

## Sample Vegan Breakfast Menu Ideas

**Just Egg, Veggie and Tofu Scramble** (totals: 420 calories, 55g carbs, 22g protein, 13.2g fat)

- 1 large potato, cut into 1/2" cubes
- ½ tbsp olive oil
- 1 garlic clove diced
- 3 oz firm tofu, cubed
- 2 cups of fresh veggies (any variety and any mixture)
- 3-4 cherry tomatoes, cut in half
- 3 tbsp Just Egg, poured and mixed in at the end until cooked

**Coffee (or Tea) and PB toast, with a fruit bowl prost!** (totals: 351 calories, 51.9g carbs, 12.8g protein, 8.9g fat)

- 1 slice of whole wheat toast
- 1 tbsp organic creamy peanut butter
- 1.5 cups of mixed fresh fruit (approx.. ¼ cup ea banana, strawberries, blueberries, pineapple, clementine)
- 1-2 cups of black coffee, or your favorite tea

**Oatmeal Galore!** (totals: 550 calories, 69g carbs, 18g protein, 23g fat)

- ½ cup organic old fashion oats
- ¼ cup walnuts or pecans
- ¼ cup raisins
- 2 tbsp organic PB fit (peanut butter powder)

**Power, energy and immunity boost morning smoothie** (totals: 375 calories, 62g carbs, 27.6g protein, 2.6g fat)

- 2 cups organic baby spinach
- 1 celery stalk
- 1 small banana
- 1 small apple
- 1/3 cup blueberries
- 1 cup Oatly Milk (reduced fat)
- 1 scoop vegan protein powder
- 5-6 ice cubes

**Homemade Whole Wheat Pancakes with fruit** (*pancake mix below makes 12-15 pancakes, 3-4 servings*) (totals per serving: 440 calories, 98.6g carbs, 12g protein, 1.8g fat)

- 2 cups organic Bob Red Mill 100% stone-ground, whole wheat flour
- ½ tsp Himalayan pink sea salt
- 1.5 tbsp baking powder
- ½ tsp baking soda
- 1 tbsp organic cane sugar
- 1 tbsp Madagascar vanilla extract
- (mix all above ingredients together and add approx. ~3 cups of water, just enough to make into a thick soup)
- 2 tbsp organic dark maple syrup
- 1.5 cups of mixed fresh fruit (approx.. ¼ cup ea banana, strawberries, blueberries, pineapple, clementine)

**...More to come, but while I gather more info to update here, try the Menu Ideas above.  
Come back soon!!**

