

**TEAM**  
**LIVELEAN**



**EGG RECIPES**

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# BACON & EGG SOUFFLE

*(makes 4 servings)*

## INGREDIENTS:

- 2 tbsp** Coconut
- 6** Eggs
- 8** Strips Crumbled Bacon Pre-Cooked



**PRO:** 17g **CARB:** 1g **FAT:** 23g **CALS:** 284

## DIRECTIONS:

1. Pre-heat oven to 350F.
2. Melt the coconut oil in an oven-safe pan.
3. Add the whisked eggs into the pan along with the crumbled bacon.
4. Cook for 2 mins then add to the oven for 15 mins.
5. Keep an eye on the soufflé as it bakes. Remove from heat, then add to a plate and enjoy.



# BANANA RAISIN MUSCLE BUILDING PROTEIN PANCAKES

*(makes 2 servings)*

## INGREDIENTS:

<b>1 cup</b>	Egg Whites (Or 4 Whole Eggs)
<b>1 cup</b>	Steel Cut Oats (Or Rolled Oats)
<b>1/2 tsp</b>	Cinnamon
<b>1/4 tsp</b>	Stevia
<b>1 tbsp</b>	Coconut Oil
<b>1</b>	Sliced Banana
<b>1/4 cup</b>	Raisins
<b>1/2 scoop</b>	Protein Powder
<b>2 tbsp</b>	Plain Greek Yogurt



**PRO:** 35g **CARB:** 90g **FAT:** 14g **CALS:** 626

## DIRECTIONS:

1. Add a cup of egg whites, a cup of steel cut oats, 1/2 tsp cinnamon, and 1/4 tsp stevia to a blender to make the pancake batter.
2. Add a tbsp of the coconut oil and coat the bottom of the pan over low heat.
3. Once the pan is heated properly, you should hear a slight sizzle as you add the batter. Depending on how big your pan is, and how big you like your pancakes, add 1/4 or 1/2 the batter to the pan.
4. Add the sliced banana and raisins on top of the pancake and press them into the center of the pancake.
5. Once the top of the pancake begins to bubble (usually within 60 seconds), flip the pancake with a spatula to cook the other side.
6. Depending on how big your pancake is, it should only take another 20-30 seconds of heat to cook the pancake throughly.
7. Once the pancake is cooked, remove it from the pan and repeat with the rest of the batter.
8. After you made all the pancakes, you have the option of adding the protein sauce/icing to the top of the pancakes. In a dish, add 2 tbsp of greek yogurt with 1/2 scoop of protein powder, then mix it until it forms into a sauce/icing consistency.
9. Spread the protein icing on top of your protein pancakes.
10. Enjoy it with a fork and knife, or with your hands.





# BREAKFAST OF CHAMPIONS: OPEN FACED EGG OMELETTE

*(makes 2 servings)*

## INGREDIENTS:

<b>2 tbsp</b>	Coconut Oil
<b>1/2</b>	Avocado Sliced
<b>1 cup</b>	Broccoli Chopped
<b>4</b>	Eggs
<b>1/2 cup</b>	Salsa
<b>1 tbsp</b>	Mustard
<b>1/4 cup</b>	Macadamia Nuts
	Ground Turkey Pre-Cooked
	No Salt Seasoning Mix
	Garlic Powder
	Red Pepper Flakes



**PRO:** 37g **CARB:** 9g **FAT:** 22g **CALS:** 382

## DIRECTIONS:

1. Add tsp of coconut oil to a pan heated over medium heat.
2. Whisk 4 eggs together in a bowl.
3. Add the spices to the heated oil.
4. Add egg mixture and allow to set for 2-3 minutes.
5. Flip egg to cook the other side, top with mustard, broccoli, turkey, and salsa.
6. Carefully add omelette to a plate with a side of nuts!



# CREAMY COCONUT SCRAMBLED EGGS & BACON

*(makes 2 servings)*

## INGREDIENTS:

<b>4</b>	Leeks
<b>3 tbsp</b>	Coconut Oil
<b>3 tbsp</b>	Coconut Milk (Optional)
<b>6</b>	Eggs
<b>2 slices</b>	Cooked & Crumbled Bacon



**PRO:** 23g **CARB:** 7g **FAT:** 40g **CALS:** 477

## DIRECTIONS:

1. Trim the leeks to remove the dark green tops and slice the bottom lighter green/white section lengthwise. Now thinly slice into strips crosswise.
2. Melt 2 tbsp of coconut oil in a pan over medium heat.
3. Add the thinly sliced leeks and sautee covered for 8 minutes (or until soft). Stir occasionally.
4. Whisk eggs with 1 tbsp of coconut milk and salt and pepper.
5. In a separate pan, warm the remaining 1 tbsp of coconut oil in a pan and then add the egg mixture.
6. Remove eggs once they are cooked (but still slightly wet).
7. Place eggs on a plate and top with leeks and crumbled bacon.



# CREPES FOR GAINZ

*(makes 2 servings)*

## INGREDIENTS:

- 2 tbsp** Coconut Oil
  - 1/2 cup** Coconut Milk
  - 4 tbsp** Coconut Flour
  - 8** Egg Whites (You Could Use The Yolks As The Crepe Filling)
- For The Filling, Use Last Night's Leftover Dinner**



**PRO: 30g CARB: 10g FAT: 30g CALS: 430**

## DIRECTIONS:

1. Add coconut flour to a mixing bowl.
2. Slowly pour coconut milk and coconut oil over coconut flour and whisk it all together.
3. Beat up the egg whites to make them frothy, then slowly add to the coconut mixture. Whisk together to remove clumps.
4. Add 1 tbsp of coconut oil to a pan heated over medium heat, then add 1/4 of the crepe batter and cover entire bottom of the pan.
5. Let cook for 2-3 minutes, then flip for 1-2 minutes on the other side.
6. Once flipped, add your filling to the middle.
7. Remove from heat. Fold the crepe.
8. Enjoy!



# DELICIOUS SPAGHETTI SQUASH OMELETTE

*(makes 2 servings)*

## INGREDIENTS:

1/2	Spaghetti Squash
4	Eggs
3 tbsp	Coconut Oil
	Salt/Pepper



PRO: 13g CARB: 11g FAT: 15g CALS: 227

## DIRECTIONS:

1. Pre-heat oven to 500F.
2. In a pyrex dish, add 1-2 inches of water.
3. Cut squash in half, remove seeds, and place face down in the pyrex dish.
4. Heat for 20 mins. Then with a fork, scrap down to remove spaghetti like strands from the squash.
5. In a bowl, whisk eggs together, add salt and pepper, and a handful of the cooked squash.
6. Heat coconut oil in a pan. Once melted, add it to the egg mixture. Then add the egg mixture to the heated pan and heat throughly by placing a cover over the pan.
7. Once cooked, flip omelette in half, add to a plate, and enjoy!





# EASY OMELET PIZZA

*(makes 1 serving)*

## INGREDIENTS:

<b>4 whole</b>	Eggs
<b>1 tsp</b>	Coconut Oil (Or Avocado Oil)
<b>1 tbsp</b>	Tomato Sauce
<b>1/4 cup</b>	Green Pepper Diced.
<b>1 tbsp</b>	Mozzarella Cheese Grated
<b>1 tbsp</b>	Parmesan Cheese (Optional)
<b>Dash</b>	Crushed Red Pepper Flakes
<b>Dash</b>	Italian Seasoning



**PRO:** 32g **CARB:** 2g **FAT:** 25g **CALS:** 361

## DIRECTIONS:

1. Crack 4 eggs into a dish and whisk to mix the egg whites and yolks together.
2. Heat up the pan on low to medium heat, not high heat. Cooking eggs over high heat can denature the nutrients in the eggs.
3. Add coconut oil to the pan and let it warm up to grease the pan.
4. Pour the eggs into the pan and allow them to cook through.
5. Once the eggs begin to solidify, spread the tomato sauce on top. Then add the diced green peppers for some color and all kinds of nutrients and vitamins.
6. Optional step: top with mozzarella and parmesan cheese. If you don't process dairy well, skip.
7. Lastly, it wouldn't be a Live Lean TV recipe without adding some spices cause we like it spicy! Add a dash of red pepper flakes, that will give it a kick, so go easy if you don't like spicy food. Then add a dash of Italian seasoning.
8. Let it set for another minute to allow the cheese to melt, then you're good to go with your pizza.
9. Turn the heat off, then using a spatula, slowly transfer the egg pizza from the pan to a plate.



# EGG AVOCADO TOAST

*(makes 1 serving)*

## INGREDIENTS:

- 1** Egg (Pan Fried In 1 T Coconut Oil)
- 1 slice** Slice Ezekiel Bread Toasted
- 1/4** Avocado
- Salt/Pepper
- Garlic Powder



**PRO: 9g CARB: 19g FAT: 18g CALS: 271**

## DIRECTIONS:

1. Toast the Ezekiel Bread Slice.
2. Cook the egg over easy with the coconut oil.
3. Slice the avocado and spread onto the toast.
4. Sprinkle the salt, pepper, and garlic over top of the avocado spread.
5. When the egg is cooked use a spatula to place it on top of the avocado toast.
6. Slice in half and enjoy!



# FREAKINGLY AWESOME MEDITERRANEAN OMELETTE

*(makes 2 servings)*

## INGREDIENTS:

<b>4 tbsp</b>	Olive Oil
<b>1</b>	Fennel Bulb Thinly Sliced
<b>3 cloves</b>	Garlic
<b>2</b>	Tomatoes Chopped
<b>1/2 cup</b>	Fresh Basil Finely Chopped
<b>1/2 cup</b>	Pitted Olives
<b>Dash</b>	Sea Salt
<b>6</b>	Eggs



**PRO: 21g CARB: 15g FAT: 50g CALS: 578**

## DIRECTIONS:

1. Heat 2 tbsp of olive oil over medium heat.
2. Add sliced fennel and sauté until lightly brown.
3. Add garlic and tomatoes and sauté for 5 more minutes.
4. Remove from heat and add to a bowl with olives and basil and salt.
5. Add the remaining olive oil to the pan along with 1/2 of the beaten eggs (to make 1 omelette).
6. Once the eggs are almost set, add half the olive mixture to one side of the eggs.
7. Fold the other half of the eggs over top of the mixture to form an omelette. Cook until thoroughly cooked and serve.
8. Repeat to create the second omelette.





# LIVE LEANIFIED CREAMY EGG SALAD

*(makes 2 servings)*

## INGREDIENTS:

<b>6</b>	Eggs
<b>1 tbsp</b>	Chives Chopped
<b>1</b>	Jalapeño Chopped & Seeded
<b>1/4 cup</b>	Homemade Mayonnaise
<b>1 tbsp</b>	Lemon Juice



**PRO: 19g CARB: 4g FAT: 37g CALS: 434**

## DIRECTIONS:

1. Hard boil the eggs.
2. Once cooked, remove eggs from shell, then cut into small pieces.
3. Add chopped eggs to a bowl, mix in jalapeños, chives, mayo, and lemon juice.
4. Stir and enjoy.





# QUICK AND DELICIOUS BROCCOLI QUICHE

*(makes 6 servings)*

## INGREDIENTS:

<b>4 cup</b>	Broccoli
<b>6</b>	Eggs
<b>1 1/2 cups</b>	Coconut Milk
<b>1 tbsp</b>	Coconut Oil
<b>1/4 tsp</b>	Nutmeg
<b>1/4 tsp</b>	Black Pepper
<b>1/4 tsp</b>	Sea Salt



**PRO: 10g CARB: 13g FAT: 23g CALS: 282**

## DIRECTIONS:

1. Pre-heat oven to 425F.
2. Steam broccoli for 4-5 minutes.
3. In the oven-safe pan, mix together the eggs, coconut milk, coconut oil, nutmeg, salt and pepper, and steamed broccoli.
4. Bake for 20-25 mins (until the mixture sets in the middle).



# STUFF YOURSELF WITH STUFFED PORTOBELLO BACON & EGGS

*(makes 4 servings)*

## INGREDIENTS:

<b>4</b>	Portobello Mushrooms
<b>1/2 cup</b>	Olive Oil
<b>2 cup</b>	Spinach
<b>6</b>	Eggs
<b>3 strips</b>	Strips Bacon Pre-Cooked
	Salt And Pepper



**PRO:** 14g **CARB:** 17g **FAT:** 37g **CALS:** 401

## DIRECTIONS:

1. Pre-heat oven to 425F.
2. Cover a baking sheet with tin foil, remove stems from the mushrooms, and drizzle each mushroom with olive oil (on both sides), dash with salt and pepper, and bake for 10-15 mins.
3. Add a little bit of olive oil to a pan, add pre-cooked bacon, and then sauté the spinach until it begins to wilt. Add whisked eggs and stir until cooked thoroughly.
4. Remove mushrooms from the oven and cover with the egg mixture. Enjoy!



# SWEET AND SAVORY BACON & WAFFLES

*(makes 2 servings)*

## INGREDIENTS:

<b>4</b>	Eggs
<b>1/4 cup</b>	Coconut Milk
<b>2 tbsp</b>	Ground Flaxseed
<b>1/4 cup</b>	Coconut Flour
<b>Dash</b>	Sea Salt
<b>1/4 tsp</b>	Baking Soda
<b>1 tsp</b>	Vanilla Extract
<b>1 tsp</b>	Maple Syrup
<b>2-3 pieces</b>	Canadian Back Bacon
	Cooking Spray



**PRO:** 15g **CARB:** 13g **FAT:** 25g **CALS:** 337

## DIRECTIONS:

1. Add all the ingredients to a blender and blend until a pasty consistency. If it's too dry, add more coconut milk or water.
2. Pre-heat waffle maker.
3. Add mixture to the waffle iron, approx 1/2 cup.
4. Cook for 5 mins.
5. Top with a little bit of maple syrup and a side of Canadian Back Bacon.
6. Take a bite and yell out, "Damn That's Good!"



# SWEET CINNAMON OMELET

*(makes 1 serving)*

## INGREDIENTS:

<b>1 tbsp</b>	Coconut Oil
<b>2</b>	Eggs
<b>1 tsp</b>	Vanilla Extract Optional
<b>Dash</b>	Cinnamon
	Fresh Or Frozen Berries



**PRO:** 12g **CARB:** 8g **FAT:** 24g **CALS:** 305

## DIRECTIONS:

1. Heat a frying pan over medium heat and add the 1 tbsp coconut oil.
2. In a small mixing bowl crack the two whole eggs and whisk together with a fork.
3. Add the vanilla and cinnamon and whisk again.
4. Once the coconut oil is melted add the egg mixture to the hot pan.
5. Cook slowly over medium to low heat until all the way cooked through.
6. Flip over and cook for an additional 30 seconds.
7. Place carefully onto a plate and put the berries from the middle over to one side.
8. Flip the other side over top and sprinkle again with cinnamon.





# SWEET POTATO PALEO PROTEIN PANCAKES

*(makes 2 servings)*

## INGREDIENTS:

<b>2</b>	Eggs
<b>3 oz</b>	Sweet Potato Chunks
<b>1 scoop</b>	Protein Powder
<b>1/2</b>	Banana
<b>1 packet</b>	Stevia
<b>3/4 cup</b>	Blueberries
<b>1 tbsp</b>	Almond Butter
<b>1 tbsp</b>	Chia Seeds
<b>Dash</b>	Cinnamon
<b>1 tbsp</b>	Coconut Oil



**PRO:** 36g **CARB:** 50g **FAT:** 28g **CALS:** 592

## DIRECTIONS:

1. Add peeled and chopped sweet potato chunks to boiling water for approx. 7 minutes (or just enough time to make them soft enough to poke with a fork). Remove and drain.
2. Add eggs, cooked sweet potato chunks, protein powder, banana, chia seeds, & stevia to a blender.
3. Blend until a smooth pancake batter consistency.
4. Heat pan over medium heat. Add coconut oil to grease pan.
5. Add a disc sized amount of batter to the pan and cook for 2-3 mins.
6. Flip pancake, and cook the other side for 1-2 mins. Continue with the rest of the batter.
7. On the top of the cooked pancake, spread 1 tsp of almond butter and top with a handful of blueberries and a sprinkle of cinnamon. Put another pancake on top and repeat with the almond butter, blueberries, and cinnamon.
8. Enjoy!



# TRADITIONAL BACON & EGGS IN A SALAD

*(makes 2 servings)*

## INGREDIENTS:

<b>1</b>	Endive
<b>1/3</b>	Romaine Lettuce
<b>8 oz</b>	Bacon (Nitrate Free Preferred)
<b>1</b>	Shallot Finely Chopped
<b>3 tbsp</b>	Sherry Vinegar
<b>4</b>	Eggs



**PRO:** 30g **CARB:** 9g **FAT:** 30g **CALS:** 422

## DIRECTIONS:

1. Add romaine and endive to a bowl.
2. In a frying pan, cook bacon until crisp, then add in the chopped shallot and sauté for 1-2 mins.
3. Add sherry vinegar and mustard and stir until it slightly boils (approx. 20 sec).
4. Meanwhile, hard boil the eggs by placing the eggs (with the shell) in a pot of water. Boil the water. Cook for 5-6 mins in the boiling water. Remove and run the shells under cold water. Remove the shells as per the directions in the video above.
5. Slice up the hard boiled eggs and add them on top of the salad.



# PROTEIN PANCAKE CEREAL

*(makes 2 servings)*

## INGREDIENTS:

- 3** Eggs
- 2 scoops** [Rootz Paleo Protein Powder](#)  
use coupon code: **LiveLeanTV**
- 1/3 cup** Almond Flour
- 1 tsp** Ground Flax Seed
- 1/8 tsp** Baking Powder
- Dash** Cinnamon
- 1 1/2 cup** Unsweetened Almond Milk
- 2 tbsp** Blueberries
- Coconut Oil Spray



**PRO:** 29g **CARB:** 10g **FAT:** 22g **CALS:** 378

## DIRECTIONS:

1. Whisk whole eggs and protein powder together in a bowl.
2. Add almond flour, flax seeds, baking powder, and cinnamon to the bowl and mix together. You can also use a blender.
3. Spray non-stick pan with coconut oil cooking spray over medium heat.
4. 4. Once pan is heated to the point that a drop of water sizzles, add a large spoonful of the protein pancake cereal batter to the pan.
5. Cook until bubbles begin to appear on top of the protein pancake (approximately 2-3 minutes).
6. Flip protein pancake over and cook the other side for approximately 1-2 minutes.
7. Repeat until all the protein pancake cereal batter is gone.
8. Allow pancakes to cool for 10 minutes, then cut up into bite sized pieces.
9. Add the protein pancake pieces to a bowl, then cover with almond milk, and top with blueberries.
10. Enjoy!





# SUPER TASTY SCRAMBLED EGGS

*(makes 1 serving)*

## INGREDIENTS:

<b>1 tbsp</b>	Avocado Oil
<b>4</b>	Eggs
<b>1 handful</b>	Arugula (or spinach)
<b>1/4</b>	Sliced Avocado
<b>1 tbsp</b>	Salsa
<b>Dash</b>	Sea Salt
<b>Dash</b>	Black Pepper



**PRO:** 25g **CARB:** 2g **FAT:** 42g **CALS:** 495

## DIRECTIONS:

1. Crack 4 whole eggs into a mixing dish and whisk together.
2. Heat avocado in a frying pan over medium heat.
3. Add the eggs and cook for 2 minutes until they begin to set.
4. Once the eggs begin to solidify, add some arugula, scramble it all together, then cook for another 1-2 minutes.
5. Slice the avocado in half, then my little trick is to take a knife, make a fast and deep cut into the core, then twist to remove it. Cut the avocado half into a quarter, then slice it vertically and horizontally to make squares. Remove it from the skin with a knife or spoon.
6. Turn off the heat, add the eggs to your plate.
7. Add the salsa on top of the eggs.
8. Add the sliced avocado on top of the salsa, then add a dash of sea salt and black pepper.