Time: Soak the cashews in boiling water for 10 minutes.



Chickpea & Tofu Taco Scramble

1 serving

10 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
1/4 cup Shallot (minced)
1/4 cup Cherry Tomatoes (chopped)
11 ozs Tofu (extra firm, drained, pressed and crumbled)
1/2 cup Chickpeas (cooked)
1/2 tsp Taco Seasoning
1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	479
Fat	23g
Carbs	37g
Fiber	11g
Sugar	11g
Protein	40g
Cholesterol	0mg
Sodium	153mg
Vitamin A	345IU
Vitamin C	16mg
Calcium	946mg
Iron	10mg
Vitamin A	9459IU
Vitamin C	6mg
Calcium	173mg
Iron	5mg

Directions

- 1 Warm the oil in a pan over medium heat. Sauté the shallot and tomatoes until softened, about two to three minutes.
- 2 Add the tofu, chickpeas, and taco seasoning and mix well. Cook for three minutes to heat through.
- 3 Divide the scramble evenly between plates and squeeze the lime over top. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add nutritional yeast, salsa, and/or hot sauce.

Additional Toppings: Chopped green onions, cilantro, and/or red chili flakes.



Rosemary Chicken Patties

4 servings

20 minutes

Ingredients

- 1/4 cup** Red Onion (grated)
- 1 lb** Extra Lean Ground Chicken
- 2** Garlic (small, minced)
- 2 tbsps** Rosemary (fresh, chopped)
- 1/2** Lemon (juiced, zested)
- 1 tsp** Sea Salt
- 1 1/2 tbsps** Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	216
Fat	14g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	20g
Cholesterol	98mg
Sodium	659mg
Vitamin A	26IU
Vitamin C	4mg
Calcium	15mg
Iron	1mg
Iron	10mg
Vitamin A	9459IU
Vitamin C	6mg
Calcium	173mg
Iron	5mg

Directions

- 1** In a mixing bowl, add the grated onion. Use your hand and squeeze the onion so the excess water comes out of it. Discard the onion water.
- 2** In the same bowl, add the ground chicken, garlic, rosemary, lemon juice, lemon zest, and salt. Mix until well combined.
- 3** Heat the oil in a pan over medium heat. Divide the chicken mixture evenly and form into patties approximately four inches (10 cm) in diameter.
- 4** Cook the patties in the pan until lightly browned and cooked through, about five minutes on each side. Enjoy!

Notes

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

Serving Size: One serving is one patty.

More Flavor: Add parsley.

Serve it With: Serve it with salad or between lettuce for a low-carb meal.