

BREAKFAST ENERGY BOOSTERS

1. GREEN DETOX SMOOTHIE

o INGREDIENTS:

- 1 CUP FRESH SPINACH
- 1 RIPE BANANA
- 1 GREEN APPLE, CHOPPED
- 1/2 CUCUMBER, CHOPPED
- 1 TABLESPOON CHIA SEEDS
- 1 CUP COCONUT WATER

o PREPARATION:

1. COMBINE ALL INGREDIENTS IN A BLENDER.
2. BLEND UNTIL SMOOTH.
3. SERVE IMMEDIATELY.

o NUTRITIONAL INFORMATION (PER SERVING):

- CALORIES: 180
- PROTEIN: 3G
- CARBOHYDRATES: 40G
- FAT: 2G
- FIBER: 8G

2. EGG WHITE OMELET WITH SPINACH AND TOMATO

o INGREDIENTS:

- 4 EGG WHITES
- 1/2 CUP FRESH SPINACH, CHOPPED
- 1 MEDIUM TOMATO, CHOPPED
- 1 TABLESPOON OLIVE OIL
- SALT AND PEPPER TO TASTE

o PREPARATION:

1. IN A BOWL, BEAT THE EGG WHITES UNTIL FROTHY.
2. HEAT OLIVE OIL IN A NON-STICK SKILLET OVER MEDIUM HEAT.
3. ADD SPINACH AND TOMATO TO THE SKILLET, SAUTÉ FOR 2-3 MINUTES.
4. POUR THE EGG WHITES INTO THE SKILLET AND COOK UNTIL SET.
5. SEASON WITH SALT AND PEPPER TO TASTE.
6. FOLD THE OMELET IN HALF AND SERVE.

o NUTRITIONAL INFORMATION (PER SERVING):

- CALORIES: 120
- PROTEIN: 20G
- CARBOHYDRATES: 5G
- FAT: 5G
- FIBER: 2G

3. OAT AND BANANA PANCAKES

o INGREDIENTS:

- 1 CUP ROLLED OATS

- 1 RIPE BANANA
- 2 EGGS
- 1/2 CUP SKIM MILK
- 1 TEASPOON BAKING POWDER
- 1 TEASPOON VANILLA EXTRACT
- 1 TEASPOON GROUND CINNAMON

o **PREPARATION:**

1. BLEND OATS IN A BLENDER TO FORM A FLOUR.
2. ADD BANANA, EGGS, MILK, BAKING POWDER, VANILLA, AND CINNAMON. BLEND UNTIL SMOOTH.
3. HEAT A NON-STICK SKILLET OVER MEDIUM HEAT AND POUR PORTIONS OF THE BATTER TO FORM PANCAKES.
4. COOK UNTIL EDGES ARE FIRM AND BUBBLES APPEAR ON THE SURFACE, THEN FLIP AND COOK THE OTHER SIDE.
5. SERVE WITH FRESH FRUIT AND HONEY IF DESIRED.

o **NUTRITIONAL INFORMATION (PER SERVING, 3 PANCAKES):**

- CALORIES: 250
- PROTEIN: 10G
- CARBOHYDRATES: 40G
- FAT: 6G
- FIBER: 5G

4. NATURAL YOGURT WITH BERRIES AND GRANOLA

o **INGREDIENTS:**

- 1 CUP NATURAL YOGURT
- 1/2 CUP MIXED BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES)
- 1/4 CUP HOMEMADE GRANOLA
- 1 TEASPOON HONEY (OPTIONAL)

o **PREPARATION:**

1. PLACE YOGURT IN A BOWL.
2. TOP WITH MIXED BERRIES.
3. SPRINKLE WITH GRANOLA AND DRIZZLE WITH HONEY IF DESIRED.
4. SERVE IMMEDIATELY.

o **NUTRITIONAL INFORMATION (PER SERVING):**

- CALORIES: 220
- PROTEIN: 10G
- CARBOHYDRATES: 35G
- FAT: 6G
- FIBER: 5G

5. OATMEAL WITH HONEY AND WALNUTS

o **INGREDIENTS:**

- 1/2 CUP ROLLED OATS
- 1 CUP SKIM OR PLANT-BASED MILK

- 1 TABLESPOON HONEY
- 1/4 CUP CHOPPED WALNUTS
- 1 TEASPOON GROUND CINNAMON
- **PREPARATION:**
 1. IN A SAUCEPAN, HEAT THE MILK OVER MEDIUM HEAT.
 2. ADD OATS AND COOK, STIRRING OCCASIONALLY, UNTIL THE MIXTURE THICKENS, ABOUT 5 MINUTES.
 3. REMOVE FROM HEAT AND STIR IN HONEY AND CINNAMON.
 4. SERVE IN A BOWL AND TOP WITH CHOPPED WALNUTS.
- **NUTRITIONAL INFORMATION (PER SERVING):**
 - CALORIES: 300
 - PROTEIN: 10G
 - CARBOHYDRATES: 45G
 - FAT: 10G
 - FIBER: 7G

CHAPTER 2: QUICK AND NUTRITIOUS SNACKS

6. HOMEMADE CEREAL BARS

- **INGREDIENTS:**
 - 2 CUPS ROLLED OATS
 - 1 CUP CHOPPED ALMONDS
 - 1/2 CUP HONEY
 - 1/2 CUP NATURAL PEANUT BUTTER
 - 1/4 CUP CHIA SEEDS
 - 1/4 CUP RAISINS
- **PREPARATION:**
 1. IN A LARGE BOWL, MIX OATS, ALMONDS, CHIA SEEDS, AND RAISINS.
 2. IN A SAUCEPAN, HEAT HONEY AND PEANUT BUTTER OVER LOW HEAT UNTIL MELTED AND SMOOTH.
 3. POUR THE HONEY AND PEANUT BUTTER MIXTURE OVER THE DRY INGREDIENTS AND MIX WELL.
 4. PRESS THE MIXTURE INTO A PARCHMENT-LINED BAKING DISH.
 5. REFRIGERATE FOR AT LEAST 2 HOURS BEFORE CUTTING INTO BARS.
- **NUTRITIONAL INFORMATION (PER BAR):**
 - CALORIES: 150
 - PROTEIN: 5G
 - CARBOHYDRATES: 20G
 - FAT: 7G
 - FIBER: 3G

7. HUMMUS WITH CARROT AND CUCUMBER STICKS

- **INGREDIENTS:**

- 1 CAN CHICKPEAS, DRAINED AND RINSED
- 2 TABLESPOONS TAHINI
- 1 CLOVE GARLIC
- JUICE OF 1 LEMON
- 2 TABLESPOONS OLIVE OIL
- SALT TO TASTE
- 2 CARROTS, CUT INTO STICKS
- 1 CUCUMBER, CUT INTO STICKS

o **PREPARATION:**

1. IN A FOOD PROCESSOR, COMBINE CHICKPEAS, TAHINI, GARLIC, LEMON JUICE, OLIVE OIL, AND SALT. PROCESS UNTIL SMOOTH.
2. ADD A BIT OF WATER IF NECESSARY TO REACH THE DESIRED CONSISTENCY.
3. SERVE THE HUMMUS WITH CARROT AND CUCUMBER STICKS.

o **NUTRITIONAL INFORMATION (PER SERVING):**

- CALORIES: 180
- PROTEIN: 5G
- CARBOHYDRATES: 15G
- FAT: 10G
- FIBER: 4G

8. BAKED SWEET POTATO CHIPS

o **INGREDIENTS:**

- 2 LARGE SWEET POTATOES
- 2 TABLESPOONS OLIVE OIL
- SALT AND PEPPER TO TASTE
- DRIED HERBS TO TASTE (OPTIONAL)

o **PREPARATION:**

1. PREHEAT THE OVEN TO 180°C (356°F).
2. WASH AND SLICE THE SWEET POTATOES INTO THIN SLICES.
3. IN A BOWL, TOSS THE SWEET POTATO SLICES WITH OLIVE OIL, SALT, PEPPER, AND DRIED HERBS IF USING.
4. SPREAD THE SLICES ON A PARCHMENT-LINED BAKING SHEET, WITHOUT OVERLAPPING.
5. BAKE FOR 15-20 MINUTES OR UNTIL CRISPY, FLIPPING HALFWAY THROUGH.

o **NUTRITIONAL INFORMATION (PER SERVING):**

- CALORIES: 120
- PROTEIN: 1G
- CARBOHYDRATES: 20G
- FAT: 4G
- FIBER: 3G

9. DRIED FRUIT AND NUT MIX

o **INGREDIENTS:**

- 1/2 CUP ALMONDS
 - 1/2 CUP WALNUTS
 - 1/2 CUP CASHEWS
 - 1/2 CUP RAISINS
 - 1/2 CUP DRIED CRANBERRIES
- o **PREPARATION:**
1. IN A LARGE BOWL, MIX ALL DRIED FRUITS AND NUTS.
 2. STORE IN AN AIRTIGHT CONTAINER.
- o **NUTRITIONAL INFORMATION (PER SERVING):**
- CALORIES: 200
 - PROTEIN: 5G
 - CARBOHYDRATES: 20G
 - FAT: 12G
 - FIBER: 3G

10. DATE AND COCOA ENERGY BALLS

- o **INGREDIENTS:**
- 1 CUP PITTED DATES
 - 1/2 CUP ALMONDS
 - 2 TABLESPOONS COCOA POWDER
 - 1 TABLESPOON CHIA SEEDS
 - 1 TEASPOON VANILLA EXTRACT
- o **PREPARATION:**
1. IN A FOOD PROCESSOR, BLEND DATES AND ALMONDS UNTIL A DOUGH FORMS.
 2. ADD COCOA POWDER, CHIA SEEDS, AND VANILLA EXTRACT. PROCESS UNTIL WELL MIXED.
 3. ROLL INTO SMALL BALLS AND REFRIGERATE FOR AT LEAST 30 MINUTES BEFORE SERVING.
- o **NUTRITIONAL INFORMATION (PER BALL):**
- CALORIES: 100
 - PROTEIN: 2G
 - CARBOHYDRATES: 12G
 - FAT: 5G
 - FIBER: 2G