

*Curves* Recipes

**MORNINGS**

**MADE EASY**



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# PROTEIN PANCAKES

## INGREDIENTS:

- 2 large bananas
- 2 eggs
- ½ cup vanilla protein powder\*
- ½ cup blueberries (optional)
- Oil spray

**Preparation time:** < 5 minutes

**Cooking time:** 10 minutes

**Nutritionals per serve:** 304 calories (1270 kJ), 28.7g protein, 28.8g carbohydrate, 24.1g sugar, 8.2g fat, 2.8g saturated fat

**SERVES: 2**

## METHOD:

1. Place bananas, eggs, and protein powder\* in blender and blend until the mixture is smooth. Add blueberries and stir to evenly distribute. (If you don't have a blender, simply mash bananas well, and whisk the eggs, then combine the eggs and bananas with protein powder,\* add blueberries and whisk until well combined).
2. Place a non-stick fry pan over a medium heat and lightly coat with spray oil. When the pan is hot, add ¼ cup of pancake mixture to the pan.
3. Flip the pancakes when they begin to bubble. Cook for about 1 minute on each side, or until golden brown.
4. Serve topped with your preferred toppings (Greek yogurt, coconut flakes, berries, toasted nuts and maple syrup all work really well).

*\*Talk to your Curves Coach to purchase*





# OVERNIGHT OATS

## INGREDIENTS:

- 1 cup rolled oats
- 2 servings protein powder\* (chocolate or vanilla work beautifully)
- 1 tbsp chia seeds
- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  cup plain Greek yogurt
- 1 tbsp maple syrup or honey (or to taste)

**Preparation time:** <5 minutes + 6 hours in the fridge overnight

**Nutritionals per serve:** 510 calories (2136 kJ), 34.3g protein, 55.2g carbohydrate, 26.4g sugar, 16.9g fat, 7.4g saturated fat

## SERVES: 2

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## METHOD:

1. Combine all ingredients in a container/jar and stir well to combine, making sure there are no lumps. Place the lid on the container/jar and place in the fridge overnight.
2. Serve topped with berries, toasted nuts or coconut flakes.



## **BREAKFAST BURRITO**

### **INGREDIENTS:**

- ¼ onion
- 1 whole veggie sausage
- ½ potato
- ¼ tomato
- 1 egg
- 1 oz/30g low fat cheddar cheese, grated
- 1 whole grain tortilla

**Preparation & cooking time:** 20 minutes

**Nutritionals per serve:** 507 calories (2123 kJ), 42.9g carbohydrate, 8.0g sugar, 38.9g protein, 19.7g fat, 7.3g saturated fat

**SERVES: 1**

### **METHOD:**

1. In a medium saucepan, bring water to a boil. Peel potato and use half of the potato cutting into 2.5cm pieces. Place potatoes in saucepan and cover. Reduce heat to medium and cook for about 10 minutes or until tender but still firm. Drain and cool.
2. Dice onion and tomato. Warm a fry pan over medium heat and spray a pan with cooking spray. Add diced onion, veggie sausage and cooked and cubed potato. Let it cook until the onion is softened and the potato is warm throughout.
3. Stir in diced tomato and pour in egg, stirring to scramble. Sprinkle with shredded cheese, and wrap in tortilla.

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## **BIRCHER MUESLI**

### **INGREDIENTS:**

- 1 cup quick oats
- $\frac{2}{3}$  cup low fat milk
- $\frac{2}{3}$  cup low fat Greek yogurt
- 1 tsp vanilla extract
- $\frac{2}{3}$  cup orange juice
- 2 tsp honey
- $\frac{1}{2}$  cup pecans
- 1 cup strawberries
- 1 cup blackberries

**Preparation time:** 10 minutes

**Nutritionals per serve:** 575 calories  
(2405 kJ), 59.0g carbohydrate,  
30.3g sugar, 22.8g protein, 27.7g fat,  
3.6g saturated fat

**SERVES: 2**

### **METHOD:**

1. Mix the first four ingredients in a bowl. Wait 5 minutes to soften the oats.
2. Wisk orange juice and honey in a small bowl. Stir orange juice mixture into oats.
3. Top with pecans, strawberries and blackberries.



## CHIA PUDDING

### INGREDIENTS:

- 1 cup milk
- 1 cup plain Greek yogurt
- ¼ cup chia seeds
- 1 ½ servings protein powder\* (chocolate or vanilla)
- 1 tbsp maple syrup or honey
- ½ cup strawberries (or any other berries)
- 4 tbsp slivered almonds

**Preparation time:** 5 minutes + 6 to 8 hours in the fridge overnight

**Nutritionals per serve:** 219 calories (918 kJ), 20.1g protein, 14.6g carbohydrate, 13.4g sugar, 8.9g fat, 1.5g saturated fat

### SERVES: 4

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### METHOD:

1. In a bowl, mix milk, yogurt, protein powder\* and maple syrup until just combined. Whisk in chia seeds and let stand for 30 minutes. Stir again to ensure chia seeds are evenly distributed.
2. Cover and refrigerate overnight.
3. Spoon pudding into 4 glasses and top with berries (or any fresh fruit) and toasted almonds, with a drizzle of honey or maple syrup if desired.





## ALMOND BERRY OATS

### INGREDIENTS:

- 1 oz/28g quick oats (dry)
- ½ cup water
- 1 oz/30g almonds
- 1 oz/30g blueberries
- 1 oz/30g strawberries
- ½ tsp cinnamon

**Preparation time:** 7 minutes

**Nutritionals per serve:** 300 calories (1260kJ), 34g protein, 23g carbohydrate, 8g fat

**SERVES:** 1

### METHOD:

1. Stir the oats and water together and microwave for 2-3 minutes until cooked. Top with almonds, blueberries, strawberries and cinnamon.
2. Enjoy for breakfast!

# BREAKFAST BRUSCHETTA WITH POACHED EGGS



## INGREDIENTS:

- 1 tsp balsamic glaze
- 2 large eggs
- 1 tomato
- ¼ red onion
- 1 piece whole grain bread
- 2 tbsp avocado
- 2 basil leaves
- White vinegar, splash

**Preparation & cooking time:** 15 minutes

**Nutritionals per serve:** 260 calories (1085kJ), 26g protein, 15g carbohydrate, 10g fat

**SERVES: 1**

## METHOD:

1. To poach the eggs, bring water to the boil in a saucepan, and then reduce heat to a fast simmer. Add a splash of white vinegar to the water if you have some (this will help the egg whites to cook quicker and hold together better).
2. Crack eggs into the simmering water, and cook for 2–3 minutes, or until egg whites are firm and egg yolk is still a bit soft. Remove eggs from water with a slotted spoon, allowing water to drain away.
3. While eggs are poaching, finely dice the red onion and tomato, place into a small bowl with roughly torn basil leaves and toss to combine.
4. Toast the bread, and then spread with avocado. Top avocado toast with tomato, onion and basil mixture, and then drizzle with balsamic glaze. Add poached eggs and serve immediately.

## TIP:

2 tbsp avocado = about ¼ avocado



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