



Fitness with PJ
MAKING YOU FIT. FOR LIFE.

t: 604.341.1509 e: info@fitnesswithpj.com w: www.fitnesswithpj.com

Breakfast

For more recipes, as well as PJ's Popular "Recipe of the Week", join her bur own trainer. Stop eating the cardboard, low fat crap and start eating real food again!

Asparagus & Canadian Back Bacon Omelette

Serves 2

- 6-8 stalks asparagus, snap bottoms off
- 1/4 cup
- 3 slices Canadian bacon, diced
- 1 teaspoon extra-virgin organic olive oil
- 1/2 cup liquid egg substitute, such as Egg Beaters
- 1/4 cup shredded reduced-fat Cheddar cheese
- 1/8 teaspoon sea salt
- 1/8 teaspoon freshly ground pepper

Directions:

1. Bring asparagus and 1/4 cup water to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the asparagus is slightly softened, about 2 minutes. Uncover and continue cooking until the water has evaporated, 1 to 2 minutes.
2. Add Canadian bacon and oil to the pan and stir to coat. Pour in egg substitute, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
3. Sprinkle cheese, salt and pepper over the omelet. Cover, reduce heat to low and cook until the egg is completely set and the cheese is melted, about 2 minutes. Fold over using the spatula and serve.

Gluten Free Banana Walnut Muffins

9 muffins

1 cup mashed, over ripe banana
6 Tbsp. veg.oil
1/2 cup sugar or sugar substitute
1 tsp. sea salt
1 egg, well beaten
1 tsp. vanilla
1 1/2 - 1 2/3 cups white rice flour
1 tsp. baking soda
1 tsp gluten-free baking powder ("MAGIC" brand)
1/2 cup chopped walnuts (optional)

Add shortening, sugar, and salt to mashed banana and beat until well mixed. Add egg and vanilla and mix well. Add remaining dry ingredients and nuts. Mix until just blended. (Batter is runny.)

Pour into greased muffin tins. Bake for 15-20 minutes at 350 degrees.

PJ's Favourite Protein Shake

Serves: 1

2 scoops protein powder (my fave powder is "Proteins + Vital Vanilla")
1 tbsp ground flax seed or chia seed or Salba seed **OR** 1tsp omega-3 oil
1 c almond milk (or another type of milk such as hemp, rice or 1%)
1/2 c water
1 heaping cup of frozen berries
2 ice cubes

Directions:

- Combine all ingredients in a blender.
- Blend well and enjoy!