

ORIGINAL BREAKFASTS DESSERTS SNACKS

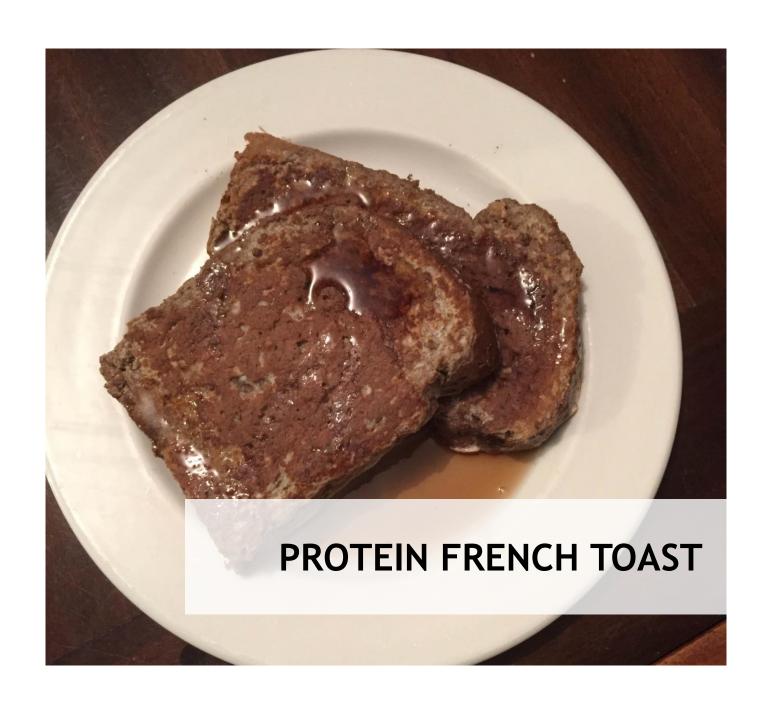
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TABLE OF CONTENTS

1	PROTEIN FRENCH TOAST
2	GOLDEN PANCAKES
3	MINI EGG MUFFINS
4	SCRAMBLED EGGS WITH AVOCADO & ASPARAGUS
5	SCRAMBLED EGGS WITH CHERRY TOMATOS AND CHICKEN
6	OMELETTE WITH MIXED CAPSICUM & SPRING ONION
7	SCRAMBLED EGGS WITH BACON & AVOCADO
8	POACHED EGGS, SALMON, ASPARAGUS & CHERRY TOMATOES
9	WRAPPED BREAKFAST
10	GINGER & CINNAMON OVERNIGHT OATS
11	OVERNIGHT BERRY OATS
12	COCONUT COFFEE OVERNIGHT OATS

13	PROTEIN CAKE
14	PROTEIN CINNAMON & BLUEBERRY CAKE
15	FROZEN YOGHURT BERRY BARK
16	LOW CARB CREPE & BERRIES
17	RICOTTA BERRY PARFAIT
18	CINNAMON BAKED APPLES & RICCOTA
19	SLOW COOKER APPLES & RICOTTA
20	MICROWAVE CINNAMON APPLES & CHOBANI
21	SNACK POTS
22	RICE CAKES WITH COTTAGE CHEESE & TOMATO
23	CAULIFLOWER & BACON CUPS



PROTEIN FRENCH TOAST



Serves: 2



serving:
428 kcal
8g Fats
37g Carbs
49g Protein

WHAT YOU NEED

- 4 Slices Helgas Low-Carb Bread
- 6 egg whites (you may need more or less depending on the whites you use)
- 2 scoops Vanilla Protein powder
- Dash of Milk to thin mixture down
- Queens sugar free maple Syrup

WHAT YOU NEED TO DO

Blend the egg whites, protein powder and milk in a shaker and then pour into a bowl.

Heat your pan and use non-stick spray. Dip the bread into the egg mixture then place in frying pan. Cook until golden on both sides.

Serve Queen maple syrup and berries if you have room in your macros.





GOLDEN PANCAKES



Serves: 2



Nutrition per serving: 256 kcal 4g Fats 37g Carbs 20g Protein

WHAT YOU NEED

- 1/3 Cup Rolled oats
- 2 egg whites
- 1/3 cup light cottage cheese
- 2/3 cup mixed berries
- Queen sugar free maple syrup

WHAT YOU NEED TO DO

Blend all ingredients together in a blender or nutribullet until it is smooth and lump free.

Cook as you would normal pancakes.

Serve with 1/3 cup mixed berries and Queen Maple Syrup.





MINI EGG MUFFINS

WHAT YOU NEED

- 1 cup chopped red capsicum
- 1 cup chopped green capsicum
- 1 small red onion
- 2 cups baby spinach
- 1 cup chopped mushrooms
- 4 whole eggs
- 4 egg whites



1.3g Carbs 4g Protein

- 1. Pre heat oven to 180
- 2. Saute capsicum and onion until tender
- 3. Add spinach and mushrooms and cook a further minute or two and season with salt if desired.
- 4. Spoon the veg mix evenly into a 12 hole muffin tray
- 5. Mix the whole eggs and egg whites and pour evenly over the veg mix.
- 6. Cook for 15-20 minutes or until firm on the top and cooked through
- 7. Enjoy 🐯



SCRAMBLED EGGS WITH AVACADO & ASPARAGUS



WHAT YOU NEED TO DO

- 2 whole eggs
- 1 egg white
- 4 asparagus spears
- ¼ Medium avocado



Nutrition per serving: 252 kcal 16g Fats 4g Carbs 22g Protein



SCRAMBLED EGGS WITH CHERRY TOMS & CHICKEN



WHAT YOU NEED TO DO

- 2 whole eggs scrambled
- 6 cherrie tomatoes
- 70grms Chicken breast
- Bed of baby spinach



Nutrition per serving: 235 kcal 11g Fats 5g Carbs 30g Protein



OMELETTE WITH MIXED CAPSICUM & SPRING ONION



WHAT YOU NEED TO DO

- 1 whole egg
- 3 egg whites
- 100gms mixed capsicum
- 20 gm Spring Onion



serving: 159 kcal 5g Fats 7g Carbs 18g Protein



SCRAMBLED EGGS WITH BACON & AVOCADO



WHAT YOU NEED TO DO

- 1 whole egg
- 3 egg whites
- ¼ Medium Avocado
- 50gm fat free Bacon



273 kcal 17g Fats 3g Carbs 26g Protein



POACHED EGGS, SALMON, ASPARAGUS & TOMATO

- 2 poached eggs
- 50grms smoked salmon
- 4 Asparagus Spears
- 6 Cherry Tomatoes





POACHED EGGS, SALMON, ASPARAGUS & TOMATO



WHAT YOU NEED TO DO

- 2 whole eggs scrambled
- 1 serve mountain bread
- 100gms light ham



serving:
serving:
255 kcal
14g Fats
37g Carbs
27g Protein



GINGER & CINNAMON OVERNIGHT OATS



WHAT YOU NEED TO DO

Mix together the following ingredients in a container and leave in the fridge overnight, ready for the morning.

- 40gms rolled oats
- 50gms Chobani Yoghurt
- 1/3 cup water
- 1/3 tsp Ginger
- 2/3 tsp Cinnamon
- 1/3 tsp Vanilla Essence
- Pinch of salt



YES YOU CAN BLEND YOUR OAT MIX'S IN A NUTRIBULLET AND HAVE THEM AS SMOOTHIES



BERRY OVERNIGHT OATS



WHAT YOU NEED TO DO

Mix together the following ingredients in a container and leave in the fridge overnight, ready for the morning.

- 40gms rolled oats
- 1/3 cup water
- 1/2 cup mixed frozen berries
- 1 Scoop vanilla Protein Powder



YES YOU CAN BLEND YOUR OAT MIX'S IN A NUTRIBULLET AND HAVE THEM AS SMOOTHIES (3)



COCNUT COFFEE OVERNIGHT OATS



WHAT YOU NEED TO DO

Mix together the following ingredients in a container and leave in the fridge overnight, ready for the morning.

- 80gms Rolled oats
- 1/3 cup Ayams Light Organic Coconut Cream
- 1 shot coffee this needs to equal 1/3 cup so top up with water if necessary
- ½ tsp Cinnamon
- 1 tblsp Queen Maple Syrup
- 1 Scoop vanilla Protein Powder



YES YOU CAN BLEND YOUR OAT MIX'S IN A NUTRIBULLET AND HAVE THEM AS SMOOTHIES





PROTEIN CAKE



Serves: 1



Nutrition per serving: 182 kcal 6g Fats 3g Carbs 31g Protein

WHAT YOU NEED

- 1 serve of your favourite protein powder - we find Maxs/Maxines Nighttime is a winner for this.
- ½ tsp baking powder
- 1 whole egg

- 1. Mix all ingredients together in a ceramic bowl.
- 2. Add water until it is a cake batter consistency (DO NOT make it too runny)
- 3. Microwave for 45 seconds Microwave times will vary depending on power output and consistency.
- 4. Serve with Queen Maple Syrup





PROTEIN CINNAMON & BLUEBERRY CAKE



Serves: 1



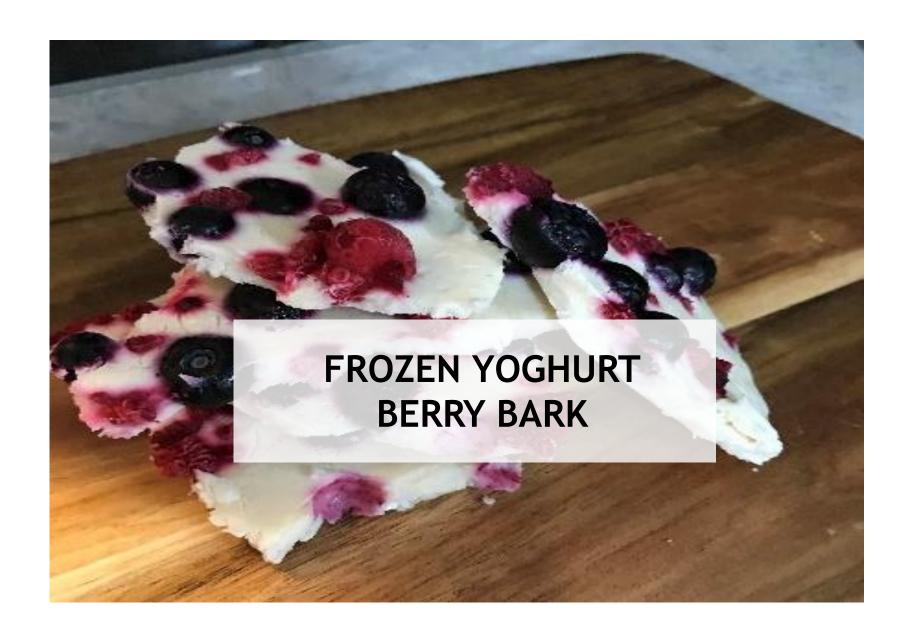
Nutrition per serving: 212 kcal 6g Fats 9g Carbs 31g Protein

WHAT YOU NEED

- 1/3 cup of frozen blueberries
- 1 serve of your favourite protein powder
- ½ tsp baking powder
- 1 whole egg
- 1 tsp of Cinnamon

- 1. Microwave blueberries for 45 seconds (the juice must be running from them)
- 2. Mix all ingredients together in a ceramic bowl.
- 3. Microwave for 45 seconds Microwave times will vary depending on power output and consistency.
- 4. Serve with Queen Maple Syrup





FROZEN YOGHURT BERRY BARK



Serves: 2



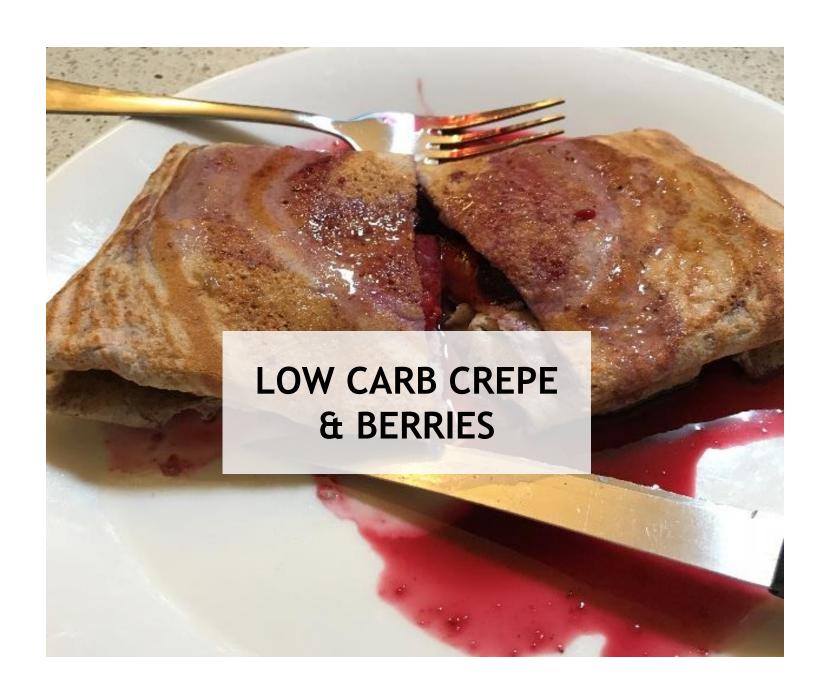
Nutrition per serving: 132 kcal 2 g Fats 16g Carbs 10g Protein

WHAT YOU NEED

- 180grms Chobani Greek Yoghurt
- 80grms frozen Blueberries
- 40grms frozen Raspberries
- 1 tblsp Stevia
- 1 tblsp Organic Honey
- 1 tsp Vanilla Extract
- 1/8 tsp salt

- 1.In a mixing bowl add yoghurt, honey, stevia, salt and vanilla and mix together thoroughly.
- 2.Line a tray with wax paper and spread yoghurt mix onto it to your desired thickness.
- 3. Sprinkle berries over the top.
- 4. Freeze until solid (about 3hrs)
- 5.Cut into pieces and store in freezer in freezer bags or containers.





LOW CARB CREPE & BERRIES



Serves: 2



Nutrition per serving: 226 kcal 6g Fats 11g Carbs 27g Protein

WHAT YOU NEED

- ½ Scoop Vanilla Protein
- 1 Whole Egg
- 2 Egg Whites
- ½ Tsp Cinnamon
- 100gms Frozen Mixed Berries
- Queen Sugar Free Maple Syrup

- 1. Whisk/Blend eggs, protein and cinnamon until completely mixed.
- 2.Cook crepes in small batches or in one big pan just ensure they are quite thin and <u>not</u> pancake thickness.
- 3. Heat berries in microwave
- 4. Place on top of crepes and serve with maple syrup.





RICOTTA BERRY PARFAIT



Serves: 2

WHAT YOU NEED

- 125g Light Ricotta
- 50g Mixed berries
- 15g Organic Honey
- · Cinnamon to taste



Nutrition per serving: 218 kcal 8g Fats 29g Carbs 12g Protein

- 1.Layer the berries and ricotta
- 2. Drizzle honey over the top
- 3. Sprinkle with cinnamon to taste





CINNAMON BAKED APPLES & RICOTTA



Serves: 6



Nutrition per serving: 163 kcal 2.7g Fats 33g Carbs 4.3g Protein

WHAT YOU NEED

For the Marinade:

- 6 Medium Granny Smith Apples
- 210ml Queens Sugar Free Maple Syrup
- 3 Tblsp Cornstarch
- 2 tblspn Lemon Juice
- ½ tsp Ground Ginger
- 1 ½ tsp Cinnamon
- 300grms Light Ricotta

- 1. Pre-heat oven to 180
- 2. Peel, core and quarter the apples before slicing thinly (the thinner the better.
- 3. Mix the maple syrup, cornstarch, lemon juice, ginger and cinnamon.
- 4. Toss the apples in the mixture
- 5. Place in a baking dish and loosely cover with foil
- 6. Bake for 45mns, remove foil then bake for another 10-15mns until the apples are tender
- 7. Serve with the ricotta and enjoy ©







SLOW COOKED CINNAMON APPLES WITH RICOTTA



Nutrition per serving: 260 kcal 8g Fats 39g Carbs 12g Protein

WHAT YOU NEED

- 5 large apples, peeled and sliced into wedges
- 2/3 cup apple cider
- 2 tablespoons sugar free maple syrup
- 1 tablespoons cornstarch
- 1 1/4 teaspoons ground cinnamon

WHAT YOU NEED TO DO

In a medium bowl, combine apple cider, 1/4 cup water, syrup, cornstarch and cinnamon.

Place the apples in a slow cooker. Pour the cider mixture over the apples.

Cover and cook on low for 2-3 hours. Give the apples a stir every hour.

The longer you cook them the softer they'll get.

Serve warm with the ricotta.





MICROWAVE CINNAMON APPLES WITH CHOBANI



Serves: 1



Nutrition per serving: 226 kcal Og Fats 42g Carbs 18g Protein

WHAT YOU NEED

- 1 apple
- 1 teaspoon of stevia
- 1/4 teaspoon cinnamon
- Pinch of nutmeg
- 1/4 teaspoon cornstarch
- 1 tablespoon water
- 1 serve sugar free maple syrup

- 1. Peel and core the apple then slice or dice it's up to you
- 2. Place all ingredients into a microwave safe bowl and mix well so the apples are fully coated.
- 3. Cover loosely and microwave for 2mns or until fully cooked.
- 4. Serve with the Chobani yoghurt and maple syrup





SNACK POTS - ALL SERVE 1



Nutrition per serving: 157 kcal 1g Fats 20g Carbs 13g Protein

- 1 small tin 4 bean mix
- 50gm capsicum
- 2 egg whites
- 3 Cherry tomotoes
- · Fat free dressing



Nutrition per serving: 184 kcal 2g Fats 18g Carbs 22g Protein

- 1 small tin chicken
- 6 Cherry Tomatoes
- 50 gm Cucumber
- 2 egg whites
- 1 tbsp Capers
- 1 Serve light mayo



Nutrition per serving: 157 kcal 1g Fats 13g Carbs 24g Protein

- 125g Tin Tuna in springwater
- 6 Cherry Tomatoes
- 30gm Cucumber
- · 1 serve light mayo



Nutrition per serving: 100 kcal 0g Fats 6g Carbs 15g Protein

- 4 Egg Whites
- 100gm mixed capsicum

Think outside the box when it comes to these as they should never be boring! Other protein sources could included smoked salmon or whatever protein source you cooked for your dinner last night. Also there's an almost limitless option for veges - why not add some roast pumpkin, olives or snow peas and mushrooms.

USE YOUR IMAGINATION



RICE CAKES WITH COTTAGE CHEESE & TOMATO



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WHAT YOU NEED

- 1 serve Rice Cakes
- 100gm (one serve) of light/low fat Cottage Cheese
- 1 Medium tomato, sliced



Nutrition per serving: 191 kcal 3g Fats 25g Carbs 14g Protein

WHAT YOU NEED TO DO

Spread the cottage Cheese on the rice cakes.

Top with the sliced tomato

Season with salt and pepper Enjoy ©





CAULIFLOWER & BACON CUPS



Serves: 2 Prep: 5 + 30 mins Cook: 15-25 mins



42g Carbs

34g Protein



WHAT YOU NEED

- 600g of cauliflower, chopped
- 12 egg whites
- 200g Rindless Shortcut Bacon
- 50gm light cheese
- ½ tsp Minced Garlic

WHAT YOU NEED TO DO

Pre Heat Oven to 180

- 1. Chop Cauliflower and cover and microwave for approximately 7mns until softened through (do not add water).
- 2. Trim visible fat from bacon and cut into long, thin strips (about ¾ centimetre wide)
- 3. Separate eggs into a jug, add garlic and lightly whisk.
- 4. Spray 12 Muffin Pan with non-stick spray.
- 5. Layer 3 strips of bacon into each case
- 6. Evenly spread cauliflower into each cup and firmly press down.
- 7. Spread Egg White mix evenly into each cup
- 8. Sprinkle a little cheese over each one.
- 9. Place in the oven for 25-30mns
- 10. Place on a cooling rack and then store in refrigerator.

Great for snacks or a make-ahead breakfast ⊕

