11 FAT-BURNING Breakfast RECIPES

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JOIN OUR 30-DAY PALEO CHALLENGE TODAY!
INTRODUCTION

Kick-Start Your Body into Fat-Burning Mode First Thing in the Morning!

**WE ALL** know breakfast is the most important meal of the day—but do we know why? Breakfast is the meal that “breaks the fast” your body is experiencing since the last time you ate. What you choose to consume at this time sets the stage for how your body will respond and how you will feel for the rest of the day. If you kick-start your morning with typical items from the Standard American Diet (SAD) such as muffins, bagels, cereal, oatmeal, fruit juice, and sugar-filled caffeinated drinks, you set yourself up for weight gain, difficult-to-control cravings, and energy crashes.

Our society has perpetuated the myth that processed and refined carbohydrates are ideal for breakfast. Manufacturers claim many of the items mentioned above are “healthy,” labeling cereals with such terms as “heart-healthy” and muffins as “low-fat.”
These foods, however, rapidly break down into simple sugars and cause your blood sugar level to spike. To stay healthy, your body must tightly control the amount of sugar in your bloodstream at any given time. A sharp rise in blood sugar often results in a subsequent drop. These sharp fluctuations in your blood sugar level leave you feeling cranky and fatigued while wreaking havoc on your hormones and body. Consistent overconsumption of carbs causes blood sugar regulation problems; hormone and immune dysregulation; weight gain; and insulin resistance, all the while stressing your body and leaving you craving more sugary foods. Worse, it sets you up for developing chronic disease conditions.

While commonly accepted, the belief that breakfast must be carbs, carbs, carbs is not only untrue but also unhealthy—and it will likely thwart your weight loss efforts.

**Well, what should I be eating, then?**

**FIRST OFF**, you want to avoid all processed and refined carbohydrates and a breakfast that consists of mostly carbs. Secondly, it’s crucial to start your day with a breakfast that includes a quality animal-based protein and fat.

*Breakfast: Quality Protein + Quality Fat + Veggies = Success!*

Another thing to know about breakfast ... it doesn’t have to “look” like breakfast!

Anything you would eat for lunch or dinner can be eaten first thing in the morning.

**Why eat a quality animal-based protein + fat for breakfast?**

**PROTEIN**

**PROTEIN IS vital** to living an optimal, healthy life. The protein we eat is broken down into basic building blocks called amino acids, which are then circulated into our body for the growth and repair of skeletal muscle, tendons, ligaments, hair, skin, and so on. We also need protein to manufacture antibodies, hormones, enzymes, and neurotransmitters.

![Image of bacon](image)

**Protein is also critical in:**

1) Stabilizing Blood Sugar

**BEGINNING YOUR** day with a quality protein helps stabilize blood sugar. A hormone called *glucagon* (a.k.a. the fat-burning hormone) is secreted by the pancreas when animal protein is consumed as well as during exercise and hunger. *Insulin* (the fat-storing hormone, insulin is secreted primarily in response to carbs) and glucagon help regulate blood sugar balance. Either one or the other is dominant at a given time. When glucagon is dominant, it helps keep your body in a releasing or burning mode. That is why protein helps stabilize blood sugar and facilitate fat loss.
2) Satiety & Weight Loss

PROTEIN DOES an excellent job of helping us feel satiated so we don’t overeat. Protein causes a release of several satiety hormones (PYY, GLP-1, and cholecystokinin), which signal to your brain that you are full and also reduce the hunger hormone, ghrelin. Protein is difficult to overeat due to built-in regulatory mechanisms. Think about it—it’s super-easy to eat a whole bag of potato chips, but rarely do you overeat a steak. By eating adequate amounts of quality protein, you will feel more satiated and will naturally eat less. If you are looking to lose weight or “lean out,” it is important to include a quality protein at every meal.

3) Boosting Metabolism

PROTEIN ALSO has a thermic effect, which increases your metabolism. Simply put, we burn more calories eating protein than the same serving in carbohydrates.

Animal-Based Protein

WE RECOMMEND consuming a quality animal-based protein with each meal—especially breakfast. Animal-based proteins are complete protein sources, which means they contain all the “essential” amino acids your body requires to function optimally. There are twenty-one amino acids, nine of which are “essential.” These must be derived from food as our bodies do not manufacture them. Animal-based proteins are also more bio-available (more easily used by the body) and nutrient-dense than plant proteins.

Quality Considerations

WHEN SEEKING out animal-based protein, you want to obtain the highest quality you can afford and access. In regards to quality, there are two primary considerations:

1. Conditions the animal was raised in
2. What the animal was fed

Conventional factory-farming enterprises frequently raise animals in confined feedlots, restricting the ability of the animal to move freely and access sunshine. The animals are also injected with harmful substances like hormones and antibiotics. Animals raised in this type of environment are not fed their natural diet (e.g., cows consume grains instead of grass). The results of these practices are often unhealthier animals and unhealthier meat. Cows allowed to roam and eat grass provide healthier meat that contains far more omega-3 fatty acids (anti-inflammatory in nature) and CLA (improves brain function, aids in weight loss, and has anti-cancer properties).

We suggest avoiding or limiting consumption of conventional meat from animals raised in poor-quality living conditions, injected with toxins, and fed unnatural diets.

Look for grass-fed and organic meats, wild-caught fish, and pasture-raised eggs. Always read labels for added sugars and other processed ingredients.

Quality Protein Sources

- Eggs (yolk included!)
- Turkey
- Seafood
- Beef
- Bison
- Lamb
- Chicken
- Duck
- Pork
- Rabbit
- Goat
- Wild game
- Organ meats
FAT

IN CONTRAST to carbohydrates, fat is an excellent source of energy that is twice as dense, longer-lasting, and more evenly released in the body. It is just as essential to our health as protein—we cannot live without it.

Fat Doesn’t Make You Fat

DIETARY FAT (particularly saturated fat) has gotten a bad rap for causing weight gain and other serious health problems like heart disease. More recent research, however, reveals this belief is completely false.

For years, proponents of the Standard American Diet have promoted a diet low in fat, which has led to an overconsumption of processed and refined carbohydrates—a recipe for disaster in the form of insulin resistance, obesity, and other chronic degenerative diseases.

When you stop bombarding your body with sugar all the time and eat quality fats, your body learns to use fat as a fuel source and is able to begin releasing your own fat stores. Eating a quality protein with a quality fat while avoiding sugar and processed and refined carbohydrates forces your body to tap into your body fat storage. The results are a faster metabolism, more energy, and fat loss!

Know Your Fats

NOT ALL fat is created equal! The typical modern-day diet uses toxic fats too often, and that is where problems arise.

Toxic Fats

CERTAIN FATS such as industrial seed vegetable oils and trans fats are toxic and pro-inflammatory. These fats/oils should be avoided
entirely. Unfortunately, they are also the most commonly used cooking oils found in restaurants and processed/packaged foods.

**Stay away from:**
- Trans fats (found in deep-fried foods and fast food)
- Hydrogenated and partially hydrogenated oil
- Margarine, vegetable shortening, and other butter substitutes
- Corn oil
- Soybean oil
- Safflower oil
- Canola oil
- Cottonseed oil

**Healthy Fats**

**QUALITY SOURCES** of dietary fat not only help you lose weight, but they also stabilize your energy levels and keep you feeling full or saturated. Quality fats are vital for functions such as reproduction as well as maintaining a healthy brain, kidneys, and lungs; producing sex and stress hormones; fostering cell membrane integrity; increasing bone health; protecting the heart during times of stress; decreasing inflammation; and achieving weight loss!

**Quality Fat Sources**
- Grass-fed butter
- Coconut oil
- Olive oil
- Olives
- Avocados
- Flax seed oil (do not cook with or heat)
- Nuts and seeds (almonds, walnuts, macadamia nuts, pumpkin seeds)
- Pastured lard, tallow, or duck fat

**NOTE:** You will also consume some fat when eating animals. It is essential to choose organic, pasture-raised or wild-caught animals, especially if the cuts are fattier in nature. Toxins are stored in the fats of animals, so if you are consuming conventional meat, you’ll want to choose lean cuts to decrease the intake of toxins like hormones, antibiotics, and pesticides.

Building your breakfast around a quality protein + fat will help you:

1. start the day in **fat-burning** mode
2. feel full and energized, and
3. keep your blood sugar levels in balance.

Once your plate is built around a quality protein and fat, load it up with veggies! Yes, you can eat veggies at breakfast! A huge helping of spinach, broccoli, kale—any non-starchy vegetable—will complement your breakfast perfectly.

Remember to avoid sugar; processed, packaged, and refined foods; and fruit juices. Also stay away from dairy (e.g., milk and cheese) and grains as they, too, are broken down into simple sugars in the body.

Just remember this **fat-burning breakfast equation**:

**Breakfast:** Quality Protein + Quality Fat + Veggies = **Success**!

Following you will find eleven fat-burning breakfast recipes to get you started.
JOIN OUR 30-DAY PALEO CHALLENGE TODAY!
RECIPES
KALE EGG Cups

SERVINGS: 4
PREP TIME: 15 MINUTES
COOK TIME: 20 MINUTES

*IF USING COCONUT OIL INSTEAD OF BUTTER

INGREDIENTS

COCONUT OIL OR BUTTER FOR GREASING PAN
1–2 BUNCHES KALE (1 LARGE LEAF PER SERVING)
1 RED PEPPER, DICED
8 EGGS
SLICE OF AVOCADO OR SPRINKLE OF SEASONED PUMPKIN SEEDS ON TOP (OPTIONAL)

DIRECTIONS

1. HEAT OVEN TO 375° F. Grease a muffin tin.

2. WASH AND TRIM kale. Steam or blanch (bring a large pot of water to a boil, add greens, and cook for about 2 minutes) until bright green and just tender.

3. LINE CUPS OF prepped muffin tin with leaves of steamed kale, making sure to cover as much of the muffin well as possible. Leave a little bit of kale sticking up above the surface of the muffin tin. You’ll need about 1 large leaf per cup; it’s okay to layer smaller leaves in one cup.

4. CRACK ONE EGG into each well of the muffin tin, covering the kale. Add diced red pepper to each. Bake 15–25 minutes until the egg yolk is cooked to your preference. Remove muffin tray from oven and allow to cool 5 minutes before carefully popping out the egg cups.

5. PACKAGE THEM UP for the week and take to work. Serve warm or cold.
COCONUT PROTEIN Pancakes

DIRECTIONS
1. HEAT A LARGE skillet over medium heat.
2. ADD THE EGGS, melted oil, cinnamon, vanilla, and salt to a high-powered blender.
3. ADD THE COCONUT flour and mix well for about 1 minute. Batter should be thick. If it is too thin, add a little more coconut flour.
4. LOWER HEAT TO medium low and add a small amount of coconut oil to the heated pan. Pour batter into 4-inch diameter pancakes. Cook about 3 minutes on each side. Make sure they are set and golden brown before flipping. Makes eight 4-inch pancakes.
5. SERVE WITH FRESH fruit or almond butter.

INGREDIENTS
8 EGGS
¼ CUP MELTED COCONUT OIL
¼ CUP COCONUT FLOUR
(PLUS A LITTLE MORE)
1 TBS. CINNAMON
1 TSP. VANILLA
PINCH OF SEA SALT

SERVINGS: 4 (OPTION TO DOUBLE)
PREP TIME: 5 MINUTES
COOK TIME: 20 MINUTES
GF DF
**BEEF & GINGER**

**Stir Fry**

**DIRECTIONS**

1. **HEAT 1 TABLESPOON** oil and garlic in a large skillet over medium-high heat.

2. **ADD SLICED BEEF** and brown. Transfer beef from pan to a side dish. Remove excess juice from the pan.

3. **IN A SMALL** bowl, mix lemon juice, flax meal, grated ginger, freshly ground black pepper, and red pepper flakes with ¼ cup broth.

4. **HEAT PAN AGAIN** over medium heat. Add 1 tablespoon coconut oil. When pan is hot, add onion and broccoli slaw. Pour liquid ingredients on top and toss to coat. Cook over medium heat until broccoli is tender.

5. **ADD KALE AND** sauté another 2 minutes. Return beef to the pan and add the extra broth if desired. Stir beef in until it's coated with sauce and let simmer for a few minutes until beef is warmed through.

**SERVINGS:** 4  
**PREP TIME:** 15 MINUTES  
**COOK TIME:** 15 MINUTES

**INGREDIENTS**

1 LB. PETITE SIRLOIN STEAK, CUT INTO THIN STRIPS  
2 TBS. COCONUT OIL  
2 CLOVES GARLIC, MINCED  
1 TBS. FLAX MEAL  
2 TSP. FRESHLY GRATED GINGER  
(OPTIONAL: SUBSTITUTE 1 TSP. GROUND GINGER)  
2 TSP. FRESHLY GROUND BLACK PEPPER  
¼ TSP. RED PEPPER FLAKES  
¼ TO ½ CUP BEEF BROTH  
(OR BROTH OF CHOICE)  
4 CUPS BROCCOLI SLAW (1 BAG—LOOK NEAR PACKAGED LETTUCE)  
¾ CUP YELLOW ONION, FINELY DICED  
1 BUNCH KALE, STEMS REMOVED, CHOPPED  
1 LEMON, JUICED
AVOCADO BREAKFAST Bake

SERVINGS: 2
PREP TIME: 5 MINUTES
COOK TIME: 20 MINUTES

INGREDIENTS
2 AVOCADOS
4 EGGS
2 CUPS GREENS OF CHOICE (SPINACH, KALE, & ARUGULA ARE ALL GREAT), SAUTÉED
Toppings: GREEN ONIONS, SALSA, & FRESH CILANTRO (OPTIONAL)

DIRECTIONS
1. PREHEAT THE OVEN to 350°F.
2. CUT THE AVOCADOS in half and carefully remove the pit.
3. PLACE AVOCADOS OPEN side up in a large baking dish, propped up if needed. If they are small avocados, scoop out a little more of the flesh to make room for a cracked egg.
4. CRACK ONE EGG into each avocado and sprinkle with sea salt and pepper. Bake 15–20 minutes or until egg reaches desired doneness.
5. ADD YOUR PREFERRED toppings and sautéed greens on the side.
JOIN OUR 30-DAY PALEO CHALLENGE TODAY!
APPLE NUT Porridge

DIRECTIONS

1. **PLACE ALL INGREDIENTS** in a Vitamix or other blender. Pulse slowly to maintain a chunky consistency—it doesn’t take long.

2. **ONCE YOU’VE REACHED** your desired consistency, pour contents into small saucepan and warm.

3. **SERVE WITH SPRINKLED** cinnamon on top.

**NOTE:** We aren’t cooking the mixture, just warming it up, so check with your finger to see if it’s warm enough to eat.

**INGREDIENTS**

1. **APPLE** (CORED & COARSELY CHOPPED)
2. **½ CUP BRAZIL NUTS**
3. **1 TO 1½ CUPS FULL-FAT ORGANIC COCONUT MILK** (I LIKE NATIVE FOREST)
4. **½ TSP. VANILLA**
5. **½ TSP. CINNAMON**
6. **PINCH OF SEA SALT**

**NOTE:** Consume porridge with animal protein of choice (e.g., eggs or quality bacon, sausage, or ground meat)
COLLARD GREENS &
Ground Beef

DIRECTIONS

1. WARM THE OIL in a large skillet over medium heat.
2. ADD THE ONION and sauté until soft, about 4 minutes.
3. ADD THE GARLIC and jalapeño and sauté until fragrant, about 1 minute.
4. ADD THE GROUND beef and seasonings and cook until browned, about 6 to 8 minutes.
5. ADD THE COLLARD greens and tomatoes and sauté until wilted, about 4 minutes. Stir everything gently as it cooks, careful not to mush the tomatoes.
6. ADD THE LEMON juice, season to taste, and serve.
JOIN OUR 30-DAY PALEO CHALLENGE TODAY!
GREEN EGGS & Ham

**11 Fat-Burning Breakfast Recipes**

**DIRECTIONS**

1. **DRIZZLE SAUTÉ PAN** with coconut oil or butter.

2. **ADD BROCCOLI AND** brussels sprouts and sauté 5 minutes.

3. **ADD SHALLOTS AND** sauté another 3–5 minutes.

4. **ADD EGGS AND** cook until eggs are done.

5. **SERVE WITH AVOCADO** slices.

**SERVINGS:** 6  
**PREP TIME:** 10 MINUTES  
**COOK TIME:** 15 MINUTES

*IF USING COCONUT OIL INSTEAD OF BUTTER

**INGREDIENTS**

- COCONUT OIL OR BUTTER
- 8 EGGS
- 6 OZ. HAM, DICED
- 1 SHALLOT, DICED
- 1 LB. BROCCOLI FLORETS, CHOPPED
- 1 LB. BRUSSELS SPROUTS, SLICED
- 2 CUPS CHOPPED GREENS OF CHOICE
- 1 AVOCADO
KALE & SAUSAGE
SHREDDED BROCCOLI
Pancakes

SERVINGS: 4
PREP TIME: 15 MINUTES
COOK TIME: 20 MINUTES
GF DF

INGREDIENTS

Kale & Sausage
1 SMALL YELLOW ONION, SLICED INTO HALF-MOONS (LONG, THIN SLIVERS)
4 PRECOOKED CHICKEN SAUSAGES, SLICED INTO ¼-INCH ROUNDS
2 BUNCHES KALE, DESTEMMED & CHOPPED
2 HEADS BROCCOLI FLORETS

Broccoli Pancakes
2 CUPS BROCCOLI SLAW (SHREDDED STEMS)
2 EGGS
1¼ CUP ALMOND FLOUR
1 TSP. ONION POWDER
1 TSP. GARLIC POWDER
1 TSP. CHILI POWDER OR ITALIAN SEASONING
COCONUT OIL FOR FRYING

DIRECTIONS

1. SHRED BROCCOLI STEMS.
2. IN A BOWL, mix together pancake ingredients until well-combined.
3. IN A SKILLET, heat 2 tablespoons of oil until hot.
4. FLATTEN SLAW MIXTURE into pancakes about the size of your palm. Lay them in the oil and cook on one side until crispy. Flip and cook the other side until crispy.
5. IN THE SAME frying pan, sauté onions and broccoli florets for 5 minutes.
6. ADD SAUSAGE AND kale. Cook 5 minutes or until sausage is hot and kale becomes soft.
30 JOIN OUR 30-DAY PALEO CHALLENGE TODAY!
**PESTO CHICKEN Salad**

**SERVINGS:** 4  
**PREP TIME:** 10 MINUTES  
**COOK TIME:** 10 MINUTES  
*GF DF*

**INGREDIENTS**
- 4 CHICKEN BREASTS
- 1/4 CUP FRESH DILL, CHOPPED
- 1/4 CUP WALNUTS
- 1 CLOVE GARLIC
- 1 CUP OLIVE OIL
- 1 SHALLOT
- 1 LEMON, JUICED & ZESTED
- 1 TSP. BALSAMIC VINEGAR
- ARUGULA
- CHERRY TOMATOES

**DIRECTIONS**

1. **IN A LARGE** saucepan, poach chicken breast with a pinch of sea salt and enough water to cover chicken.

2. **BRING TO A** boil, then reduce heat to simmer. Cook uncovered until done, about 10 minutes. Drain water and shred the chicken using a fork.

3. **IN A FOOD** processor, combine the dill, walnuts, and garlic. Pulse until finely chopped. With the motor running, slowly add the oil and pulse until combined.

4. **TRANSFER PESTO TO** a large mixing bowl. Add shredded chicken; shallot; lemon juice and zest; and balsamic vinegar.

5. **LAYER A PLATE** with a large handful of arugula. Place chicken salad on top with diced cherry tomatoes.
MINI FRITTATA WITH SUN-DRIED TOMATOES & Basil

**DIRECTIONS**

1. **PREHEAT THE OVEN** to 325° F. Lightly grease a nonstick muffin tin.

2. **HEAT BUTTER, GARLIC**, and shallot in a large skillet over medium-high heat for 3 minutes.

3. **ADD PROSCIUTTO, SPINACH**, and basil and cook until the leaves are wilted, about 3 minutes. Remove the mixture from the pan and set aside to cool.

4. **WHISK TOGETHER THE** eggs, dividing evenly between each of the cups. Drop a spoonful of the mixture into each cup and sprinkle the top of the cups with sun-dried tomatoes.

5. **BAKE 25 MINUTES** or until eggs are set and beginning to brown.

**SERVINGS:** 6

**PREP TIME:** 10 MINUTES

**COOK TIME:** 25 MINUTES

**INGREDIENTS**

- 8 EGGS
- 4 SLICES PROSCIUTTO, DICED
- 2 CUPS SPINACH
- 1 CLOVE GARLIC, MINCED
- 1 SHALLOT, DICED
- ¼ CUP SUN-DRIED TOMATOES, DICED
- ¼ CUP FRESH BASIL, CHOPPED
- 1 TBS. BUTTER

11 Fat-Burning Breakfast Recipes
CROCKPOT SAUSAGE &

Eggs

DIRECTIONS

1. **GREASE A CROCKPOT** with coconut oil and add all the ingredients.

2. **COOK ON LOW** 6 to 8 hours.

3. **THIS IS A** great meal to make before going to bed so it’s ready for breakfast when you wake up!

SERVINGS: 6

PREP TIME: 15 MINUTES

COOK TIME: 6–8 HOURS

**GF DF**

INGREDIENTS

- 8 EGGS, WHISKED
- 1 SWEET POTATO, SHREDDED
- 1 LB. GRASS-FED BREAKFAST SAUSAGE (SUGAR-FREE), BROKEN UP
- 1 YELLOW ONION, DICED
- 1 CLOVE GARLIC, MINCED
- 2 TSP. DRIED BASIL
- 3 CUPS KALE OR GREEN OF CHOICE, CHOPPED & PACKED
- COCONUT OIL
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