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7 HEALTHY BREAKFAST

MY FAVORITE RECIPES

MEDITORYGLC.COM





CHICKEN AND QUINOA SALAD

SERVINGS: 2

PREPPING TIME: 15 MIN

319 Kcal / serving

29g Protein 12g Fat 24g Carbs

INGREDIENTS

- Lemon juice, 1 tablespoons
- Salt, 1 tsp
- Cucumber, 1/4 cup
- Olive oil, 1 tablespoon
- Baby spinach, 1 cup
- Bell pepper, 1/4 cup
- Quinoa, 1 cup
- Chicken breasts, 1 small breast (225 g)
- Cherry tomatoes, 1/2 cup
- Parsley, 2 tablespoons

DIRECTIONS

- Heat a grill pan or skillet over medium-high heat.
- Season the chicken breasts with salt and pepper.
- Grill the chicken for about 6-8 minutes per side or until cooked through.
- Remove the chicken from the pan and let it rest for a few minutes.
- Then, slice it into thin strips. In a large bowl, combine the cooked Quinoa, baby spinach, cherry tomatoes, cucumber, red bell pepper, and chopped parsley.
- In a small bowl, whisk together the olive oil, lemon Juice, and salt to make the dressing.
- Pour the dressing over the salad and toss to combine.
- Add the sliced chicken on top of the salad. Serve the chicken and Quinoa salad immediately.



EASY VEGAN TOFU CAULIWOWER BREAKFAST SKILLET

SERVINGS: 4

PREPPING TIME: 25 MIN

179 Kcal / serving

11g Protein 11g Fat 11g Carbs

INGREDIENTS

- Turmeric, 1 teaspoons
- Cauliwofer, 1 small head
- Olive oil, 2 tablespoon
- Onion, 1 small
- Garlic, 2 clove
- Bell pepper, 1 small
- Block of tofu, 1 block
- Nutritional yeast, 2 tablespoons
- Paprika, 1/2 teaspoon
- Salt and pepper, 1 tsp
- Parsley, 2 tablespoons

DIRECTIONS

- Heat olive oil in a large skillet over medium heat.
- Add onion and garlic, sauté until fragrant and translucent.
- Add cauliflower florets and cook for about 5 minutes until slightly tender.
- Lush cauliflower to one side of the skillet and add crumbled tofu to the other side. Cook tofu for about 5 minutes until lightly browned.
- Combine tofu and cauliflower in the skillet, then add red bell pepper, nutritional yeast, turmeric, smoked paprika, salt, and pepper.
- Stir well to evenly coat the ingredients with the spices.
- Continue cooking for another 5 minutes until everything is heated through and well combined. remove from heat and garnish with fresh parsley.
- Serve hot and enjoy!



CHICKPEAS AND SPINACH SKILLET

SERVINGS: 2

PREPPING TIME: 10 MIN

332 Kcal / serving 12g Protein 18g Fat 33g Carbs

INGREDIENTS

- Salt, 1/2 tsp
- Olive oil, 2 tablespoon
- Garlic, 3 clove
- Chickpeas, 1 can
- Spinach, 2 cup

DIRECTIONS

- **Heat olive oil in a skillet over medium heat. Add minced garlic and sauté for 1-2 minutes until fragrant.**
- **Add the drained chickpeas to the skillet and cook for 3-4 minutes, stirring occasionally.**
- **Add the fresh spinach to the skillet and cook for an additional 2-3 minutes until wilted.**
- **Season with salt and stir well to combine all the ingredients.**
- **Remove from heat and serve hot.**



GARLIC PORK MEATBALLS AND ZOODLES

SERVINGS: 4

PREPPING TIME: 20 MIN

194 Kcal / serving

26g Protein 8g Fat 5g Carbs

INGREDIENTS

- Zucchini, 2 medium
- Garlic 4 minced,
6 clove
- Salt and pepper, 1 tsp
- Lean ground beef, 1 lb.
- Olive Oil, 1 tablespoon

DIRECTIONS

- In a large bowl, combine the ground pork, half of the minced garlic, salt, and pepper. mix well.
- Shape the mixture into small meatballs, about 1 inch in diameter.
- Heat a skillet over medium heat and add the olive oil and the remaining garlic.
- Place the meatballs in the skillet and cook for about 10-12 minutes, turning occasionally, until browned and cooked through.
- While the meatballs are cooking, spiralize the zucchinis into zoodles using a spiralizer.
- In a separate skillet, heat a little olive oil over medium heat.
- Add the zoodles and sauté for about 5 minutes until tender.
- Serve the garlic pork meatballs over the zoodles and enjoy!



CHICKEN, GREEN PEAS AND CARROTS WRAP

SERVINGS: 1

PREPPING TIME: 15 MIN

375 Kcal / serving

32g Protein 10g Fat 38g Carbs

INGREDIENTS

- Salt, 1/4 tsp (1.5 g)
- Paprika, 1/4 teaspoon (0.5 g)
- Peas, 1/2 cup (72.5 g)
- Carrots, 1/2 cup chopped (64 g)
- Olive oil, 1 teaspoon ()
- Chicken breast, 1/2 small breast (112.5 g)
- Tortilla, 1 piece (42 g)
- Pepper, 1/4 tsp (0.5 g)
- Garlic powder, 1/4 teaspoon (0.8 g)

DIRECTIONS

- In a small bowl, combine salt, black pepper, garlic powder, and paprika.
- Season the chicken breast with the spice mixture on both sides.
- Heat olive oil in a skillet over medium heat.
- Cook the chicken breast for 6-8 minutes per side, or until cooked through.
- Remove the cooked chicken from the skillet and let it rest for a few minutes.
- In the same skillet, add frozen green peas and diced carrots. Cook for 3-4 minutes, or until the vegetables are tender.
- Slice the cooked chicken breast into thin strips.
- Warm the whole wheat tortilla in the skillet for a few seconds on each side.
- Place the sliced chicken, green peas, and carrots on the tortilla.
- Wrap the tortilla tightly, folding in the sides as you go.
- Serve immediately and enjoy!



SCRAMBLED EGG WITH TOMATO ON WHOLE WHEAT TOAST

SERVINGS: 2

PREPPING TIME: 15 MIN

174 Kcal

10g Protein 8g Fat 15g Carbs

INGREDIENTS

DIRECTIONS

- Eggs, 2 large (100 g)
 - Olive oil, 1 tsp (4.5 g)
 - Tomato, 1 medium whole (123 g)
 - Bread, 2 slices (56.4 g)
 - Salt and pepper, 1/4 tsp (0.5 g)
- In a bowl, whisk the eggs until well beaten.
 - Heat a non-stick skillet with olive oil over medium heat.
 - Add the diced tomato to the skillet and cook for 2-3 minutes, until slightly softened.
 - Pour the beaten eggs into the skillet with the tomatoes.
 - Season with salt and black pepper to taste.
 - Using a spatula, gently scramble the eggs and mix them with the tomatoes.
 - Continue cooking and stirring until the eggs are cooked to your desired consistency.
 - Toast the slices of whole wheat bread.
 - Place the scrambled eggs and tomato mixture on top of the toasted bread slices.
 - Serve hot and enjoy!



ROASTED CHICKEN PITA WRAPS WITH CRISPY CHICKPEAS AND TZATZIKI

SERVINGS: 4

PREPPING TIME: 30 MIN

494 Kcal / serving

37g Protein 17g Fat 52 Carbs

INGREDIENTS

- Ingredients Paprika, 1 tbs
- Olive oil, 2 tablespoon
- Lettuce, 1 cup shredded
- Tomatoes, 1/2 cup
- Chickpeas, 1 can
- Pita breads, 4
- Chicken breasts, 2 small
- Garlic powder, 1/2 tsp
- Salt and pepper, 1 tsp
- Onion, 1/4 cup
- Parsley, 1/4 cup
- Tzatziki sauce, 1/2 cup

DIRECTIONS

- Preheat the oven to 400MT (200MC).
- Place the chicken breasts on a baking sheet and drizzle with 1 tablespoon of olive oil. Season with salt, pepper, and garlic powder.
- In a separate bowl, toss the chickpeas with the remaining olive oil, cumin, paprika, salt, and pepper.
- Spread the chickpeas on the same baking sheet as the chicken.
- Roast the chicken and chickpeas in the preheated oven for 20-25 minutes, or until the chicken is cooked through and the chickpeas are crispy.
- Remove the chicken from the oven and let it rest for a few minutes. Slice the chicken into thin strips.
- To assemble the wraps, warm the pita breads in a dry skillet for a few seconds.
- Spread a spoonful of tzatziki sauce on each pita bread.
- Top with shredded lettuce, diced tomatoes, diced red onion, sliced chicken, roasted chickpeas, and chopped fresh parsley.
- Fold the pita breads in half and serve immediately.
- Enjoy your delicious Roasted Chicken Pita Wraps



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I'd love to hear your feedback on these recipes!

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Your trusted nutritionist, Viktoriia Tikidzhieva, MS