

REAL
WOMEN
REAL
RESULTS

RZONE
FITNESS

NUTRITION
STRENGTH
CONFIDENCE
COMMUNITY

*Stronger
Healthier
Happier
You* ♥

BREAKFAST MADE SIMPLE

20 DELICIOUS, PROTEIN-PACKED BREAKFASTS
TO FUEL YOUR DAY



20G
PROTEIN
AT EVERY MEAL



40G
FAVORABLE
CARBS



REAL FOOD
REAL ENERGY
REAL RESULTS



EGG-BASED
BREAKFASTS
5 OPTIONS



OATMEAL &
FAVORABLE CEREALS
5 OPTIONS



GREEK YOGURT &
COTTAGE CHEESE
5 OPTIONS



WHEY PROTEIN
BREAKFASTS
5 OPTIONS

SIMPLE INGREDIENTS. REAL FOOD. REAL RESULTS.

FUEL A STRONGER YOU

BREAKFAST MADE SIMPLE

23 PROTEIN CENTERED BREAKFASTS

A practical collection of complete breakfasts built around protein, favorable carbohydrates, fruit and real-food ingredients. Use these combinations after an Rzone workout or wherever they best support your schedule.

HOW TO USE THIS GUIDE

- Choose one complete breakfast.
- Keep the listed portions when you want nutrition close to the estimated totals.
- Adjust portions to your individual needs and guidance from your health-care professional.
- Macros are rounded estimates; brands, preparation and portion accuracy can change the totals.

RZONE TARGET

Start with approximately 20–30 grams of protein and about 30–40 grams of favorable carbohydrates at a meal. Some complete breakfasts in this guide are higher because they also include fruit or a larger training-day portion.

CONTENTS

Products to Get	3	•	Nutrition Sources	4
Egg Based Breakfasts	5–12	•	Oatmeal and Favorable Cereals	13–17
Greek Yogurt and Cottage Cheese	18–22	•	Whey Protein Breakfasts	23–27
Nutrition Tools & Resources				28

PRODUCTS TO GET

Product examples used throughout the breakfast guide



EZEKIEL GOLDEN FLAX CEREAL

1 serving



EZEKIEL ALMOND CEREAL

1 serving



EZEKIEL SPROUTED BREAD

2 slices



EZEKIEL ENGLISH MUFFINS

1 muffin



EZEKIEL FLAX TORTILLAS

1 tortilla



PLAIN 0% GREEK YOGURT

1 cup



2% COTTAGE CHEESE

1/2–1 cup



WHEY PROTEIN POWDER



PURELY ELIZABETH GRANOLA

1/3 cup



AMYLU CHICKEN BREAKFAST PATTIES

1 patty



AMYLU BREAKFAST TIME
CHICKEN PATTIES - FULLY COOKED

Recipe portion: 1 patty



AMYLU PALEO ANDOUILLE SAUSAGE

1 sausage

ALSO KEEP ON HAND

Eggs + egg whites • rolled oats • berries • bananas • apples • spinach • avocado • natural nut butter • walnuts, chia + flax

Other strong cereal options include Nature's Path Heritage Flakes, Kashi GO Original, Cascadian Farm No Added Sugar Mixed Berry and Seven Sundays Bircher Muesli. Comparable products are fine when portions and nutrition are similar.

NUTRITION SOURCES

How the estimated nutrition was checked

USDA FoodData Central

Reference values for eggs, egg whites, oats, fruit, vegetables, nuts, dairy foods and other basic ingredients.

Food for Life official product information

Current product and label information for Ezekiel 4:9 sprouted-grain breads, English muffins and cereals, including Golden Flax and Almond.

Manufacturer labels and Amylu product information

Label values for Amylu chicken sausage and breakfast patties, whey protein, Greek yogurt, cottage cheese, tortillas and granola; the exact total changes with the product and brand selected.

IMPORTANT

Nutrition totals are rounded estimates, not laboratory analyses. Weights, brands, cooking methods and substitutions can change calories and macronutrients. This guide provides general nutrition education and is not a substitute for individualized medical or dietetic advice.

RZONE FITNESS | SUPPORTIVE NUTRITION | A STRONGER YOU

01 EGG BASED

SCRAMBLED EGG POWER PLATE



430

CALORIES

31g

PROTEIN

42g

CARBS

17g

FAT

9g

FIBER

WHAT YOU NEED

2 whole eggs + 2 egg whites • 2 slices Ezekiel sprouted-grain toast • 1/4 avocado • 1/2 cup mixed berries

MAKE IT

Scramble the eggs and egg whites. Serve with warm toast, sliced avocado and berries.

VEGETABLE OMELET AND SWEET POTATO



370

CALORIES

26g

PROTEIN

51g

CARBS

7g

FAT

9g

FIBER

WHAT YOU NEED

1 whole egg + 4 egg whites • 1 cup spinach, peppers and mushrooms • 3/4 cup roasted sweet potato • 1 small orange

MAKE IT

Fold the sauteed vegetables into the omelet. Pair with roasted sweet potato and orange slices.

TURKEY EGG BREAKFAST WRAP



400

CALORIES

43g

PROTEIN

37g

CARBS

9g

FAT

7g

FIBER

WHAT YOU NEED

1 whole egg + 3 egg whites • 3 oz lean turkey breast • 1 large sprouted-grain tortilla • 1/2 cup mixed berries

MAKE IT

Fill the warm tortilla with eggs and turkey, roll tightly and serve with berries.

POACHED EGG AVOCADO TOAST



360

CALORIES

24g

PROTEIN

43g

CARBS

11g

FAT

8g

FIBER

WHAT YOU NEED

2 poached eggs • 2 slices Ezekiel sprouted-grain toast • Tomato and arugula • 1/2 cup berries

MAKE IT

Layer toast with tomato and arugula, top with poached eggs and add berries on the side.

COTTAGE CHEESE EGG SCRAMBLE BOWL



370

CALORIES

30g

PROTEIN

37g

CARBS

14g

FAT

6g

FIBER

WHAT YOU NEED

2 whole eggs • 1/2 cup low-fat cottage cheese • 1 cup spinach • 3/4 cup roasted potatoes + 1/2 cup berries

MAKE IT

Scramble eggs with spinach and fold in cottage cheese. Serve with potatoes and berries.

AMYLU ANDOUILLE EGG BREAKFAST PLATE



430

CALORIES

41g

PROTEIN

40g

CARBS

13g

FAT

8g

FIBER

WHAT YOU NEED

1 whole egg + 3 egg whites • 1 Amylu Paleo Andouille chicken sausage • 2 slices Ezekiel sprouted-grain toast • 1/2 cup mixed berries

MAKE IT

1. Warm the fully cooked sausage in a skillet over medium heat, turning until hot.
2. Whisk the egg and egg whites, then scramble in a lightly coated skillet until just set.
3. Toast the bread and serve everything with berries on the side.

FETA EGG AND AMYLU PATTY MUFFIN



490

CALORIES

42g

PROTEIN

40g

CARBS

19g

FAT

8g

FIBER

WHAT YOU NEED

1 Amylu Chicken Breakfast Patty • 1 whole egg + 2 egg whites • 1 Ezekiel sprouted-grain English muffin • 1 cup spinach + 1 Tbsp feta • 1/2 cup berries

MAKE IT

1. Heat the fully cooked patty according to the package directions. Toast the English muffin.
2. Wilt the spinach, add the egg and egg whites, and cook until set. Sprinkle with feta.
3. Stack the egg mixture and patty on the muffin; serve with berries.

BAKED EGG PROTEIN MUFFINS



350

CALORIES

39g

PROTEIN

35g

CARBS

8g

FAT

7g

FIBER

WHAT YOU NEED

1 whole egg + 4 egg whites • 1/2 cup low-fat cottage cheese • 1 cup chopped spinach and red bell pepper • 1 slice Ezekiel toast • 1/2 cup berries

MAKE IT

1. Heat oven to 375°F and lightly coat 3 muffin cups.
2. Blend the egg, egg whites and cottage cheese until smooth; fold in the vegetables.
3. Divide among the cups and bake 18–22 minutes, until the centers are set.
4. Cool for 5 minutes, then serve with toast and berries.

BANANA WALNUT PROTEIN OATMEAL



320

CALORIES

29g

PROTEIN

38g

CARBS

8g

FAT

5g

FIBER

WHAT YOU NEED

1/3 cup dry rolled oats • 1 scoop vanilla whey protein • 1/3 medium banana • 1/4 cup blueberries + 1 Tbsp walnuts

MAKE IT

Cook the oats, cool briefly, then stir in whey. Top with banana, blueberries and walnuts.

CHOCOLATE BERRY OVERNIGHT OATS



330

CALORIES

31g

PROTEIN

38g

CARBS

7g

FAT

7g

FIBER

WHAT YOU NEED

1/2 cup dry rolled oats • 1 scoop chocolate whey • 1/2 cup unsweetened almond milk • 1/2 cup strawberries + 1 tsp chia

MAKE IT

Stir everything together in a jar and refrigerate overnight. Add strawberries before serving.

EZEKIEL GOLDEN FLAX CEREAL BOWL



310

CALORIES

22g

PROTEIN

46g

CARBS

5g

FAT

8g

FIBER

WHAT YOU NEED

1 serving Ezekiel 4:9 Flax cereal (35 g) • 1/2 cup plain nonfat Greek yogurt • 1/2 cup unsweetened milk • 1/4 banana + 1/4 cup blueberries

MAKE IT

Pour milk over the cereal and add fruit. Serve the Greek yogurt alongside or spoon it on top.

EZEKIEL ALMOND CEREAL BOWL



350

CALORIES

23g

PROTEIN

44g

CARBS

10g

FAT

7g

FIBER

WHAT YOU NEED

1 serving Ezekiel 4:9 Almond cereal • 1/2 cup low-fat cottage cheese • 1/2 cup strawberries • 1 Tbsp sliced almonds

MAKE IT

Top the cereal with strawberries and almonds. Add cottage cheese as the protein-rich side.

APPLE CINNAMON PROTEIN OATMEAL



370

CALORIES

30g

PROTEIN

44g

CARBS

9g

FAT

8g

FIBER

WHAT YOU NEED

1/2 cup dry rolled oats • 1 scoop vanilla whey • 1/2 small apple, diced • 1 Tbsp pecans + cinnamon

MAKE IT

Cook oats with apple and cinnamon. Remove from heat, stir in whey and finish with pecans.

BERRY CRUNCH GREEK YOGURT PARFAIT



315

CALORIES

27g

PROTEIN

37g

CARBS

7g

FAT

7g

FIBER

WHAT YOU NEED

1 cup plain nonfat Greek yogurt • 1/2 cup mixed berries • 1/3 cup Purely Elizabeth Original granola • 1 tsp chia seeds

MAKE IT

Layer the yogurt, berries and granola. Finish with chia seeds just before eating.

PINEAPPLE WALNUT COTTAGE CHEESE BOWL



380

CALORIES

34g

PROTEIN

41g

CARBS

9g

FAT

8g

FIBER

WHAT YOU NEED

1 cup low-fat cottage cheese • 1/2 cup pineapple • 1/2 cup raspberries • 1 slice Ezekiel toast + 1 Tbsp walnuts

MAKE IT

Combine cottage cheese with pineapple and raspberries. Add walnuts and toast on the side.

BANANA PEANUT BUTTER YOGURT BOWL



360

CALORIES

32g

PROTEIN

41g

CARBS

9g

FAT

5g

FIBER

WHAT YOU NEED

1 cup plain nonfat Greek yogurt • 1/2 medium banana • 1 Tbsp natural peanut butter • 1 slice Ezekiel toast + cinnamon

MAKE IT

Top yogurt with banana, peanut butter and cinnamon. Serve with warm sprouted-grain toast.

SAVORY COTTAGE CHEESE BREAKFAST BOWL



440

CALORIES

44g

PROTEIN

44g

CARBS

10g

FAT

8g

FIBER

WHAT YOU NEED

1 cup low-fat cottage cheese • 1 hard-boiled egg • Tomato and cucumber • 2 slices Ezekiel sprouted-grain toast

MAKE IT

Build the bowl with cottage cheese, egg and vegetables. Season and serve with toast.

APPLE PECAN YOGURT CRUNCH



330

CALORIES

27g

PROTEIN

41g

CARBS

7g

FAT

6g

FIBER

WHAT YOU NEED

1 cup plain nonfat Greek yogurt • 1/2 medium apple, diced • 1/3 cup rolled oats • 1 Tbsp pecans + cinnamon

MAKE IT

Toast the oats lightly if desired, then layer with yogurt, apple, pecans and cinnamon.

BERRY PROTEIN SMOOTHIE AND ALMOND BUTTER TOAST



335

CALORIES

32g

PROTEIN

38g

CARBS

8g

FAT

8g

FIBER

WHAT YOU NEED

1 scoop vanilla whey • 1/2 cup mixed berries • 1/3 medium banana • 1 slice Ezekiel toast + 2 tsp almond butter

MAKE IT

Blend whey, berries and banana with cold water and ice. Serve with warm almond-butter toast.

BANANA CINNAMON SMOOTHIE BOWL



310

CALORIES

28g

PROTEIN

43g

CARBS

4g

FAT

8g

FIBER

WHAT YOU NEED

1 scoop vanilla whey • 1/2 medium banana • 1/3 cup rolled oats • 1/2 cup berries + cinnamon

MAKE IT

Blend whey and banana thick with ice. Pour into a bowl and top with oats, berries and cinnamon.

CHOCOLATE PEANUT BUTTER OAT SMOOTHIE



400

CALORIES

32g

PROTEIN

39g

CARBS

14g

FAT

6g

FIBER

WHAT YOU NEED

1 scoop chocolate whey • 1 Tbsp natural peanut butter • 1/2 medium banana • 1/3 cup rolled oats + 1 cup unsweetened almond milk

MAKE IT

Blend all ingredients with ice until completely smooth. Add a little water if you prefer a thinner texture.

VANILLA PROTEIN PANCAKES



440

CALORIES

47g

PROTEIN

42g

CARBS

9g

FAT

8g

FIBER

WHAT YOU NEED

1 scoop vanilla whey • 1/2 cup rolled oats • 1 whole egg • 1/2 cup berries + 1/2 cup Greek yogurt

MAKE IT

Blend whey, oats and egg into batter. Cook pancakes and top with berries; serve yogurt alongside.

TROPICAL PROTEIN YOGURT BOWL



300

CALORIES

33g

PROTEIN

35g

CARBS

5g

FAT

7g

FIBER

WHAT YOU NEED

3/4 cup plain nonfat Greek yogurt • 1/2 scoop vanilla whey • 1/2 cup mango + 1/2 cup pineapple • 1 Tbsp chia seeds

MAKE IT

Blend yogurt, whey and half the fruit until thick. Spoon into a bowl and top with the remaining fruit and chia seeds.

EZEKIEL EGG & AMYLU BREAKFAST SANDWICH



INGREDIENTS | 1 SERVING

- 1 Ezekiel 4:9 sprouted-grain English muffin
- 1 Amylu Breakfast Time Chicken Patty (1 of 2 patties per serving)
- 1 whole egg + 2 egg whites
- Optional: spinach and tomato

HOW TO PREPARE & PRESENT

1. Toast the split English muffin until lightly golden.
2. Heat the fully cooked patty according to package directions.
3. Cook the egg and whites in a nonstick skillet; fold to fit the muffin.
4. Stack muffin, patty, eggs and optional vegetables; serve warm.

NUTRITION NOTE

Amylu patty: approx. 80 calories and 8 g protein (half of the labeled 2-patty serving). Full-meal values depend on the exact muffin, eggs and toppings; verify package labels.

SCRAMBLED EGGS & AMYLU

EZEKIEL BREAKFAST PLATE



INGREDIENTS | 1 SERVING

- 1 Ezekiel 4:9 sprouted-grain English muffin
- 1 Amylu Breakfast Time Chicken Patty (1 of 2 patties per serving)
- 1 whole egg + 2 egg whites
- Optional: feta or avocado

HOW TO PREPARE & PRESENT

1. Toast both English muffin halves.
2. Heat the fully cooked patty according to package directions.
3. Whisk egg and whites; scramble gently over medium-low heat.
4. Plate the eggs beside the patty and toasted muffin; add toppings.

NUTRITION NOTE

Amylu patty: approx. 80 calories and 8 g protein (half of the labeled 2-patty serving). Full-meal values depend on the exact muffin, eggs and toppings; verify package labels.

MORE NUTRITION TOOLS & RESOURCES

Practical guides, templates and visual tools to make supportive nutrition easier.

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Good Food Fuels a Stronger You ♥

NUTRITION HANDOUTS & TEMPLATES

PRACTICAL TOOLS.
SIMPLE GUIDES.
REAL RESULTS.

Build Healthier Habits

NUTRITION GUIDE
REAL FOOD
REAL HABITS
REAL RESULTS

MINI MEALS GUIDE
SIMPLE OPTIONS
BIG RESULTS

DAILY NUTRITION PLAN

GROCERY LIST

MEAL PREP PLANNER

PROTEIN FINDS
HARD TO FIND
HIGH-QUALITY
PROTEIN OPTIONS

CARB FINDS
FAVORABLE CARBS
FOR YOUR GOALS

LOW CARB MEAL COMPLEMENTS
DELICIOUS OPTIONS
TO KEEP YOU ON TRACK

Visual tools include a black shaker bottle with the RZONE logo and various food items like salmon, avocado, and vegetables.



GUIDES & HANDOUTS
Visual. Simple.
Effective.



NUTRITION TEMPLATES
Plan. Track.
Stay on Track.



GROCERY LISTS
Smart Choices.
Easy Shopping.



MEAL PREP TOOLS
Save Time.
Set Yourself Up.



EXPERT-BACKED TIPS
Real Guidance.
Real Results.

EXPLORE ALL RESOURCES >

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For more nutritional tools and resources, click this link:

<https://www.rzonefitness.com/nutrition-support/>

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