

THE EPIC BREAKFAST GUIDEBOOK



**ANSWER YOUR FIRST HUNGER OF THE DAY WITH A
PROTEIN-DOMINANT MEAL EATEN TO SATIETY.**



TABLE OF CONTENTS



- 03 A MESSAGE FROM ERIN
- 04 SAUSAGE, EGG, AVO BOWL
- 05 BACON, EGGS, AVO, FRUIT
- 06 STEAK + AVO/TOMATO SALAD
- 07 CHICKEN, BACON, EGG
- 08 MINI CHEESEBURGERS, EGGS, FRUIT
- 09 GRILLED WINGS, AVO/TOMATO SALAD
- 10 HALIBUT AT A RESTAURANT
- 11 SPINACH, TOMATO, PROSCIUTTO, FETA SCRAMBLE
- 12 STEAK & EGGS
- 13 CHICKEN & ROASTED VEGGIES
- 14 COD & SALAD
- 15 BURGERS + EGGS + FRUIT
- 16 BREAKFAST AT A DINER
- 17 STEAK & SHRIMP
- 18 TACO BOWL

A message from Erin



To be honest with you, I don't really think recipe guides or cookbooks are useful weight loss tools.

BUT! I do want you to start eating an epic breakfast. So this guidebook is simply some inspo for that.

You'll see pictures of my actual breakfasts, with simple instructions to follow to make them yourself.

Every single thing in this book takes 15 minutes or less to prepare.

I'm a busy person. I don't have a lot of spare time. I'm not a chef. I don't have a gourmet kitchen. I'm not even **THAT** good of a cook...

But I have an epic breakfast every single day, and I credit this one specific action as the game-changing step I took to lose 4 pants sizes effortlessly, and keep it off for 10+ years.

If that's not worth getting into the kitchen for an extra 15 minutes each day, I'm not sure what is. This is **IMPORTANT**.

You've done way harder things than this, and I promise to keep it simple.

ERIN POWER
WEIGHT LOSS NUTRITIONIST



SAUSAGE, EGG, AVO BOWL

Sausage cooks in the oven and eggs boil on the stove while you blow dry your hair or check your email or take care of the kids/husband/dog.



BACON, EGGS, AVO, FRUIT

Eat the rainbow! Ha. Scrambled eggs take less than 5 minutes. The bacon takes 15-20 in the oven but you can ignore it while it's cooking and do other things.



STEAK + AVO/TOMATO SALAD

Steak is, for some reason, a dinner/supper food that made the cut onto the breakfast plate without “feeling weird.” Steak is also fast food: once the BBQ is heated up, a steak takes less than 10 minutes to grill. I prefer these little sirloin medallions (pictured) because they are leaner and easier to cook.



CHICKEN, BACON, EGG

Don't think you can eat chicken for breakfast? Sure you can. It's not the hardest thing you'll ever do, and chicken – for reasons unknown – is a satiety powerhouse.



MINI CHEESEBURGERS, EGGS, FRUIT

Frozen burger patties are one of my go-to convenience options for breakfast. You grill them up from frozen and they're ready quickly.



GRILLED WINGS, AVO/TOMATO SALAD

Chicken wings cooked on the BBQ is a gift. SO crispy and yummy and FAST. This breakfast looks a lot like lunch... but who cares? These rules and names are all made up.



HALIBUT AT A RESTAURANT

You might have your first meal of the day at a restaurant, and it might be closer to lunchtime sometimes, in which case there are so many delicious protein entrees available to you.



SPINACH, TOMATO, PROSCIUTTO, FETA SCRAMBLE

This is an elite combo if you ever find yourself bored of eggs.



STEAK & EGGS

Steak and eggs is a powerhouse breakfast and takes less than 10 minutes to prepare. It'll satiate you till suppertime!



CHICKEN & ROASTED VEGGIES

One of the great time-savers for your Epic Breakfast is to cook extra of everything when you're making supper, and then have leftovers for breakfast. Don't worry the Breakfast Police won't arrest you for having supper for breakfast.



COD & SALAD

This codfish was dredged in an egg and then rolled in some gluten-free panko. It reads “lunch-ish” instead of “breakfast-y” but by now I hope you know that it doesn’t matter what type of food you eat, when.

As it turns out, salads are among the most time-consuming thing in this book... which is interesting, since a lot of women tell me they are too busy to cook, but will make the time to create a salad when they’re trying to lose weight, because salad = diet food. Actually, salads won’t solve weight gain, and they don’t solve being busy either!



BURGERS + EGGS + FRUIT

These particular burgers were made by hand.

Ingredients: ground beef squished into a burger shape. End of recipe.

If you haven't had a runny egg yolk on a burger patty you haven't lived. "Eggs on burls" is probably my most fave of all the breakfasts shown here. Insane yumminess, and satiety for houuuuurrrrrssss.



BREAKFAST AT A DINER

Meeting a friend for breakfast? Ah, you're in luck. Breakfast joints do the MOST epic breakfasts of all. Have a big brekky and then don't eat again till dinner. Look at you, getting all that time back in your day!



STEAK & SHRIMP

This looks ugly but we're not trying to win food beauty awards here. We're just trying to feed ourselves like grown-ass adults. Shrimp fries quickly on a pan while the steak, which only took 8 minutes to grill on the BBQ, rests.



TACO BOWL

Ground beef is cheap, fast, & easy.

CHEAP: When you consider your grocery budget, rather than freaking out about the price of meat, consider “satiety per dollar.” This bowl of taco-seasoned ground beef was \$8 for a whopping 68g of protein.

FAST & EASY: It takes no time at all (and no skill at all) to fry up some ground beef.

eat.
SIMPLE