

5 KETO BREAKFAST RECIPES

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Sweet Pepper Omelette

Ingredients:

- 6 large eggs.
- ½ red onion.
- ½ green pepper.
- 5 oz ham (chopped).
- 3 oz cheddar cheese (grated).
- 2 oz butter.
- 2 tbsp sour cream.

Instructions:

- Whisk eggs until light and fluffy; stir in half of the cheddar cheese.
- In a large frying pan, melt the butter and gently fry onions, peppers and ham.
- Pour the egg mixture over the onions, peppers and ham and fry until firm.
- Remove from pan and sprinkle with remaining cheese.

Nutritional Information:

Total servings - 2

Per serving:

Fat: 58g
Carbohydrates: 6g
Protein: 43g
Calories: 683

Egg & Avocado Scramble

Ingredients:

- 4 large eggs (hard boiled).
- 2 avocados.
- 5 oz butter (room temperature).
- 4 oz salmon (smoked).
- 2 tbsp olive oil.
- ¼ tsp black pepper.
- ¼ tsp chilli flakes.

Instructions:

- Finely chop the hard boiled eggs and mix with butter.
- Mix in black pepper and chilli flakes.
- Chop avocado into small chunks and toss in olive oil.
- Place egg mixture on a plate with chopped avocados and salmon.

Nutritional Information:

Total servings - 2

Per serving:

Fat: 113g
Carbohydrates: 4g
Protein: 27g
Calories: 1139

Spinach & Egg Crunch

Ingredients:

- 2 large eggs.
- 12 oz spinach (fresh).
- 4 oz bacon (chopped).
- Salt and pepper.

Instructions:

- Fry bacon in a large frying pan until crispy. Set aside.
- Add spinach to the pan and fry until wilted; season with salt and pepper. Set aside.
- Fry the eggs until cooked to preferred taste.
- Place spinach on a plate, sprinkle over the bacon and top with eggs.

Nutritional Information:

Total servings - 2

Per serving:

Fat: 30g
Carbohydrates: 8g
Protein: 23g
Calories: 379

Ultimate Breakfast Roast

Ingredients:

- 12 large eggs.
- 1 cup thick cream.
- ½ leek (finely sliced).
- ⅓ cup black olives (pitted).
- 7 oz cheddar cheese (grated).
- 3 oz cherry tomatoes (halved).
- 1 oz parmesan cheese (grated).
- 1 tsp black pepper.
- 1 tsp onion powder.

Instructions:

- Preheat oven at 200 degrees.
- Grease a large baking dish and add olives and leek.
- In a bowl, whisk eggs, cream, cheddar cheese, onion powder and black pepper until well combined.
- Pour mixture into the baking dish with olives and leeks.
- Place cherry tomatoes and parmesan on top.
- Bake for 40-45 minutes until completely set and golden brown.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 55g
Carbohydrates: 5g
Protein: 34g
Calories: 619

Bacon & Brie Bundle

Ingredients:

- 8 large eggs.
- 8 bacon slices (chopped).
- ½ cup thick cream
- 2 garlic cloves (crushed).
- 4 oz brie (sliced).
- ½ tsp black pepper.

Instructions:

- In a large frying pan, fry bacon until crispy. Set aside leaving bacon fat still in the pan.
- In a large bowl, whisk together eggs, cream, pepper and garlic. Mix in cooked bacon until well combined.
- Pour mixture into the frying pan and cook until edges crisp and brown; the middle should be slightly loose.
- Carefully place onto a baking tray and top with slices of brie. Place under a grill for 5-6 minutes until cooked through and golden brown.

Nutritional Information:

Total servings - 1

Per serving:

Fat: 27g
Carbohydrates: 2g
Protein: 17g
Calories: 329

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