

Breakfast Power Bowl: 3 Ways

Here's a **high-protein, high-fiber, low-carb breakfast** done **three ways**—vegan, vegetarian, and carnivore. Each version has **30g of protein, no gluten, no grains**, and is **simple & easy to prepare!**

Base for All: 1 cup sautéed spinach & zucchini (or any leafy greens & low-carb veggies) + 1 tbsp olive oil

1 Vegan Protein Power Bowl

Protein Source: Tofu & Hemp Seeds

- ◆ ½ block (6 oz) firm tofu, crumbled
- ◆ 1 tbsp hemp seeds
- ◆ 1 tbsp nutritional yeast (adds flavor & extra protein)
- ◆ ½ avocado (healthy fats)
- ◆ Salt, pepper, turmeric (for flavor & anti-inflammatory benefits)

👉 Instructions:

1. Sauté tofu in olive oil with turmeric, salt, and pepper until lightly crispy.
2. Add sautéed greens & zucchini.
3. Top with hemp seeds, nutritional yeast, and avocado.

✅ **30g protein | High fiber | Low carb**

2 Vegetarian Protein Power Bowl

Protein Source: Eggs & Cottage Cheese

- ◆ 3 whole eggs (or 2 eggs + 3 egg whites for lower fat)
- ◆ ½ cup cottage cheese (full-fat is best)
- ◆ 1 tbsp flax seeds (fiber & omega-3s)
- ◆ ½ avocado
- ◆ Salt, pepper, paprika

👉 **Instructions:**

1. Scramble eggs with salt, pepper, and paprika.
2. Add sautéed greens & zucchini.
3. Top with cottage cheese, flaxseeds, and avocado.

✅ **30g protein | High fiber | Low carb**

③ **Carnivore Protein Power Bowl**

Protein Source: Ground Turkey & Eggs

- ◆ 4 oz ground turkey (or chicken/beef)
- ◆ 2 whole eggs
- ◆ 1 tbsp butter or ghee
- ◆ Salt, pepper, garlic powder

👉 **Instructions:**

1. Cook ground turkey with butter, salt, and garlic powder.
2. Scramble eggs in the same pan.
3. Add sautéed greens & zucchini.

✅ **30g protein | High fiber | Low carb**

🔥 **Why This Works?**

- ✓ **High-protein:** 30g in every bowl
- ✓ **High-fiber:** From veggies, seeds, and greens
- ✓ **Low-carb:** No grains, gluten, or processed ingredients
- ✓ **Easy & Quick:** Done in under **15 minutes**

Which version are you trying first? Let me know! 😊💪