

High-Protein Breakfast

10

RECIPES TO
FUEL YOUR MORNING

Ten high-protein breakfasts — split into savory and sweet — each serving built to deliver lasting energy and keep you satisfied through the morning.

25g+

PROTEIN, EVERY SERVING

5–30 min

START TO PLATE

2 ways

SAVORY & SWEET

SAVORY

PROTEIN

01	NY Deli Style Egg & Cheese	32g
02	Cottage Cheese Egg Bites	30g
03	Egg White Scramble	35g
04	Breakfast Wrap	28g

SWEET

PROTEIN

05	Greek Yogurt Parfait	25g
06	Kake's Favorite Muffins	26g
07	Chocolate PB Overnight Oats	36g
08	Kodiak Sheet Pan Pancakes	26g
09	Berry Smoothie	28g
10	Protein French Toast	30g

PROTEIN FIRST

32_g

PROTEIN

10g

FAT

30g

CARBS

One loaded bagel — 32g of protein.

PREP 10 min | MAKES 1



INGREDIENTS

- ¾ cup egg whites
- 1 large egg
- 2 tbsp low-fat cream cheese
- ½ a bagel
- Optional: spinach, tomatoes, any veggies or seasoning

METHOD

- 1 Toast the bagel.
- 2 Scramble the egg whites & egg in a pan, adding veggies if you like.
- 3 Spread cream cheese on your bagel.
- 4 Pile the eggs on top and serve.

Cottage Cheese Egg Bites

GRAB & GO

PROTEIN FIRST

30_g

PROTEIN

14_g

FAT

4_g

CARBS

Four bites = 30g of protein. Prep once, win all week.

PREP 10 min | MAKES 12 | COOK 20 min

INGREDIENTS

- 8 large eggs
- 1 cup low-fat cottage cheese
- $\frac{3}{4}$ cup shredded cheese — cheddar or mozzarella
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- Optional: chopped spinach, diced bell pepper, turkey bacon

METHOD

- 1 Preheat oven to 350°F and grease a 12-cup muffin tin well.
- 2 Blend eggs, cottage cheese, salt, and pepper until smooth.
- 3 Stir in the shredded cheese and any veggies.
- 4 Fill each muffin cup about $\frac{3}{4}$ full.
- 5 Bake 20–22 mins until set and lightly golden.
- 6 Cool, then store. Reheat 30 sec when ready to eat!



Egg White Scramble

PROTEIN FIRST

35g

PROTEIN

8g

FAT

25g

CARBS

One plate — 35g of protein.

PREP 10 min | MAKES 1



INGREDIENTS

- ½ cup egg whites
- ¼ cup low-fat cottage cheese
- 1 slice whole grain toast
- Optional: spinach, tomatoes, any veggies or seasoning

METHOD

- 1 Scramble the egg whites in a pan until almost cooked.
- 2 Add veggies if you like.
- 3 Stir in the cottage cheese and cook 1-2 mins more.
- 4 Toast your bread while the eggs finish.
- 5 Serve the scramble on top of, or beside, the toast.

Cottage cheese adds creaminess and brings the total to 35g of protein.

Breakfast Wrap

PROTEIN FIRST

28_g

PROTEIN

12_g

FAT

22_g

CARBS

One wrap — 28g of protein.

PREP 10 min | MAKES 1



INGREDIENTS

- ½ cup egg whites
- 1 whole egg
- 1 small tortilla
- ¼ cup shredded cheese, your choice
- 1 slice turkey bacon, cooked and chopped
- Optional: spinach, other veggies, hot sauce

METHOD

- 1 Scramble the egg & egg whites in a pan.
- 2 Warm the tortilla in the microwave or a skillet.
- 3 Add eggs, cheese, turkey bacon & any extras to the tortilla.
- 4 Fold or roll into a wrap.

25g

6_g

32_g

PROTEIN FIRST

26_g

PROTEIN

8g

FAT

38_g

CARBS

PREP 25 min | MAKES 12



METHOD

- 2 ripe bananas, mashed
- 3 large eggs
- 2 tbsp egg whites
- ¾ cup vanilla Greek yogurt
- ¼ cup skim milk
- 2 tbsp honey
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1¼ cups vanilla protein powder
- 1 cup oat flour
- 1 tsp salt
- Optional: chocolate chips & blueberries

- 1 Preheat oven to 350°F.
- 2 Mash bananas, then mix with eggs, egg whites, yogurt, milk, honey, and vanilla.
- 3 Stir in baking powder, protein powder, oat flour, and salt.
- 4 Fold in any add-ins.
- 5 Divide into muffin cups and bake 16-20 mins.

Chocolate PB Overnight Oats

GRAB & GO

PROTEIN FIRST

36_g

PROTEIN

12_g

FAT

35_g

CARBS

One jar — 36g of protein.

PREP **5 min + overnight**MAKES **4**

INGREDIENTS

- 2 cups rolled oats
- 2 scoops chocolate protein powder
- 2 tbsp peanut butter or PB powder
- 2 tbsp chia seeds
- 2 cups skim milk
- 2 cups nonfat Greek yogurt — your fave flavor
- Optional: chocolate chips or fruit

METHOD

- 1 Mix oats, protein powder, chia seeds, milk, and peanut butter.
- 2 Split into 4 jars or containers.
- 3 Chill overnight.
- 4 Layer or stir in Greek yogurt before serving.
- 5 Top with chocolate chips or fruit if desired.

Kodiak Sheet Pan Pancakes

GRAB & GO

PROTEIN FIRST

26_g

PROTEIN

9_g

FAT

31_g

CARBS

One slice — 26g of protein.

PREP 20 min | MAKES 6



INGREDIENTS

- 2 cups Kodiak Cakes Protein Pancake Mix
- 3 large eggs
- 1 scoop vanilla protein powder
- 1½ cups milk
- Optional: blueberries, chocolate chips, cinnamon

METHOD

- 1 Preheat oven to 425°F.
- 2 Grease a 13×18" sheet pan.
- 3 Whisk pancake mix, eggs, protein powder, and milk until smooth.
- 4 Pour the batter into the pan.
- 5 Scatter on any toppings.
- 6 Bake 12-15 mins until golden.
- 7 Cool, slice, and store. Warm up when ready to eat!

Berry Smoothie

PROTEIN FIRST

28_g

PROTEIN

1_g

FAT

27_g

CARBS

One glass — 28g of protein.

PREP **5 min** | MAKES **1**

INGREDIENTS

- 1 cup frozen berries
- 1 cup plain or vanilla Greek yogurt
- 1 scoop protein powder
- 1½ cups nonfat milk — add more for a thinner pour

METHOD

- 1 Combine all ingredients in a blender and blend until smooth.

For a chocolate-strawberry variation, use strawberries with chocolate protein powder.

Protein French Toast

PROTEIN FIRST

30_g

PROTEIN

9_g

FAT

34_g

CARBS

Two slices — 30g of protein.

PREP 10 min | MAKES 1



INGREDIENTS

- 2 slices high-protein or whole grain bread
- 1 large egg
- 3 tbsp egg whites
- ½ scoop vanilla protein powder
- Splash of skim milk
- ½ tsp cinnamon
- Optional: ½ cup Greek yogurt, berries, sugar-free syrup

METHOD

- 1 Whisk egg, egg whites, protein powder, milk, and cinnamon into a custard.
- 2 Dip each slice, coating both sides.
- 3 Cook on a greased nonstick pan over medium, 2–3 mins per side until golden.
- 4 Top with Greek yogurt, berries, or a drizzle of syrup.

Whisking protein powder into the custard brings the total to 30g of protein.