

BREAKFAST RECIPE : DAY 1

Turkey Sausage Patties

..... MAKES TEN PATTIES

Ingredients

2 LB Fresh ground turkey (I mix 1 LB ground turkey thigh & 1 LB ground turkey breast, but you can also use all dark meat, which is juicier)

4 T chopped fresh sage

1 small apple, chopped (optional)

2 T fennel seeds (whole or freshly ground)

1T Italian Seasoning

1/2 to 1 tsp crushed red pepper

1 T minced garlic

onion powder, sea salt, black pepper



Directions

Preheat oven to 350 degrees.

Place ground turkey in a large bowl and add sage and spices. Place chopped apple into the turkey mixture.

Mix all ingredients well with hands. Make into 3 oz patties, about 1/4 inch thick. (Wash hands thoroughly after handling turkey!!)

Spray a cast iron skillet with cooking oil and brown patties on both sides for about 2 minutes.

Place skillet into the preheated oven and bake for 7-8 minutes

(this keeps the sausage very moist).

Remove from oven and serve!


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BREAKFAST RECIPE : DAY 2

Homemade Crunchy Granola

..... MAKES ONE BATCH

Ingredients

- 1 ¼ cup of rolled oats
(not the quick oats)
- ¼ c of olive oil
- ¼ c of pure maple syrup
(NOT pancake syrup)
- ½ c sliced almonds
- ¼ c sunflower seeds
- ¼ c flax seeds
- ½ c golden raisins
(or dried cranberries)
- pinch of kosher salt



Directions

Preheat oven to 350 degrees. Mix syrup and olive oil until blended completely, then coat oats with syrup/olive oil mixture. Add almonds, sunflower seeds and flax seeds to the mixture. Spread mixture out on a baking sheet sprayed with non-stick cooking spray. Bake for about 20 minutes stirring the granola 1/2 way through the cooking time (if granola is not toasted enough leave in for extra 5 minutes). Make sure granola doesn't burn. Once the mixture is toasted to your liking, add dried fruit and mix again on the baking sheet. As a final touch, add a sprinkle of kosher salt and enjoy!

Note: You can portion into 1/4 cup servings and place in plastic snack bags. Keep it in the refrigerator for maximum freshness.


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BREAKFAST RECIPE : DAY 3

Banana Berry Baked Oatmeal

MAKES FOUR
1/2 CUP SERVINGS

Ingredients

1 ½ cup rolled oats
½ tsp ground cinnamon
1T evaporated sugar cane (optional)
1T coconut oil
1 medium banana
1 cup almond or skim milk (add more or less depending on desired consistency)
½ tsp vanilla extract



Directions

Preheat oven to 375°. Spray 4 ramekins with cooking spray.

Mix oats, cinnamon and sugar in a large bowl. Smash banana with a fork and place in a separate bowl with coconut oil and vanilla extract. Fold wet ingredients into dry ingredients, then add almond milk. Whisk all ingredients and place into ramekins. Recipe makes about four ½ cup servings.

Bake for 15 to 17 minutes (depending on how moist you want it). Remove from oven and let cool for 5 minutes. Sprinkle fresh fruit and almonds on top and enjoy!


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BREAKFAST RECIPE : DAY 4

Green Goddess Protein Shake

..... MAKES ONE SHAKE

Ingredients

- 8 oz almond milk (or water)
- 2 scoops vanilla-flavored protein powder (I use Isagenix)
- 1 handful baby spinach, uncooked
- ¼ of a small banana
- 3 ice cubes



Directions

Mix in a Vitamix or other blender until for 20 to 30 seconds or until all ingredients are blended together.

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BREAKFAST RECIPE : DAY 5

Omelet

..... MAKES ONE OMELET

Ingredients

2 eggs
1/2 cup power greens
1/4 cup feta cheese separated in half
Tsp oil
Diced tomatoes



Directions

Beat 2 eggs with splash of milk
Season with salt and pepper
Spray skillet on bottom and sides with non-stick cooking spray
Heat non-stick skillet on med heat
Add tsp oil
After oil is heated add greens and sauté
Season greens with light salt and pepper
When greens are wilted add eggs
Cook eggs until bottom side is slightly brown and egg is no longer runny
Add 1/2 of the feta cheese
Fold omelet in half
Top with rest of feta and tomatoes.


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