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High-Protein, High-Fat Breakfast Recipes

Egg-Based Breakfasts



1. Ribeye Steak & Butter-Fried Eggs

Ingredients: 5 oz cooked ribeye steak, 2 large eggs, 1 tbsp grass-fed butter, sea salt, black pepper.

Preparation: Sear steak to desired doneness. Fry eggs in butter and serve alongside sliced steak.

Approx. 750 kcal · 52 g protein · 58 g fat · 0.8 g total carbs · 4.2 g leucine



2. Turkey Bacon & Egg Protein Skillet

Ingredients: 3 eggs, 4 oz cooked turkey breast, 2 slices sugar-free turkey bacon, 1 tbsp ghee.

Preparation: Crisp bacon in ghee. Add diced turkey and beaten eggs, stirring gently until cooked.

Approx. 565 kcal · 58 g protein · 35 g fat · 1.5 g total carbs · 4.6 g leucine



3. Garlic Butter Shrimp Omelet

Ingredients: 3 large eggs, 4 oz cooked shrimp, 2 tbsp butter, garlic-infused oil (without garlic solids), parsley.

Preparation: Warm shrimp in butter and garlic-infused oil. Pour beaten eggs over shrimp and fold into an omelet. Finish with parsley.

Approx. 540 kcal · 47 g protein · 37 g fat · 1.8 g total carbs · 3.9 g leucine



4. Chicken & Egg Mini Frittata

Ingredients: 3 eggs, 4 oz cooked chicken breast, 1 tbsp olive oil, 1 tbsp butter, thyme.

Preparation: Combine shredded chicken, beaten eggs, and thyme. Pour into a greased oven-safe skillet and bake at 350°F for approximately 15–20 minutes, until set.

Approx. 585 kcal · 55 g protein · 39 g fat · 1.2 g total carbs · 4.5 g leucine



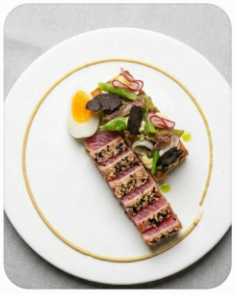
5. Ground Beef & Egg Breakfast Bowl

Ingredients: 5 oz cooked 85% lean ground beef, 2 eggs, 1 tbsp ghee, sea salt, smoked paprika.

Preparation: Brown beef in ghee, season, and top with freshly scrambled or fried eggs.

Approx. 650 kcal · 51 g protein · 49 g fat · 0.8 g total carbs · 4.0 g leucine

Seafood-Based Breakfasts



6. Seared Tuna & Soft-Boiled Eggs

Ingredients: 5 oz cooked tuna steak, 2 eggs, 2 tbsp extra-virgin olive oil, lemon zest.

Preparation: Sear tuna until cooked to preference. Serve sliced alongside soft-boiled eggs and drizzle with olive oil.

Approx. 585 kcal · 55 g protein · 39 g fat · 0.8 g total carbs · 4.4 g leucine



7. Buttered Crab & Egg Scramble

Ingredients: 5 oz cooked lump crab meat, 3 eggs, 2 tbsp butter, chives.

Preparation: Gently warm crab in butter. Add beaten eggs and scramble over low heat. Finish with chives.

Approx. 550 kcal · 48 g protein · 39 g fat · 1.5 g total carbs · 3.8 g leucine



8. Crispy Salmon Breakfast Patties

Ingredients: 6 oz cooked salmon, 1 large egg, 1 tbsp mayonnaise (no added sugar), 1 tbsp avocado oil, dill.

Preparation: Flake salmon and mix with egg, mayonnaise, and dill. Form into two patties and pan-fry in avocado oil until golden and cooked through.

Approx. 610 kcal · 49 g protein · 45 g fat · 0.6 g total carbs · 3.8 g leucine

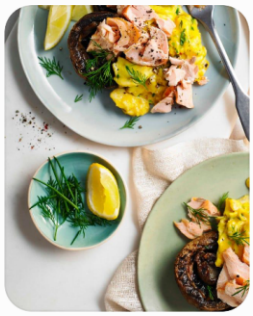


9. Mediterranean Sardine & Egg Plate

Ingredients: 5 oz drained sardines, 2 eggs, 1 tbsp olive oil, lemon zest, parsley.

Preparation: Soft-boil eggs. Arrange with sardines and drizzle with olive oil. Garnish with lemon zest and parsley.

Approx. 560 kcal · 47 g protein · 41 g fat · 0.8 g total carbs · 3.8 g leucine



10. Smoked Trout & Creamy Scrambled Eggs

Ingredients: 5 oz plain smoked trout, 3 eggs, 1 tbsp butter, 1 tbsp olive oil.

Preparation: Slowly scramble eggs in butter. Gently warm trout separately and serve with a drizzle of olive oil.

Approx. 615 kcal · 50 g protein · 45 g fat · 1.2 g total carbs · 4.0 g leucine

Meat-Based Breakfasts



11. Lamb Breakfast Patties & Eggs

Ingredients: 5 oz cooked ground lamb, 2 eggs, 1 tbsp olive oil, rosemary, sea salt.

Preparation: Season lamb with rosemary and shape into small patties. Cook thoroughly in a skillet. Serve with eggs cooked in olive oil.

Approx. 700 kcal · 50 g protein · 55 g fat · 0.8 g total carbs · 4.0 g leucine



12. Pulled Pork & Crispy Egg Breakfast

Ingredients: 5 oz cooked unseasoned pulled pork, 2 eggs, 1 tbsp ghee, smoked paprika.

Preparation: Crisp pulled pork in ghee and top with two fried eggs. Season with smoked paprika.

Approx. 630 kcal · 51 g protein · 46 g fat · 0.8 g total carbs · 4.0 g leucine



13. Crispy Duck Breast & Eggs

Ingredients: 5 oz cooked duck breast with skin, 2 eggs, 1 tsp ghee, thyme.

Preparation: Sear duck skin-side down until crisp and cook through. Rest, slice, and serve with eggs fried in ghee.

Approx. 640 kcal · 47 g protein · 49 g fat · 0.8 g total carbs · 3.8 g leucine



14. Turkey Breakfast Meatballs & Eggs

Ingredients: 6 oz cooked ground turkey (93% lean), 2 eggs, 1 tbsp olive oil, sage, black pepper.

Preparation: Season turkey with sage and pepper, form into small meatballs, and cook thoroughly. Serve with eggs cooked in olive oil.

Approx. 600 kcal · 55 g protein · 40 g fat · 0.8 g total carbs · 4.4 g leucine



15. Roast Beef & Soft Scrambled Eggs

Ingredients: 5 oz cooked plain roast beef, 3 eggs, 1 tbsp butter, 1 tbsp olive oil, sea salt.

Preparation: Warm roast beef gently in olive oil. Softly scramble eggs in butter and serve together.

Approx. 675 kcal · 59 g protein · 47 g fat · 1.2 g total carbs · 4.7 g leucine

Korean-Inspired Breakfasts



1. Korean Bulgogi Beef & Egg Bowl

Ingredients: 5 oz cooked thinly sliced ribeye, 2 eggs, 1 tbsp toasted sesame oil, ½ tsp coconut aminos, a pinch of ginger powder, toasted sesame seeds for garnish (optional, measured).

Preparation: Sear beef in sesame oil with ginger and coconut aminos. Fry eggs separately and serve over the beef, without rice. Omit sesame garnish to minimize carbs.

Approx. 740 kcal · 52 g protein · 57 g fat · 1.4 g total carbs · 4.1 g leucine

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2. Korean Steamed Egg Custard (Gyeran-Jjim)

Ingredients: 3 large eggs, 4 oz finely shredded cooked chicken breast, 1 tbsp sesame oil, ½ cup unsalted chicken broth with zero carbs, salt, and a pinch of white pepper.

Preparation: Beat eggs with broth and sesame oil. Fold in finely shredded chicken. Steam gently in a covered heatproof bowl until the eggs are fully set and tender.

Approx. 510 kcal · 55 g protein · 30 g fat · 1.2 g total carbs · 4.4 g leucine

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3. Spicy Korean Pork & Egg Skillet

Ingredients: 5 oz cooked pork shoulder, 2 eggs, 1 tbsp sesame oil, ¼ tsp gochugaru (Korean red pepper flakes), salt, and a pinch of garlic powder.

Preparation: Crisp pork in sesame oil, season with gochugaru and garlic powder, and top with fried eggs. Avoid gochujang, which usually contains added carbohydrates.

Approx. 650 kcal · 49 g protein · 49 g fat · 1.2 g total carbs · 3.9 g leucine

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4. Korean Grilled Mackerel & Eggs

Ingredients: 6 oz cooked mackerel fillet, 2 eggs, 1 tbsp sesame oil, sea salt, and a pinch of ginger.

Preparation: Grill or pan-sear mackerel until cooked through. Fry eggs in sesame oil and serve alongside fish with ginger and salt.

Approx. 670 kcal · 50 g protein · 51 g fat · 0.9 g total carbs · 3.9 g leucine



5. Korean-Style Short Ribs & Eggs

Ingredients: 6 oz cooked boneless beef short ribs, 2 eggs, 1 tsp sesame oil, ¼ tsp rice vinegar, a pinch of ginger powder, salt.

Preparation: Sear short ribs until browned and tender. Season with sesame oil, ginger, and rice vinegar. Serve with fried eggs. No sweet galbi marinade.

Approx. 810 kcal · 52 g protein · 65 g fat · 1.0 g total carbs · 4.1 g leucine

Mexican-Inspired Breakfasts



6. Huevos con Chorizo — High-Protein Version

Ingredients: 4 oz cooked ground pork, 3 eggs, 1 tbsp avocado oil, ½ tsp smoked paprika, ¼ tsp ground cumin, pinch of chili powder.

Preparation: Brown ground pork with spices to make homemade chorizo-style meat. Scramble in eggs and cook until set. Serve without tortillas or beans.

Approx. 660 kcal · 49 g protein · 50 g fat · 1.5 g total carbs · 3.9 g leucine



7. Carne Asada & Huevos

Ingredients: 6 oz cooked skirt steak, 2 eggs, 1 tbsp avocado oil, ¼ tsp cumin, lime zest, salt.

Preparation: Season steak with cumin and salt, sear, and slice thinly. Fry eggs in avocado oil and serve with lime zest. Avoid lime juice if keeping carbs as low as possible.

Approx. 670 kcal · 58 g protein · 47 g fat · 1.0 g total carbs · 4.7 g leucine



8. Carnitas & Scrambled Eggs

Ingredients: 5 oz cooked pork shoulder carnitas, 3 eggs, 1 tbsp lard or avocado oil, ¼ tsp cumin, pinch of oregano.

Preparation: Crisp plain slow-cooked pork in lard with cumin and oregano. Add beaten eggs and scramble until fluffy.

Approx. 710 kcal · 55 g protein · 53 g fat · 1.4 g total carbs · 4.3 g leucine



9. Machaca con Huevo — Shredded Beef & Eggs

Ingredients: 5 oz cooked shredded beef, 3 eggs, 1 tbsp butter, ¼ tsp cumin, a pinch of chili powder.

Preparation: Crisp shredded beef in butter, season with cumin and chili, then add beaten eggs and scramble together.

Approx. 640 kcal · 57 g protein · 44 g fat · 1.4 g total carbs · 4.5 g leucine



10. Birria-Style Beef & Poached Eggs

Ingredients: 6 oz cooked beef chuck, 2 eggs, ½ cup zero-carb beef broth, 1 tbsp olive oil, ¼ tsp ancho chili powder, cumin, oregano.

Preparation: Simmer shredded beef in broth with spices. Poach eggs separately or directly in the simmering broth until fully cooked. Drizzle with olive oil before serving.

Approx. 675 kcal · 57 g protein · 47 g fat · 1.3 g total carbs · 4.5 g leucine

Thai-Inspired Breakfasts



11. Thai Crispy Omelet (Kai Jeow Moo Sap)

Ingredients: 3 eggs, 5 oz cooked ground pork, 1½ tbsp avocado oil, ½ tsp fish sauce (sugar-free), white pepper.

Preparation: Beat eggs with fish sauce and pepper. Mix in cooked pork. Heat oil and pour in mixture, cooking until golden and crisp on both sides.

Approx. 680 kcal · 53 g protein · 51 g fat · 1.4 g total carbs · 4.2 g leucine



12. Thai Basil Chicken & Fried Eggs (Pad Kra Pao)

Ingredients: 6 oz cooked ground chicken, 2 eggs, 2 tbsp avocado oil, 1 tsp fish sauce (sugar-free), 3–4 Thai basil leaves, pinch of chili flakes.

Preparation: Stir-fry chicken with fish sauce and chili flakes. Add basil at the end. Top with two fried eggs and serve without rice.

Approx. 650 kcal · 62 g protein · 44 g fat · 1.4 g total carbs · 5.0 g leucine



13. Thai Coconut Chicken Breakfast Soup

Ingredients: 6 oz cooked chicken thigh, 1 tbsp coconut cream (unsweetened), 1 tbsp coconut oil, ¾ cup zero-carb chicken broth, lemongrass stalk for infusion (removed), ½ tsp fish sauce.

Preparation: Simmer broth with lemongrass for 5 minutes and remove the stalk. Add chicken, coconut cream, coconut oil, and fish sauce. Warm thoroughly and serve.

Approx. 550 kcal · 45 g protein · 40 g fat · 1.2 g total carbs · 3.6 g leucine



14. Thai Garlic-Pepper Shrimp & Eggs

Ingredients: 6 oz cooked shrimp, 3 eggs, 2 tbsp coconut oil, ½ tsp fish sauce (sugar-free), white pepper, garlic-infused oil (without solids).

Preparation: Warm shrimp in coconut oil and garlic-infused oil, season with fish sauce and white pepper. Add eggs and scramble gently or serve eggs separately.

Approx. 620 kcal · 60 g protein · 42 g fat · 1.8 g total carbs · 4.8 g leucine



15. Thai Grilled Pork Skewers & Eggs (Moo Ping Inspired)

Ingredients: 6 oz cooked pork shoulder, 2 eggs, 1 tbsp coconut oil, ½ tsp fish sauce (sugar-free), coriander powder, white pepper.

Preparation: Slice pork, season with fish sauce, coriander, and white pepper. Grill or sear until browned. Serve with eggs cooked in coconut oil.

Approx. 740 kcal · 55 g protein · 56 g fat · 1.2 g total carbs · 4.3 g leucine

French-Inspired Breakfasts



1. Salmon Eggs en Cocotte

Ingredients: 2 large eggs, 5 oz cooked salmon, 1 tbsp butter, 1 tsp heavy cream, fresh dill.

Preparation: Place salmon in a buttered ramekin, add eggs and cream, then bake in a water bath at 350°F until the eggs are fully set. Garnish with dill.

Approx. 565 kcal · 49 g protein · 40 g fat · 1.0 g total carbs · 3.9 g leucine



2. French Duck Confit & Eggs

Ingredients: 6 oz cooked duck confit meat, 2 large eggs, 1 tsp duck fat, fresh thyme.

Preparation: Crisp shredded duck confit in duck fat. Fry eggs separately and serve with thyme.

Approx. 695 kcal · 57 g protein · 50 g fat · 0.8 g total carbs · 4.4 g leucine



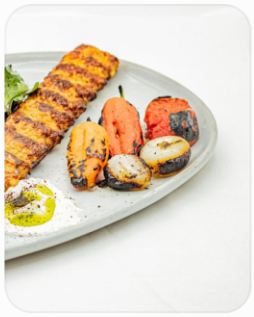
3. French Crab & Egg Soufflé

Ingredients: 6 oz cooked lump crab meat, 3 large eggs, 1 tbsp butter, salt, white pepper.

Preparation: Separate eggs and whip whites until fluffy. Combine yolks with crab and seasoning, gently fold in egg whites, and bake in a buttered ramekin at 350°F until puffed and fully set.

Approx. 490 kcal · 58 g protein · 27 g fat · 1.6 g total carbs · 4.5 g leucine

Mediterranean & Middle Eastern Breakfasts



4. Lamb Kofta & Fried Eggs

Ingredients: 5 oz cooked ground lamb, 2 eggs, 1 tbsp extra-virgin olive oil, ¼ tsp cumin, pinch of coriander, parsley.

Preparation: Shape seasoned lamb into small patties and cook thoroughly. Serve with eggs fried in olive oil.

Approx. 710 kcal · 50 g protein · 55 g fat · 1.0 g total carbs · 4.0 g leucine



5. Turkish Beef Kavurma & Eggs

Ingredients: 6 oz cooked beef chuck, 2 large eggs, 1 tbsp ghee, ¼ tsp cumin, black pepper.

Preparation: Slowly cook beef until tender, then brown in ghee. Add eggs and cook until set.

Approx. 690 kcal · 59 g protein · 49 g fat · 1.0 g total carbs · 4.7 g leucine

Japanese-Inspired Breakfasts



6. Salmon-Stuffed Tamagoyaki

Ingredients: 3 eggs, 5 oz cooked salmon, 1 tbsp sesame oil, salt.

Preparation: Cook thin layers of beaten egg in a lightly oiled skillet, adding salmon between layers as you roll the omelet.

Approx. 605 kcal · 55 g protein · 42 g fat · 1.2 g total carbs · 4.3 g leucine

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7. Chicken Chawanmushi — Savory Egg Custard

Ingredients: 3 eggs, 5 oz cooked chicken thigh, ½ cup zero-carb chicken broth, 1 tbsp sesame oil, salt.

Preparation: Combine beaten eggs with broth, sesame oil, and finely shredded chicken. Steam gently until fully set.

Approx. 630 kcal · 55 g protein · 44 g fat · 1.2 g total carbs · 4.4 g leucine

Indian-Inspired Breakfasts



8. Lamb Keema & Eggs

Ingredients: 5 oz cooked ground lamb, 2 eggs, 1 tbsp ghee, ¼ tsp turmeric, ¼ tsp cumin, pinch of coriander.

Preparation: Brown lamb in ghee with spices until cooked thoroughly. Top with fried eggs.

Approx. 710 kcal · 50 g protein · 55 g fat · 1.2 g total carbs · 4.0 g leucine

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9. Tandoori Chicken & Egg Scramble

Ingredients: 6 oz cooked chicken thigh, 2 eggs, 1 tbsp ghee, ¼ tsp paprika, pinch of cumin, turmeric, and ginger powder.

Preparation: Warm chicken with spices in ghee. Add beaten eggs and scramble until cooked.

Approx. 670 kcal · 61 g protein · 45 g fat · 1.2 g total carbs · 4.9 g leucine

Italian-Inspired Breakfasts



10. Prosciutto & Egg Frittata

Ingredients: 3 eggs, 3 oz cooked chicken breast, 1 oz sugar-free prosciutto, 1 tbsp olive oil, pinch of Italian herbs.

Preparation: Arrange prosciutto and shredded chicken in an oiled skillet. Add beaten eggs and bake at 350°F until fully set.

Approx. 575 kcal · 60 g protein · 36 g fat · 1.5 g total carbs · 4.8 g leucine



11. Chicken Saltimbocca Breakfast Skillet

Ingredients: 5 oz cooked chicken breast, 1 oz prosciutto, 2 eggs, 1 tbsp butter, fresh sage.

Preparation: Wrap chicken with prosciutto and sage, sear in butter until heated through, and serve with fried eggs.

Approx. 570 kcal · 70 g protein · 31 g fat · 1.0 g total carbs · 5.6 g leucine

Sweet High-Protein Breakfasts



12. Chocolate Protein Mousse

Ingredients: 45 g unflavored whey isolate (zero-carb formulation), 3 tbsp heavy whipping cream, ½ tsp unsweetened cocoa powder, liquid monk fruit sweetener, cold water as needed.

Preparation: Whip cream until thick. Blend whey isolate with cold water, fold into cream, and add cocoa and sweetener. Chill before serving.

Approx. 335 kcal · 42 g protein · 19 g fat · 1.7 g total carbs · 4.5 g leucine



13. Cinnamon-Vanilla Protein Custard

Ingredients: 2 eggs, 30 g zero-carb unflavored whey isolate, 1 tbsp heavy cream, 1 tbsp butter, pinch of cinnamon, vanilla-flavored liquid stevia, water as needed.

Preparation: Whisk ingredients until smooth. Pour into a buttered ramekin and bake in a water bath at 325°F until set. Avoid overheating, which can cause whey protein to become grainy.

Approx. 400 kcal · 41 g protein · 26 g fat · 1.8 g total carbs · 4.0 g leucine

Meal-Prep & Grab-and-Go Breakfasts



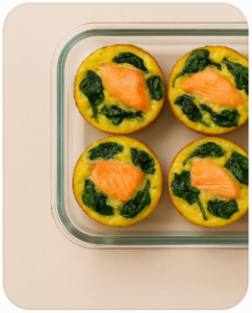
14. Turkey & Egg Breakfast Muffins

Ingredients: 3 eggs, 5 oz cooked ground turkey (93% lean), 1 tbsp avocado oil, salt, pinch of smoked paprika.

Preparation: Combine ingredients and distribute into four greased muffin cups. Bake at 350°F for approximately 18–22 minutes, until fully cooked. All four muffins constitute one serving.

Approx. 610 kcal · 56 g protein · 42 g fat · 1.2 g total carbs · 4.5 g leucine

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15. Salmon & Egg Breakfast Bites

Ingredients: 5 oz cooked salmon, 3 eggs, 1 tbsp olive oil, dill, lemon zest.

Preparation: Flake salmon, mix with beaten eggs and dill, then portion into four greased muffin cups. Bake at 350°F until fully set. All four bites constitute one serving.

Approx. 610 kcal · 55 g protein · 42 g fat · 1.2 g total carbs · 4.3 g leucine