



Nourished^{Rx}

MEAL CARDS

BREAKFAST RECIPES

DISCOVERING HEALTHY FOOD

*Satisfying and filling
well-balanced recipes*

© 2024 Project Well, Inc. dba NourishedRx. All rights reserved.



BREAKFAST RECIPES

Breakfast
parfaits



Mini Quiches



Sweet Potato
Toast



Omelet



Breakfast Parfaits

Did you know that eating a balanced breakfast can help make the most of your total health? Those who eat breakfast are also less likely to be overweight or obese. Eating breakfast each morning helps improve energy, focus, and mood. It also is crucial for managing diabetes.

These breakfast parfaits will make you look forward to breakfast. They are filled with protein, fiber, vitamins, and minerals. When possible, choose Greek yogurt to increase the protein content of the parfait. Mix up your parfait combinations with the foods you enjoy most. This simple, quick, make-ahead, breakfast is sure to become a fast favorite.



Breakfast Parfaits

General Breakfast Parfait Recipe

Recipe adapted from
www.favfamilyrecipes.com



Kitchen Tools Needed

- Spoon
- 6 small glasses, cups, or bowls
- Food saving film or plastic wrap
- 6 Storage containers or plastic bags
- Measuring spoons and cups

Ingredients

- 1 ½ cups fruit of choice (strawberries, banana, papaya, mango, raspberries, blueberry)
- 32 oz. nonfat plain Greek yogurt (or low sugar vanilla yogurt) (<5g sugar)
- 4-5 cups low-sugar granola (<5g sugar)
- Toppings of choice (see below)

Additional Toppings of Choice

- 1-2 Tbsp unsweetened coconut shreds
- 1-2 Tbsp nuts or seeds
- 1-2 tsp all-natural peanut butter

Instructions

1. Layer ¼ cup fruit of choice in the bottom of each cup, then add ½ cup of yogurt on top of the berries. Yogurt should be the top layer.
2. Add toppings of choice to a storage container. You can add these toppings when it is time to eat. Storing them apart ensures that you'll have a crunchy texture element added to your breakfast parfait.
3. Keep yogurt/fruit cups in the refrigerator for up to 5 days.

TIP: Keep the serving of fruit to ¼ cup and try to pair with nuts/seeds or nut butter.

Option 1: PB&J

Plain Greek yogurt, strawberries, peanut butter

Option 2: Raspberry Peach

Plain Greek yogurt, peaches, raspberries, low-sugar or grain-free granola

Option 3: Mango Coconut

Plain Greek yogurt, Mango, optional: coconut

Mini Quiches

These muffin-sized bites are packed with protein, vitamins, and minerals and are guaranteed to keep you full and satisfied!

Mini quiches are the perfect quick and easy breakfast, on-the-go snack, and finger food to bring to a party!

The best part about mini quiches are the endless flavor possibilities. Make them your own by adding your favorite veggies, herbs, and spices.

Mini quiches are also great to freeze and reheat at a later time. To reheat, warm in an oven at 350 degrees F for 8 to 10 minutes.

For a filling meal or snack, pair your mini quiche with a side salad, a bowl of fruit, or a cup of low-sodium soup.



Mini Quiches

General Mini Quiches Recipe

Recipe adapted from
www.addapinch.com



Kitchen Tools Needed

- Muffin tin
- Nonstick cooking spray
- Bowl
- Whisk
- Oven

Ingredients

- 3 large eggs
- ½ cup regular milk or unsweetened almond or oat milk
- Salt and pepper to taste

Additional Toppings of Choice

- ¼ cup mushrooms
- ¼ cup shredded cheese

Instructions

1. Preheat the oven to 375 degrees F.
2. Spray a standard 12-cup muffin pan with nonstick cooking spray, set aside.
3. In a large bowl, whisk the eggs, milk, salt, and pepper until well combined. Stir in optional add-ins.
4. Spoon the mixture into the prepared pan, filling each cup about two-thirds full.
5. Bake for 20-25 minutes, or until a toothpick inserted into the center of a quiche comes out clean. Enjoy!

Option 1: Broccoli Cheddar

1 cup frozen broccoli (steamed & chopped), 1 cup shredded cheddar cheese

Option 2: Tomato Basil

1 large tomato (chopped), ½ cup fresh basil (chopped)

Option 3: Jalapeno Corn

1 cup canned jalapenos (drained & chopped), 1 cup canned corn (drained)

Sweet Potato Toast

Slices of sweet potato can be a great alternative to bread! Sweet potatoes are budget friendly and a great source of vitamins, minerals, and fiber.

These toasts can be made sweet or savory using your favorite toppings and flavors! Simply top your sweet potato toast with toppings you would put on regular toast and enjoy!



Sweet Potato Toast

General Sweet Potato Toast Recipe

Recipe adapted from
www.therealfooddietitians.com



Kitchen Tools Needed

- Knife
- Cutting Board
- Toaster Oven/Oven
- Wire rack
- Baking pan

Ingredients

- 1 large sweet potato, washed and dried
- Cooking spray or oil

Instructions

1. Preheat oven to 350 degrees F.
2. Trim both ends from the sweet potato and slice lengthwise into ¼-inch thick pieces.
3. Arrange slices in a single layer on the wire rack, spray with cooking spray, and bake for 15-20 minutes or until potatoes are tender. (Watch to be sure they don't burn!)
4. Remove pan from oven and allow potatoes to cool on a wire rack. Serve with your favorite toppings and store leftovers in the fridge for up to 4 days.

Option 1: PB&J

Sweet potato, peanut butter, berries with a sprinkle of chia seeds

Option 2: Egg Avocado

Sweet potato, egg, avocado, everything but the bagel seasoning

Option 3: Cheesy Tuna

Sweet potato, tuna salad (tuna, Greek yogurt, garlic powder, salt, pepper), a slice of cheese

Omelet

Did you know that eating a breakfast high in protein can help improve your overall health? Breaking your overnight fast with a breakfast high in protein like an omelet helps to wake the body up and keep your blood sugar stable.

Omelet making can be fun because it is a chance for you to get creative and mix and match food items to make an omelet that fits the flavors you like. For example, toss together some peppers, onions, spinach, and swiss cheese and just like that you have a fiber-filled, balanced, energy packed meal.

Bonus points for extra veggies! Save time and money by buying frozen chopped vegetables. Frozen veggies tend to be cheaper than fresh and are easily added to omelets.

If you're not sure where to start, that's okay. Grab some eggs and your favorite veggies and start trying out some different combinations. Before you know it, breakfast will become your favorite meal!



Omelet

General Omelet Recipe

Recipe adapted from
www.eatingwell.com



Kitchen Tools Needed

- BPA-free non-stick pan
- Bowl
- Spatula
- Whisk or fork
- Knife and cutting board
- Plate

Ingredients

- 2 large eggs
- 1 tsp olive oil
- Nonstick cooking spray
- Salt and pepper to taste

Additional Toppings of Choice

- Scallions
- Fresh or dried basil, oregano, thyme, dill
- Garlic, chopped

Instructions

1. Prepare vegetable filling by chopping veggies of your choice. In the pan, add 1 tsp olive oil and chopped veggies. Sauté until the veggies are soft. Set aside.
2. Spray the pan with non-stick spray.
3. Crack and whisk the eggs in mixing bowl. Once fully mixed, pour into the hot pan.
4. Immediately begin stirring eggs gently but continuously with a spatula until the mixture resembles cooked egg. Stop stirring. Cook for 30 to 60 seconds more or until the egg is set.
5. Spoon the filling over one side of the omelet. Carefully fold the omelet over the filling. Remove from pan.

Option 1: Spinach and Tomato

½ cup spinach, steamed and chopped, ½ cup tomato, chopped, 1 Tbsp shredded cheddar cheese

Option 2: Broccoli, Pepper, and Onion

½ cup broccoli, ½ bell pepper, sliced, ¼ onion, diced

Option 3: Chicken Sausage and Mushrooms

1 chicken sausage link (chopped), ½ cup sliced mushrooms



Food is health, food is care.
Food is healthcare.

