



3 Savory Breakfasts

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FAITH AND HOPE WELLNESS ASSOCIATES

Hi! I'm Erin Donley, Nutritional Therapy Practitioner and Health Educator of Faith & Hope Wellness.

It is my hope that you find these recipes enjoyable and will help you adopt a lower sugar lifestyle. Eating a good hearty breakfast has been shown to help you stick to a healthier eating routine throughout the day and lower the sugar rollercoaster.

Feel free to tag my on Instagram if you use any of these recipes @faithandhopentp.

Cheers!

Erin :)

Bacon, Egg & Avocado Breakfast Wraps

2 SERVINGS 5 MINUTES



INGREDIENTS

4 Egg
Sea Salt & Black Pepper (to taste)
1/2 tsp Butter
2 Brown Rice Tortilla
4 slices Bacon, Cooked (chopped)
1/2 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	471	Cholesterol	392mg
Fat	27g	Sodium	671mg
Carbs	32g	Vitamin A	649IU
Fiber	6g	Vitamin C	5mg
Sugar	4g	Calcium	64mg
Protein	22g	Iron	3mg

DIRECTIONS

- 01 Crack the eggs into a bowl and whisk well. Season with salt and pepper.
- 02 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your desired consistency.
- 03 Add the eggs to the tortilla along with bacon and avocado. Wrap and repeat with any remaining tortillas. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately after cooking.

SERVING SIZE

One serving is equal to one wrap.

DAIRY-FREE

Use avocado oil instead of butter.

MORE FLAVOR

Add spices to the eggs while cooking. Add extra greens such as spinach or arugula to the wrap.

MAKE IT VEGAN

Use a tofu scramble and vegan bacon.

Fried Egg Sandwich with Avocado

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tps Avocado Oil
1 Egg
1/8 tsp Sea Salt
2 slices Gluten-Free Bread
1/2 Avocado (mashed)

NUTRITION

AMOUNT PER SERVING

Calories	449	Cholesterol	186mg
Fat	31g	Sodium	628mg
Carbs	33g	Vitamin A	417IU
Fiber	9g	Vitamin C	10mg
Sugar	6g	Calcium	70mg
Protein	12g	Iron	2mg

DIRECTIONS

- 01 Heat the oil in a frying pan over medium-high heat. Fry the egg to your liking. Season with salt.
- 02 While the egg cooks, toast the bread. Spread the mashed avocado onto it.
- 03 Add the egg, close the sandwich and slice. Enjoy!

NOTES

LEFTOVERS

For best results, make just before enjoying.

MORE FLAVOR

Add lemon juice and/or pepper to the mashed avocado.

ADDITIONAL TOPPING

Spinach, tomato, bacon and/or smashed garlic.

Veggie Goat Cheese Omelette

2 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Tamari
1 tbsp Extra Virgin Olive Oil
1 cup Mushrooms (sliced)
1/4 cup Red Onion (diced)
2 Garlic (cloves, minced)
2 cups Baby Spinach
5 Egg
1/3 cup Goat Cheese (crumbled)
1/4 cup Parsley (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	323	Cholesterol	472mg
Fat	23g	Sodium	799mg
Carbs	8g	Vitamin A	4129IU
Fiber	2g	Vitamin C	22mg
Sugar	3g	Calcium	137mg
Protein	22g	Iron	4mg

DIRECTIONS

- 01 Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
- 02 Whisk eggs together in a mixing bowl.
- 03 Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
- 04 Repeat with remaining ingredients to create another omelette. Enjoy!