



PRIMAL
POTENTIAL

FAT LOSS BREAKFAST RECIPES

Morning Mini Meatloafs

I need to give a shout out to Mary Shenouda, the Paleo Chef, as she is the inspiration behind this recipe. She has a similar recipe that has a few more (expensive) ingredients and added natural sugars. I've adjusted it to make it work for my fat loss goals!

- 1.5 lb ground pork
- 1 tbsp cinnamon
- 1/2 tbsp nutmeg
- 1 egg
- 1/2 tsp salt
- 5 drops stevia extract (optional)

Mix it all up with your hands. Go ahead, get dirty.

Scoop into muffin tins (make sure to line the tins for easier clean up!

Bake at 350 for 20-25 minutes

I love to make up a big batch of these and keep them in the fridge for easy grab-n-go in the morning.

I totally eat them cold but you can certainly pop them in the microwave to reheat.

Mary Shenouda has some awesome recipes, definitely check out her site here: paleochef.com



Creamy Breakfast Bowl

This is my go-to breakfast. I eat it almost every day and it keeps me satisfied for hours.

- 3 cups raw, shredded cabbage
- 2 slices bacon, cooked
- 2 eggs
- 1/4 avocado (optional)
- salt to taste

Cook up your bacon. I like it crispy because it adds more texture to the meal.

Remove the bacon from the pan but leave the bacon grease. Crack your eggs into that pan.

Cook them to your preference but make sure the egg yolks are not totally solid because you want them to lend creaminess to the dish!

Once the eggs are cooked to your preference, add the eggs, bacon and avocado to your large mixing bowl with the cabbage.

Use the OXO salad chopper to cut it all together.

If you want it less crunchy, lightly saute your cabbage before adding it to the bowl.

Add salt to taste.



Chia Seed Pudding

There are lots of derivations of this sweet, creamy, filling breakfast. Now, you can switch up the recipe if you want to have it as a dessert by adding fruit or added sweeteners but this is how I make it for a make-ahead breakfast.

- 1/4 cup chia seeds
- 2 cups unsweetened almond milk
- 1/2 tsp vanilla extract
- 1/4 tsp stevia extract

Optional additions:

- Almond butter
- Cinnamon
- Cocoa powder (unsweetened)
- Berries
- Protein powder

In a small mixing bowl, whisk together the chia seeds, almond milk, vanilla and stevia. Let sit for 10 minutes and whisk again.

Cover & set in fridge for a minimum of 3 hours.

You can add in any of the optional additions before or after refrigerating. I like a little cocoa powder in mine.

For a mocha option, add the cocoa powder and do 1 cup brewed coffee and 1 cup almond milk instead of 2 cups almond milk.



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Other Awesome Fat Loss Breakfast Recipes

Easy Paleo Frittata from NomNom Paleo

Sausage Egg Cups from PaleOMG

Phat Fudge from Mary, The Paleo Chef

Avocado Bacon & Eggs