

Boss Mom
WELLNESS

**BREAKFAST
GUIDE**

For the Busy, Health-Minded Mom



Greek Yogurt Protein Bowl

 1 serving

 6 minutes

 245 calories

| 28 grams of protein



INGREDIENTS

3/4 Cup non-fat Greek yogurt, 1/4 cup mixed berries, 2 tablespoons chia seeds, 1 scoop vanilla protein powder, 1 tablespoon sliced almonds

INSTRUCTIONS

Mix Greek yogurt with protein powder.
Top with berries, chia seeds, and almonds.
Optional: honey drizzle for sweetness

Egg & Turkey Wrap

 1 serving

 12 minutes

 246 calories

| 11 grams of protein



INGREDIENTS

Whole-grain tortilla, Hummus, Avocado, Cheese (optional), Chicken breast or turkey slices, Spinach

INSTRUCTIONS

Scramble eggs, layer them with turkey & spinach in the tortilla, add hot sauce/salsa, wrap it up.

Smoked Salmon Toast

 1 serving

 8 minutes

 169 calories

| 20 grams of protein



INGREDIENTS

3 oz smoked salmon, 1 slice whole-grain toast,
Toppings worth trying: cottage cheese,
horseradish, dijon mustard, herbs

INSTRUCTIONS

Combine all ingredients on a
whole-grain piece of toast, enjoy!

Veggie Quesadilla

 1 serving

 15 minutes

 345 calories

| 18 grams of protein



INGREDIENTS

Whole-wheat tortilla, Feta cheese,
Spinach, Roasted red peppers,
Chickpeas, Scrambled eggs, Olive Oil,
Za'atar seasoning

INSTRUCTIONS

Scramble eggs and combine all
other ingredients on a tortilla.
Drizzle olive oil and Za'atar
seasoning as desired.