

4-MINUTE FIX

Breakfast Cookbook



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This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

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PROTEIN PACKED SMOOTHIE

Preparation – 5 minutes

2 Servings

Ingredients

- ½ cup fat-free cottage cheese
- ½ cup unsweetened almond milk
- 1 tbsp. natural peanut butter
- 1 scoop whey protein powder
- 1-2 drops liquid stevia
- 1 cup ice cubes

Instructions

- In a blender, add all ingredients and pulse till smooth.
- Transfer into 2 serving glasses and serve immediately.

ULTIMATE HEALTHY FRUITY BOWL

Preparation – 10 minutes

2 Servings

Ingredients

- 1 cup kiwi, sliced
- ½ cup fresh cherries, pitted and halved
- ½ cup fresh strawberries, hulled and sliced
- ½ cup fresh blueberries
- ½ cup fresh blackberries
- ½ tbsp. fresh lime juice
- 1 tsp. bee pollen
- 1-2 drops liquid stevia
- ¼ cup almonds, chopped

Instructions

- In a large bowl, mix together fruit, lime juice, bee pollen and stevia.
- Divide fruit mixture in 2 serving bowls evenly.
- Garnish with almonds and serve immediately.

BEST-EVER CHIA SEEDS PUDDING

Preparation - 10 minutes

2 Servings

Ingredients

- 1 cup unsweetened almond milk
- $\frac{1}{3}$ cup chia seeds
- 1 tsp. liquid stevia
- 1 tsp. organic vanilla extract
- $\frac{1}{4}$ cup fresh blueberries

Instructions

- In a large bowl, add all ingredients and mix till well combined.
- Refrigerate, covered for at least 15-20 minutes.
- Top with blueberries and serve.



UNIQUE FILLED AVOCADO

Preparation – 10 minutes

Cooking – 22 minutes

4 Servings

Ingredients

- 2 medium avocados, halved and pitted
- 4 small organic eggs
- 4 cherry tomatoes, sliced
- ¼ cup fresh basil leaves, chopped
- 1/8 tsp. ground cumin
- Sea salt and freshly ground black pepper, to taste

Instructions

- Preheat the oven to 450F. Lightly, grease a baking dish.
- Scoop out some flesh from each avocado half to create a cup.
- Place avocado halves, cut side up in prepared baking dish.
- Carefully, crack each egg into each avocado half.
- Top with tomato slices evenly.
- Bake for about 20-22 minutes.
- Sprinkle with cumin, salt, and black pepper.
- Serve, garnished with basil.



DELISH SAVORY PANCAKES

Preparation – 15 minutes

Cooking – 20 minutes

4 Servings

Ingredients

- 1/3 cup filtered water
- 2 tbsp. ground flax Seeds
- 1 tsp. coconut oil
- 3 large zucchinis, grated
- Sea salt and freshly ground black pepper, to taste
- 1/4 cup scallion, chopped finely
- Olive oil cooking spray, as required

Instructions

- In a bowl, mix together flax seeds and water and keep aside.
- In a large skillet, heat oil on medium heat.
- Add zucchini and cook, stirring occasionally for about 2-3 minutes.
- Stir in salt and black pepper and immediately, remove from heat.
- Transfer the zucchini into a large bowl and keep aside to cool slightly.
- Add flax seed mixture and scallion and mix till well combined.
- Preheat a griddle and grease with cooking spray.
- Add 1/4 of the zucchini mixture into preheated griddle.
- Cook for about 2-3 minutes. Carefully flip the side and cook for 1-2 minutes more.
- Repeat with the remaining mixture.

IMPRESSIVE VEGGIES & EGGS BAKE

Preparation - 15 minutes

Cooking - 20 minutes

4 Servings

Ingredients

- 4 organic eggs
- ½ cup coconut milk
- Sea salt and freshly ground black pepper, to taste
- ¼ cup mushrooms, sliced
- ¼ cup red bell pepper, seeded and julienned
- 1 small onion, chopped
- 1½ cups fresh spinach leaves, torn
- ½ cup fresh basil, chopped
- 1 tbsp. fresh chives, minced

Instructions

- Preheat the oven to 400F. Lightly grease a pie dish.
- In a large bowl, add eggs, coconut milk, salt and black pepper and beat well.
- Pour eggs in the pie dish.
- Top with remaining ingredients and gently, stir to combine.
- Bake for about 15-20 minutes or till top becomes golden brown.



SUPER FOOD SMOOTHIE

Preparation - 10 minutes

2 Servings

Ingredients

- 1 cup filtered water
- ½ cup unsweetened hemp milk
- 1 cup frozen blueberries
- 1 large banana, peeled and sliced
- 4 walnuts
- 2 tbsp. hemp seeds
- 2 tbsp. chia seeds
- 2 tbsp. pumpkin seeds
- 2 tbsp. almond butter
- 1 tbsp. extra-virgin coconut oil

Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Transfer into 2 serving glasses and serve immediately.



BAKED SPINACH WITH EGGS

Preparation – 15 minutes

Cooking – 22 minutes

4 Servings

Ingredients

- 2 tbsp. extra-virgin olive oil
- $\frac{1}{3}$ cup scallion, chopped
- 10 cups fresh baby spinach, chopped
- $\frac{1}{4}$ tsp. red pepper flakes, crushed
- Sea salt and freshly ground black pepper, to taste
- 4 organic eggs
- 1 tbsp. fresh parsley, chopped

Instructions

- Preheat the oven to 400F.
- In an ovenproof skillet, heat oil on medium heat.
- Add scallion and sauté for about 2-3 minutes.
- Add spinach, red pepper flakes, salt and black pepper and cook for about 3-4 minutes or till wilted. Discard any extra liquid from the skillet.
- With a spoon, make 4 holes in the spinach mixture.
- Carefully break 1 egg in each hole.
- Bake for about 10-15 minutes or till the egg whites are set.
- Top with parsley and serve.

ULTIMATE HEALTHY PORRIDGE

Preparation – 15 minutes

Cooking – 20 minutes

6 Servings

Ingredients

- ½ cup cauliflower rice
- 2 cups apple, peeled, cored, and shredded
- ½ cup unsweetened coconut, shredded
- 1¾ cups fat-free, unsweetened coconut milk
- 1 tsp. organic vanilla extract
- ½ cup banana, peeled and sliced
- ⅓ cup fresh blueberries

Instructions

- In a large pan, mix together all ingredients except blueberries on medium heat and bring to a gentle simmer.
- Reduce the heat to low and simmer, stirring occasionally for about 15-20 minutes.
- Serve warm with the topping of blueberries.

SUPER-QUICK OMELET

Preparation – 10 minutes

Cooking – 5 minutes

4 Servings

Ingredients

- 1 cup grape tomatoes, halved
- 2 tbsp. extra-virgin olive oil, divided
- 1 tbsp. fresh lemon juice
- Sea salt and freshly ground black pepper, to taste
- 3 cups organic egg whites
- ½ cup cilantro leaves, chopped

Instructions

- Preheat the broiler to high heat. Set an oven rack near the broiler.
- In a large bowl, add tomatoes, lemon juice, 1 tsp. of oil, salt and black pepper and toss to coat well.
- Cover and keep aside for at least 10-15 minutes.
- In a large bowl, add egg whites, cilantro, salt and black pepper and beat till foamy.
- In an ovenproof skillet heat the remaining oil on medium-low heat.
- Add the egg-white mixture and swirl to cover the whole skillet. Cook, without stirring for about 3-4 minutes or till the whites are almost set.
- Place half of marinated tomatoes over half portion of the omelet. Carefully fold the omelet over the tomatoes.

- Transfer the skillet under the broiler immediately and broil for about 1 minute.
- Transfer the omelet to serving plates and serve, topped with remaining tomatoes.

GOURMET BREAKFAST

Preparation – 10 minutes

Cooking – 5 minutes

2 Servings

Ingredients

- 1 tbsp. olive oil
- 2 small garlic clove, minced
- 2 large zucchinis, spiralized with blade C
- Sea salt and freshly ground black pepper, to taste
- 2 organic eggs

Instructions

- In a large skillet, heat oil on medium heat.
- Add garlic and sauté for about 1 minute.
- Add zucchini, salt and black pepper and cook for about 3-4 minutes.
- Transfer the zucchini mixture into 2 large serving plates.
- Meanwhile in a large pan, bring 2-3-inches water to a simmer on high heat.
- Carefully, crack the eggs in water one by one.
- Immediately, cover the pan and turn off the heat.
- Keep, covered for about 4 minutes or till desired doneness.
- Divide the zucchini mixture in serving plates and top with eggs.
- Sprinkle the eggs with salt and

black pepper and serve.



FABULOUS ROSEMARY BREAD

Preparation – 10 minutes

Cooking – 5 minutes

10 Servings

Ingredients

- $\frac{3}{4}$ cup coconut flour
- $\frac{1}{3}$ cup flax meal
- 1 tsp. baking soda
- Sea salt, to taste
- 4 organic eggs
- $\frac{1}{4}$ cup fat-free, unsweetened coconut milk
- $\frac{1}{4}$ cup olive oil
- 1 tsp. fresh rosemary, minced

Instructions

- Preheat the oven to 350F. Grease a loaf pan.
- In a large bowl, mix together flour, flax meal, baking soda and salt.
- In another bowl, add remaining ingredients and beat till well combined.
- Add egg mixture into flour mixture and mix till well combined.
- Transfer the mixture into prepared loaf pan evenly.
- Bake for about 45 minutes or till a toothpick inserted in the center comes out clean.
- Remove bread from oven and keep on wire rack to cool slightly before slicing.

