

Beyond Breakfast Burnout | Recipes

Time to rethink the most important meal of the day! I've curated three protein-packed, nutrient-dense breakfast recipes designed to crush morning sugar crashes and fuel sustained energy. Made with simple whole foods, high quality protein, and complex fiber, these dishes are total meal-prep champions—effortless to make ahead and perfect for grabbing on the run or in a pinch. Whether you eat at sunrise or break your fast at noon, get ready for fast, delicious meals that keep your blood sugar steady and your focus sharp all day!



What's Inside?

Maple Buckwheat Pancakes

These aren't your average blood sugar spike n' crash flapjacks. By pairing nutrient-dense, gluten-free buckwheat flour with protein-rich Greek yogurt, you get a light, fluffy stack that provides a steady release of complex carbs and fiber without the classic mid-morning sugar crash.

Mediterranean Egg Muffins

The ultimate savory breakfast on the run! Blending cottage cheese straight into the egg base creates a velvety, custardy bite packed with quality protein. Loaded with colorful veggies and herbs, these egg bites are effortless to meal-prep and freeze.

Kefir & Chia Overnight "Grab & GO"ats

A gut-friendly, creamy morning jar designed to make meal prep a breeze. We're swapping standard yogurt for active kefir to deliver a powerful dose of probiotics, while whole rolled oats and chia seeds pack in soluble beta-glucan fiber for digestive health and long-lasting satiety.

Ready to refuel smarter? Let's dig in!

— Marissa Powers, MHS, NBC-HWC
Board-Certified Health Coach & Founder, Powers Health & Wellness

www.PowersHealthAndWellness.com

Maple Buckwheat Pancakes makes 14 pancakes

Prep time: 10 mins | Cook time: 10 mins |

Ingredients

- 1 cup plain Greek yogurt (whole milk or 2%)
- 2 large eggs
- ¼ c milk
- 3 tbsp maple syrup
- ½ tsp vanilla extract
- 1 cup buckwheat flour
- 1 tsp baking powder
- ¼ tsp salt
- coconut or avocado oil for greasing



Instructions

1. Preheat griddle to medium/low to allow time to heat evenly. Buckwheat burns faster than wheat flour, so keep heat lower.
2. In a medium bowl, whisk together the Greek yogurt, eggs, milk, maple syrup, and vanilla extract until smooth.
3. Add the buckwheat flour, baking powder, and salt. Stir gently until just combined (do not overmix).
4. If batter seems too thick, add a splash of water so it is thick, yet pourable. Let the batter sit for 5 minutes.
5. Pour a few drops of oil onto the griddle and spread it across evenly.
6. Pour about 3 tablespoons of batter per pancake onto the pan (Just under ¼ cup scoop). Cook for 2 to 3 minutes until tiny bubbles form around the edges. Gently flip and cook for another 1 to 2 minutes until golden brown and cooked through.
5. Enjoy! Refrigerate for up to 4 days or freeze in a single layer for up to 3 months; reheat directly in the toaster or microwave. For microwave reheat- wrap pancakes in a damp paper towel.

Nutrition Info (Approximate Per Pancake): Calories: 67, Protein: 3g, Total Fat: 2g, Saturated Fat: 0.8g, Carbohydrates: 10g, Fiber: 1g, Sugars: 3g, Sodium: 71mg, Cholesterol: 29mg

Variations

- **Blueberry Lemon Zest:** Fold ½ cup fresh blueberries and 1 tsp fresh lemon zest directly into the batter just before cooking.
- **Cinnamon Apple Walnut:** Whisk 1 tsp ground cinnamon into the dry flour, then fold in ⅓ cup finely diced fresh apple and 2 tbsp chopped walnuts.
- **Banana Chocolate Chip:** Fold ½ mashed ripe banana into the wet ingredients and fold ¼ cup dark chocolate chips into the finished batter.
- **Savory Herb & Feta:** Omit the vanilla extract and syrup. Stir in ¼ cup crumbled feta cheese, 2 tbsp finely chopped fresh chives or dill, and a pinch of black pepper.
- **Spiced Chai & Pumpkin:** Swap 2 tbsp of the Greek yogurt for 2 tbsp pumpkin purée, and add ½ tsp pumpkin pie spice to the dry ingredients.

Mediterranean Egg Muffins

Prep time: 15 mins | Cook time: 25 mins | Makes 12 Egg Muffins

Ingredients

- 9 large eggs
- $\frac{3}{4}$ cup cottage cheese (whole milk or 2% works best)
- 1 tsp garlic powder
- $\frac{1}{4}$ tsp black pepper
- $\frac{3}{4}$ cup crumbled feta cheese (or see variations below)
- $1\frac{1}{2}$ cups cooked add-ins (or see variations)
 - (spinach, mushrooms, red onion)



Instructions

1. Preheat your oven to 350°F (175°C). Grease a standard 12-cup muffin tin with non-stick cooking spray or oil. Silicone muffin pans or silicone liners work best.
2. Add the eggs, cottage cheese, garlic powder, onion powder, and pepper to a blender to create a velvety texture. Blend on high speed for 15-20 seconds until light, frothy, and completely smooth.
3. Distribute your cooked add-ins and shredded cheese evenly across the bottom of the muffin cups.
4. Pour the egg mixture evenly over the fillings, filling each cup about $\frac{3}{4}$ full. Place a baking dish filled with 1 inch of hot water on the bottom rack of the oven (the steam keeps the eggs soft).
5. Bake on the middle rack for 20 to 22 minutes, or until the centers are set.
6. Let the egg bites cool in the pan for 5 minutes (they will puff up in the oven and deflate slightly as they cool). Run a butter knife around the edges to release them cleanly.
7. Store in an airtight container in the fridge for up to 4 days or freeze for up to 2 months; microwave for 60 to 90 seconds from frozen.

Nutrition Info (Approximate Per Egg Muffin): Calories: 82, Protein: 6.8g, Total Fat: 5.2g, Saturated Fat: 2.3g, Carbohydrates: 1.6g, Fiber: 0.3g, Sugars: 0.9g, Sodium: 178mg, Cholesterol: 140mg

Variations

- **Bacon, Gruyère & Chive:**
 - **Cheese:** $\frac{3}{4}$ cup shredded Gruyère or Swiss cheese
 - **Add-ins:** crumbled bacon + finely chopped fresh chives
- **Southwest Black Bean & Corn**
 - **Cheese:** $\frac{3}{4}$ cup shredded Pepper Jack or Monterey Jack
 - **Add-ins:** black beans, corn, diced red bell pepper, and $\frac{1}{2}$ tsp ground cumin
- **Caprese (Tomato, Basil & Mozzarella)**
 - **Cheese:** $\frac{3}{4}$ cup shredded low-moisture mozzarella
 - **Add-ins:** cup diced cherry tomatoes (patted dry) + chopped fresh basil leaves
- **Broccoli Cheddar & Turkey Sausage**
 - **Cheese:** $\frac{3}{4}$ cup sharp cheddar cheese
 - **Add-ins:** finely chopped broccoli florets + crumbled turkey sausage

Kefir & Chia Overnight "Grab & GO"ats

Active time: 5 minutes

Chilling time: 4-12 hours

Ingredients

- ½ cup old fashioned oats
- 1 tbsp chia seeds
- Pinch of salt
- ½ cup 1% milk or milk alternative
- ¼ cup plain Kefir (adds creaminess and protein)
- 1 tsp honey
- ½ tsp vanilla extract

Instructions:



1. In a jar or airtight container, add the oats, chia seeds, and salt. Pour in the milk, Kefir, honey, and vanilla extract. Stir thoroughly with a spoon, ensuring no dry chia seeds remain stuck at the bottom corners.
2. Let the mixture sit at room temperature for 5 minutes, then give it one more quick stir to redistribute the chia seeds evenly.
3. Seal with an airtight lid and refrigerate for at least 4 hours, ideally overnight (8 to 12 hours). The oats will stay fresh in the fridge for up to 5 days.

Nutrition Info (Approximate Per Serving, Base Recipe, Based on 1% Milk):

Calories: 314, Protein: 12.5g, Total Fat: 8.5g, Saturated Fat: 2.3g, Carbohydrates: 47g, Fiber: 8.5g, Sugars: 14g, Sodium: 230mg, Cholesterol: 10mg

Flavor Variations & Add-ins:

Mix these directly into the base before chilling, or layer them on top right before eating:

- **Orchard & Island (SHOWN):** sliced banana, blueberries, toasted pecans & coconut flakes
- **Berry Crunch:** fresh or frozen berries + sliced almonds + lemon zest
- **Cashew & Banana:** cashew butter + sliced banana + 1 tsp chia seeds
- **Apple Cinnamon Nut:** diced apple + ¼ tsp cinnamon + chopped walnuts
- **Dark Chocolate Peanut Butter:** 1 tbsp cocoa powder+ dark chocolate chips + peanut butter
- **Tropical Coconut:** 2 tbsp coconut milk (swap for part of the milk) + diced mango + toasted coconut flakes