

Shaw's

SIMPLE SWAPS

SMALL CHANGES. BIG DIFFERENCES.

BREAKFAST RECIPES

SOUTHWESTERN EGG WHITE FRITTATAS



PREP TIME
5 mins
COOK TIME
35 mins
TOTAL TIME
40 mins

Author: Elizabeth Shaw
Serves: 8

INGREDIENTS

- 2.25 cup(s), Eggs - White only, raw
- 0.50 cup(s), Almond Milk - Original - Unsweetened
- 1.00 cup(s), Chopped Veggies (Bell Peppers, Tomatoes, Onions)
- 1.00 tsp(s), Garlic - Raw
- 0.50 tsp(s), Ground Cumin
- 0.50 tsp(s), Spices - Paprika
- 0.50 tsp(s), Spices - Chili powder
- 1.00 dash, Spices - Pepper, black

INSTRUCTIONS

1. Preheat oven to 375*.
2. Spray your mini loaf pan or muffin tin with cooking spray.
3. Pour egg whites and almond milk into a mixing bowl, whisk together.
4. Mix in spices and chopped vegetables, stir thoroughly.
5. Ladle into a mini loaf pan or muffin tin, leaving at least a ¼ inch for frittata to rise.
6. Bake for 35 minutes, or until lightly browned.
7. Let cool 10 minutes before trying to take out.
8. Enjoy!

Nutrition Facts	
Serving Size (105g)	
Servings Per Container	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 8g	
Vitamin A 2%	• Vitamin C 20%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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CREAMY CHIPOTLE SIRLOIN BREAKFAST PIZZA



[PRINT](#)
 PREP TIME
 20 mins
 COOK TIME
 5 mins
 TOTAL TIME
 25 mins

Author: Elizabeth Shaw
 Recipe type: Breakfast, Lunch, Dinner
 Serves: 2

Nutrition Facts	
Serving Size (168g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 80
<small>% Daily Value*</small>	
Total Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 650mg	27%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 23g	
Vitamin A 20%	Vitamin C 10%
Calcium 25%	Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 25g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>30g 37g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>

INGREDIENTS

- 1- 6" whole wheat pita
- ¼ cup chopped tomatoes
- 2 tablespoons fat free cream cheese
- 2 teaspoons chipotle hot sauce
- ¼ cup pepperjack shredded cheese, reduced fat
- 3 oz sirloin tip, chopped
- 1 large egg, scrambled

INSTRUCTIONS

1. In an airtight container, combine the marinade ingredients and place beef in container.
2. If possible, let marinate up to 48 hours.
3. When ready to assemble, set oven to broil.
4. Place cast iron skillet in stove to heat.
5. Remove after 5 minutes and place 2 tablespoons vegan butter in skillet.
6. Place one sirloin tip in skillet.
7. Return to oven and broil 3-4 minutes per side.
8. Remove sirloin tip from skillet and let rest on cutting board.
9. Repeat process with second sirloin tip.
10. To assemble pizza, change oven setting to 425°F.
11. Place one pita on center of aerated pizza pan.
12. Combine 1 teaspoon of chipotle hot sauce with cream cheese. Spread evenly on pita.
13. Top with 3 oz chopped lean sirloin, pepperjack cheese, tomatoes and egg.
14. Heat for 5 minutes in oven.
15. Remove and slice into 4. Enjoy with a little hot sauce on top!

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SUNRISE SHEDDOWN SANDWICH



PREP TIME
5 mins
COOK TIME
4 mins
TOTAL TIME
9 mins

Author: Elizabeth Shaw
Recipe type: Breakfast
Serves: 1

INGREDIENTS

- 1 100% whole wheat English Muffin (or 100% whole wheat bagel thin)
- 1 large egg
- ½ oz part skim mozzarella cheese
- ½ oz spinach
- 1 slice tomato

INSTRUCTIONS

1. Toast English Muffin.
2. Spray nonstick pan with cooking spray.
3. Crack egg and over medium heat cook 2-4 minutes, flipping half way through.
4. Top with cracked pepper if desired.
5. Sprinkle cheese on top of egg so it begins to melt.
6. Assemble

Nutrition Facts	
Serving Size (141g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 410mg	17%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 15g	
Vitamin A 30%	Vitamin C 10%
Calcium 30%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

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SWEET POTATO CHIA CHOCOLATE BREAKFAST CAKE



PREP TIME
20 mins
COOK TIME
40 mins
TOTAL TIME
1 hour

Author: Elizabeth Shaw
Serves: 8

INGREDIENTS

- 2 medium sweet potatoes, baked, without skin
- 1 cup whole wheat flour
- 1/2 cup stevia sugar (*or sugar of choice)
- 1/2 tbsp baking powder
- 1 tsp pumpkin pie spice
- 1 tbsp vanilla extract
- 2 tbsp cacao chips
- 2 tbsp chia seeds
- 1 tbsp flax seeds
- 1 egg white
- 1/2 cup unsweetened almond milk
- 2 tbsp margarine (vegan)

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Begin by mashing sweet potatoes into a smooth consistency with your hand mixer in a medium bowl.
3. In that same bowl, add the almond milk, margarine, egg white and sugar. Mix together.
4. In a separate bowl, mix remaining ingredients together.
5. Slowly incorporate the dry into the wet until a thick, uniform consistency is achieved.
6. Pour batter into a greased pie pan or circular pan and bake for 35-40 minutes!
7. Knife should come out clean when cake is finished.
8. Let cool 5 minutes to firm up, then cut and enjoy warm with a glass of milk or cup of coffee!

Nutrition Facts	
Serving Size (62g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 15g	
Protein 3g	
Vitamin A 80%	Vitamin C 8%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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WARM PUMPKIN PIE OATMEAL



PREP TIME
14 hours
COOK TIME
15 mins
TOTAL TIME
14 hours 15 mins

Author: Elizabeth Shaw
Recipe type: Breakfast, Dessert
Serves: 1

INGREDIENTS

- 1/2 cup whole grain oats
- 3/4 cup almond milk
- 1 cup water
- 1/2 tsp vanilla extract
- 1/4 cup pumpkin puree
- 1/2 tsp pumpkin pie spice
- 5 almonds, chopped
- 1/3 medium banana, sliced

Nutrition Facts

Serving Size (205g)		Servings Per Container	
Amount Per Serving			
Calories 280	Calories from Fat 70		
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 90mg			4%
Total Carbohydrate 40g			13%
Dietary Fiber 7g			28%
Sugars 5g			
Protein 8g			
Vitamin A 6%		Vitamin C 6%	
Calcium 25%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

INSTRUCTIONS

1. Combine oats, almond milk, pumpkin puree, spices and vanilla.
2. Place in air tight container in refrigerator overnight.
3. Remove and pour all ingredients into stovetop pan.
4. Add water and bring to a boil.
5. Simmer on medium heat for 10-15 minutes until oatmeal is thickened.
6. Remove and pour into your favorite large mug!
7. Top with sliced bananas and almonds...enjoy!