



## High-Protein Breakfast Recipes For Back To School Eating!

This collection of healthy recipes includes simple, delicious breakfast options with at least 15 grams of protein to prepare your gymnast for a full day of school and practice. Adjust serving size and pair with a complex carb like toast or oatmeal!



# Septmeber Back to School For Gymnasts

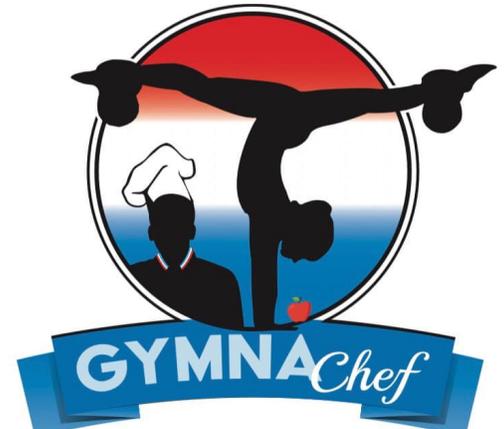
I'm so glad you're here for another month of NUTRITION for Gymnasts!

This month's theme is BREAKFAST! How can we get our athletes started on the right foot each day? We are back on schedule, school work practice, one of the big issues I have found over the years is that gymnasts simply aren't getting in enough calories in their bodies in the morning hours, that means before school, during and before practice. A lot of kids tend to eat more right after practice and into the evening hours. They also aren't getting enough protein, and these recipes are LOADED with protein dense ingredients.

I want to challenge all gymnasts and families to make a firm commitment to eating breakfast this month! I hope you enjoy the amazing plethora of recipes we are sharing. Pick two or three and stick to them, let us know what you think! Let's get cooking!

*Coach Betsy*

Betsy McNally  
Betsy Bootcamp and  
Gymnachef



# Recipes

## COOK

Team Green Gymnastics Eggs  
South of the Border Gymna Eggs  
Fruit and Protein Sausage  
Gymnast Dream Frittata  
Cave Girl Banana Pancakes  
Spicy Tempeh Tumble Crumble

## NUTRIENT GUIDE

Per serving:

 calories

 carbohydrates

 total fat

 protein

## NO-COOK

Gymnast Jam Yogurt Parfaits  
Energy Chia Pudding  
Out The Door Green Smoothie



# Team Green Gymnastics Eggs

Serves 2

Prep: 10 mins. | Total: 20 mins.

## Ingredients

- 6 cup collards, spines removed and leaves chopped
- 2 Tbs olive oil
- 1/2 cup onion, chopped
- 1 cup tomato sauce, prepared
- 4 eggs
- 1 slice of whole grain toast as a side

## Directions

### Prep

- 1.Remove tough spines from collard and chop leaves..

### Make

- 1.Add oil to a large sauté pan and add the onion. Sauté over medium flame until soft and fragrant. Add collards and sauté for an additional 3 minutes until the leaves turn bright green.
- 2.Add tomato sauce and stir the mixture to incorporate.
- 3.Make 4 wells in the mixture and crack an egg into each.  
Reduce heat to low and place a lid on the pan.
- 4.Cook until eggs reach desired doneness.
- 5.Season with salt and pepper.

Per serving:

**C** 413 calories

**C** 16g carbohydrates

**F** 31g total fat

**P** 18g protein



# South of The Border GymnaEggs

Serves 2

Prep: 15 mins. | Total: 30 mins.

## Ingredients

- 1 cup tomatoes, grape, halved
- 1/4 cup onion, finely chopped
- 1/4 cup pepper, red bell, chopped
- 2 Cloves garlic, minced
- 1/2 tsp olive oil
- 1/8 tsp salt
- 1/4 cup cilantro, fresh, chopped
- 1/3 cup black beans
- 4 eggs
- 1/2 avocado, sliced

## Directions

### Prep

1. Preheat oven to 400° F.

### Make

1. In a small bowl, combine grape tomatoes, onion, red pepper, and garlic. Toss with olive oil.
2. On a sheet pan, lined with parchment paper evenly spread the tomato mixture. Sprinkle with salt.
3. Bake for about 15 minutes until tomatoes begin to break down. Remove from oven and toss with cilantro and black beans.
4. In a medium saute pan over medium-high heat, coat a pan with cooking spray. Pour whisked eggs into the pan and scramble until the desired doneness.
5. Remove eggs from the pan on two plates, top with cherry tomato mixture and serve with avocado slices.

Per serving:

- C** 351 calories
- C** 31g carbohydrates
- F** 16g total fat
- P** 22g protein



# Fruit and Protein Sausage

Serves 4

Prep: 10 mins. | Total: 15 mins.

## Ingredients

- 1 lb chicken breast, ground
- 1 apple, peeled and grated
- 1/2 tsp sage, ground
- salt & pepper to taste
- 1 Tbs olive oil
- 1 slice of whole grain toast as a side

## Directions

### Prep

1. Peel and grate apple with a cheese grater.

### Make

1. In a large bowl, combine ground chicken, grated apple, ground sage, salt and pepper, and combine until well mixed.
2. Use hands to form 4 patties.
3. Heat 1 tbsp olive oil in a pan over medium heat.
4. Add chicken patties to pan and cook for 3-4 min each side.

Per serving:

<b>C</b>	191 calories
<b>C</b>	5g carbohydrates
<b>F</b>	8g total fat
<b>P</b>	23g protein



# Gymnast Dream Frittata

4

Prep: 10 mins. | Total: 20 mins.

## Ingredients

- 1 Tbs olive oil
- 1 cup broccoli, chopped
- 3 pre-cooked turkey bacon strips, chopped
- 1/2 tsp garlic, granulated
- 6 eggs
- 1/4 cup organic milk or almond milk
- 1/2 cup cheddar cheese, shredded

## Directions

1. Preheat oven to 375° F.
2. Heat olive oil in a cast iron skillet over medium heat.
3. Add broccoli, season with salt and pepper and cook until bright green (about 1-2 minutes).
4. Add bacon and granulated garlic; cook one more minute.
5. Whisk the eggs, milk and cheese in a medium bowl until well combined. Pour into the cast iron skillet. Cook 1-2 minutes, stirring constantly.
6. Transfer skillet to the oven and bake 10 minutes or until top is set.

Per serving:

**C** 229 calories

**C** 3g carbohydrates

**F** 16g total fat

**P** 17g protein



# Cave Girl Banana Pancakes

Serves 2

Prep: 15 mins. | Total: 30 minutes.

## Ingredients

- 4 Eggs, large
- 1 cup Bananas, Mashed
- 2 tsp Vanilla Extract
- 1 tsp Cinnamon, ground
- 1/8 tsp Nutmeg, ground
- 1/4 cup Coconut Flour
- 1/2 tsp Baking Soda
- 1/4 cup dry oatmeal
- Cooking Spray

## Directions

1. In a large bowl, whisk together the eggs. Add the mashed bananas and vanilla and whisk in to combine.
2. Add the cinnamon, nutmeg, coconut flour, and baking soda one at a time. Whisk after each ingredient is added to minimize lumps. Then add in the dry oats and mix well.
3. Heat a large, non-stick griddle over medium heat. Spray with cooking spray. Pour about 2 tablespoons of batter per pancake. Cook until the bottom of each pancake is golden brown, about 4 minutes, and then flip. Cook an additional 2-3 minutes.
4. Remove to a plate and keep warm before serving.

Per serving:

- C** 320 calories
- C** 37g carbohydrates
- F** 11g total fat
- P** 16g protein



# Spicy Tempeh Tumble Crumble

Serves 2

Prep: 15 mins. | Total: 30 minutes.

## Ingredients

- 8 oz tempeh, chopped/crumbled
- 1 tsp maple syrup
- 1 tsp dried sage
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 1 Tbs fresh rosemary, chopped
- 1 tsp nutmeg
- 1/8 tsp ground cayenne pepper
- 1/4 tsp red pepper flakes
- 2 Tbs Worcestershire sauce
- 1 Tbs olive oil
- 1/4 cup white onion, diced
- 4 Cloves garlic
- As a side add 1 slice of whole grain toast with jam

## Prep

1. Crumble tempeh, chop onions and garlic.

## Make

1. In a large bowl, combine the tempeh, maple syrup, salt, pepper, dried sage, dried thyme, smoked paprika, rosemary, nutmeg, cayenne pepper, red pepper flakes, and Worcestershire sauce. Season with salt and pepper to taste. Stir well to combine.
2. In a pan over medium-high heat, add the olive oil. Sauté onion and garlic until onion is translucent. Stir in tempeh mixture and cook until heated through.

Per serving:

C	336 calories
C	21g carbohydrates
F	20g total fat
P	24g protein



# Gymnast Jam Yogurt Parfaits

Serves 3

Prep: 15 mins. | Total: 20 mins.

## Ingredients

- 1 cup raspberries, frozen or fresh
- 1 cup blueberries, wild, frozen
- 1 lemon, juiced (2 tablespoon)
- 2 Tbs maple syrup
- 2 Tbs chia seeds
- 3 cup yogurt, Greek plain

## Directions

### Prep

1. Wash raspberries if using fresh.

### Make

1. Add both berries to the saucepan with lemon juice and simmer over medium heat until the fruit breaks down. Mash with a fork to break apart and create a smoother jam.
2. Remove from heat and stir in maple syrup and chia seeds.
3. Let stand for 10 minutes to thicken. If you want a thicker consistency, stir in more seeds a teaspoon at a time.
4. Once cool, layer jam and yogurt to create parfaits.
4. You can transfer any extra jam to a jar and refrigerate for up to two weeks.

Per serving:

**C** 253 calories

**C** 31g carbohydrates

**F** 7g total fat

**P** 19g protein



# Energy Chia Pudding

Serves 2

Prep: 10 mins. | Total: 6 hrs 10 mins.

## Ingredients

- 1/2 cup Greek Yogurt, nonfat, plain (Or Non-Dairy Yogurt)
- 2 Blood Oranges, medium
- 3/4 cup Water
- 1/8 tsp Salt
- 2 Tbs Maple Syrup
- 6 Tbs Chia Seeds
- 1/4 cup Almonds, slivered, raw

Per serving:

- C** 405 calories
- C** 50g carbohydrates
- F** 18g total fat
- P** 15g protein

## Directions

### Prep

1. Wash and dry blood oranges. Juice one of the blood orange, reserve the other for serving.

### Make

1. Pour the yogurt, blood orange juice, water, salt, maple syrup, and chia seeds into a large mason jar or another sealable container. Tighten the lid and shake well to combine.
2. Allow mixture to sit for 10 minutes before shaking again. Place container in the refrigerator for at least 6 hours to allow the pudding to thicken.
3. When ready to serve, peel and cut the remaining blood orange. Top the chia pudding with chopped blood orange and slivered almonds.



# 'Out the Door' Green Smoothie

Serves 1

Prep: 10 mins. | Total: 10 mins.

## Ingredients

- 1 scoop Vanilla Protein Powder
- 1/2 cup frozen chopped pineapple
- 1 cup plain, unsweetened soy milk
- 1/3 cup kale, spines removed and leaves chopped (or spinach)
- 1 tsp coconut oil
- 1/2 lime, juiced

## Directions

### Prep

1. Remove spines from kale and chop leaves.

### Make

1. Place all ingredients in a high speed blender and process until smooth.

Per serving:

<b>C</b>	228 calories
<b>C</b>	26g carbohydrates
<b>F</b>	11g total fat
<b>P</b>	20g protein



