



ari coach

7 High-Protein Breakfast Recipes to Get Lean

under 300 calories & 7 ingredients



🔥 get lean

high-protein

breakfast

anything

vegetarian

vegan



How protein at breakfast can help you get lean

macro-balance • feel fuller • reduce cravings • avoid brain fog

It's a balance

As much as we love cereals and other breakfast foods, they are often full of highly-processed ingredients that lead to sugar crashes early in the morning.

Our breakfast recipes are high in protein and moderate in complex carbohydrates and healthy fats. The macronutrient balance and fiber is designed to help you keep full longer^{1,2,3}.

Protein helps you eat less later

Having protein at the start of the day has been shown to affect how you eat later in the day.

Specifically, eating protein activates the body's signals to curb hunger hormone ghrelin⁴, reduce cravings in the brain⁵, increase fullness hormones peptide YY, GLP-1 and cholecystokinin⁶.

Other studies observed that people tend to eat less calories in general following high-protein breakfasts^{7,8,9}.

When to eat breakfast

While eating or skipping breakfast is observed to have no effect on weight loss or gain¹⁰, high-protein breakfasts can help you get lean.

Our bodies need time to decrease blood sugar and insulin levels - typically about a **16 hour fast**¹¹. So depending on your schedule, it could be eating at 10am when you actually feel hungry. Or it could be eating as soon as you wake up at 8am because of the early 5pm dinner last night.

It's up to you!

Recipe index

● vegan ● vegetarian



[1. Banana protein oats with oat milk & cinnamon](#)



[2. Cheezy spinach oats with veggie bacon](#)



[3. Apple pie smoothie](#)



[4. Spinach feta egg-white wrap](#)



[5. Light English breakfast plate with chicken sausage](#)



[6. Smoked salmon & cucumber bagel](#)



[7. Raspberry jam chia protein-pudding](#)



Hey, I'm Ari 🙌

I share helpful tips & easy swaps here and on the app. Definitely adjust ingredients up or down for your body type & workout intensity (or use our app).

References

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10. <https://www.ncbi.nlm.nih.gov/pubmed/24898236>
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🔥 get lean

vegan

breakfast

Banana protein oats with oat milk & cinnamon

5 min • \$ • whole food • plastic-free

~240
CALORIES






36.4g
CARBS

16g
PROTEIN




4.5g
FAT



Ingredients

	Rolled oats or steel-cut	1/2 cup 41g
	Banana medium-size 7in / 18cm	1/4 banana 30g
	Protein powder 20+g/serving	1/3 serving 10g
	Oat milk or your choice	1/2 cup 4oz or 120ml
	Cinnamon	1/8 tsp or a pinch

Optional ingredients

	Chia seeds	1/8 tsp
	Nuts	1/4 tsp
	Water	as needed

Directions

- 1 Prep**
In a large bowl (to prevent spills), mix together oats, plant milk, and HALF of the water.
- 2 Cook in microwave**
Microwave for 1 minute - stir - then 30 seconds at a time until tender. Let cool to thicken up or add more water if desired.

Once cool enough to handle, mix in protein powder, cinnamon, and banana slices.
- 3 Serve**
Enjoy warmed or chilled from the fridge. Top with optional chia seeds & crushed nuts.

Keeps for 3-4 days in the fridge, in an airtight container.

(You can also prepare oats on the stove or overnight in a container.)

Nutrition estimate excludes optional ingredients.
You may need more or less food depending on body type & workout goals.

🔥 get lean

vegan

breakfast

Cheezy spinach & veggie bacon oatmeal

5 min • \$ • meal prep friendly

~240
CALORIES







37g
CARBS

15g
PROTEIN



4.9g
FAT



Ingredients

	Rolled oats or steel-cut	1/2 cup 41g
	Nutritional yeast	1 tbsp 5g
	Veggie bacon Uptons, Sweet earth, etc	2 slices 19.5g
	Spinach fresh or frozen	2 cups 60g
	Bouillon	1 tsp 3.5g
	Water	1/2 cup 4oz or 120ml

Optional ingredients

	Salt & pepper optional	to taste
	Hot sauce optional	to taste

Directions

- 1 Prep**
In a bowl, mix bouillon with HALF portion of water (1 tsp with 4 oz cup / 120 ml) to make stock.
- 2 Cook in microwave (or stove)**
In a large bowl (to prevent spills), add in oats, stock, spinach, and microwave covered on high for 1 minute - stir - then in 30 second increments until tender.

Add more water as needed. Let cool for a few minutes to thicken up.
- 3 Make veggie bacon** according to package instructions.
- 4 Serve**
Mix in nutritional yeast and season to taste with optional spices. Top with cooked vegan bacon.

Keeps for 3-4 days in the fridge, in an airtight container.



You can use turkey or pork bacon for a similar amount of protein.

Nutrition estimate excludes optional ingredients.
You may need more or less food depending on body type & workout goals.

🔥 get lean

vegan

breakfast

Apple pie protein smoothie 🥧

5 min • \$ • easy grab & go

~240
CALORIES






29g
CARBS

22.6g
PROTEIN



7.3g
FAT



Ingredients

	Apple	1/4 apple 46g
	Cinnamon	1/8 tsp a pinch
	Rolled oats or steel-cut	3/4 tbsp 3.8g
	Protein powder 20+g protein/serving	1 serving 46g
	Oat milk or your choice	1/2 cup 4oz or 120ml

Optional ingredients

	Vanilla extract	tiny splash
	Water	as needed

Directions

1

Prep

Peel, core, and cut apple into small chunks.

2

Blend & serve

Blend all the ingredients and optional spices until smooth. Enjoy chilled.

To freeze

Put blended smoothie in a portable cup and freeze. Grab it on your way to workout - it'll keep chilled when you're done.

Or, portion ingredients in containers/bags and store in fridge/freezer for up to 1 month.

Use a high-quality protein powder, with 20+g protein per serving.



Nutrition estimate excludes optional ingredients.
You may need more or less food depending on body type & workout goals.

🔥 get lean

vegetarian

breakfast

Spinach feta egg-white wrap

10 min • \$ • freezer-friendly

~240
CALORIES




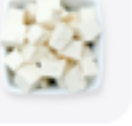
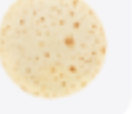
23.7g
CARBS

20.8g
PROTEIN



7.4g
FAT



Ingredients

	Egg whites	1/2 cup 121g
	Fresh salsa	2 tbsp 30g
	Baby spinach or spring mix	1 cup 30g
	Feta cheese	2/3 oz 18.9g
	Whole grain tortilla gluten-free if needed	1 tortilla 42g

Optional ingredients

	Salt & pepper	to taste
	Hot sauce	to taste

Easy ingredient swaps:

1. Tofu or chickpeas for egg whites
2. Cream cheese or mozz for feta
3. Plant alt. or hummus for feta
4. Flatbread or toast for tortilla



Directions

1

Cook on stove

In a nonstick pan on medium heat, add 1 tbsps of water (or light cooking spray), spinach, and fresh salsa.

Cook for 2-3 minutes, stirring as needed.

Stir in egg whites and cook covered with a lid for 3-5 minutes until done and most of the water has cooked out.

2

Serve

On each tortilla, fill with feta, egg white omelette and season to taste.

Optionally, crisp the wrap. Store egg fillings in fridge for up to 3 days, with tortillas stored separately.

To freeze

Wait for ingredients to cool then assemble. Wrap burritos in aluminum foil or parchment paper, label and freeze.

To reheat from frozen

Remove foil/paper, cover burrito in a damp towel and microwave for 2-3 mins until hot. Or, bake it foil-wrapped at 350 F / 180 C for 30-45 min.

Nutrition estimate excludes optional ingredients.
You may need more or less food depending on body type & workout goals.

🔥 get lean

anything

breakfast







Light English breakfast with chicken sausage

15 min • \$ • meal prep friendly




~244 CALORIES 19.6g CARBS 18.7g PROTEIN 11.7g FAT



Ingredients

	Egg	1 egg 44g
	Baked beans	1/4 cup 63.5g
	Baby spinach or spring mix	2 cups 60g
	Chicken breakfast sausage	1 2/3 oz 47.2
	Mushrooms	1/4 cup 24g
	Tomatoes, diced	1/4 cup 50g

Optional ingredients

	Salt & pepper	to taste
	Hot sauce	to taste
	Mustard	to taste

Directions

- 1 Prep**
Slice mushrooms & tomatoes.
- 2 Cook on stove**
In a nonstick pan, heat 2-4 tbsp of water (or cooking spray) on medium.

In separate spots, add in sliced mushrooms, baby spinach, egg(s), cooked chicken sausages, and sliced tomato for 4-8 minutes until cooked through.
- 3 Serve**
Assemble the breakfast plate, and season to taste.

Keeps in fridge for up to 3 days in an airtight container.

Easy ingredient swaps:

1. Tofu for eggs
2. Bell pepper for tomato
3. Kale, chard, collards for spinach
4. Chickpeas or pinto beans
5. Plant-based sausage
6. Pork breakfast sausage



Nutrition estimate excludes optional ingredients.
You may need more or less food depending on body type & workout goals.

🔥 get lean

pescatarian

breakfast

Smoked salmon & cucumber bagel

5 min • \$\$ • no-cooking required

~268
CALORIES





29.6g
CARBS

20.6g
PROTEIN




6.9g
FAT



Ingredients

	Smoked salmon	1/3 cup 3oz or 82g
	Light cream cheese	1 tbsp 15g
	Whole grain bagel gluten-free if needed	1/2 bagel 47.5g
	Cucumber, sliced	1/2 cup 1/3 small one or 71g

Optional ingredients

	Fresh/dried dill	to taste
	Red onion slices	to taste
	Capers	to taste

Directions

- 1 Prep**
Slice cucumbers into thin, wide pieces with a vegetable peeler, mandoline, or knife

Toast each bagel half if desired
- 2 Assemble**
On each bagel half, spread some cream cheese. Layer in cucumber slices and salmon, dividing it evenly.

Optionally sprinkle on dill and seasoning to taste.



Easy ingredient swaps:

1. Marinated tofu slices for the smoked salmon
2. Zucchini slices for cucumber
3. 1 Toast or tortilla per 1/2 bagel
4. Hummus or plant-based spread

Nutrition estimate excludes optional ingredients.
You may need more or less food depending on body type & workout goals.

🔥 get lean

vegan





breakfast

Raspberry jam chia protein-pudding




60 min • \$ • no-cooking required

~242 CALORIES 25.4g CARBS 17g PROTEIN 10.2g FAT

Ingredients

	Chia seeds	2 1/3 tbsp 23.3g
	Raspberry jam	1/2 tbsp 10g
	Protein powder 20+g protein/serving	1/2 serving 23g
	Soy milk or your choice	1/3 cup 80ml

Optional ingredients

	Water	as needed
	Cinnamon	to taste
	Shredded coconut	to taste



Directions

- 1 5 minute Prep**
In a jar or container, mix together plant milk and protein powder until smooth.

Add in chia seeds and refridgerate for at least 1 hour.
- 2 Serve**
Once firmed up, add water to desired pudding thickness. Top chia protein-pudding with a dollop of jam and optional sprinkle of cinnamon or shredded coconut.

Enjoy chilled or warmed.

Keeps for 4 days in the fridge.

Chia protein-pudding ideas from the app

1. Carrot cake
2. Chocolate strawberry
3. Matcha coconut
4. Peach parfait



Nutrition estimate excludes optional ingredients.
You may need more or less food depending on body type & workout goals.

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Know what to eat for your workout goals

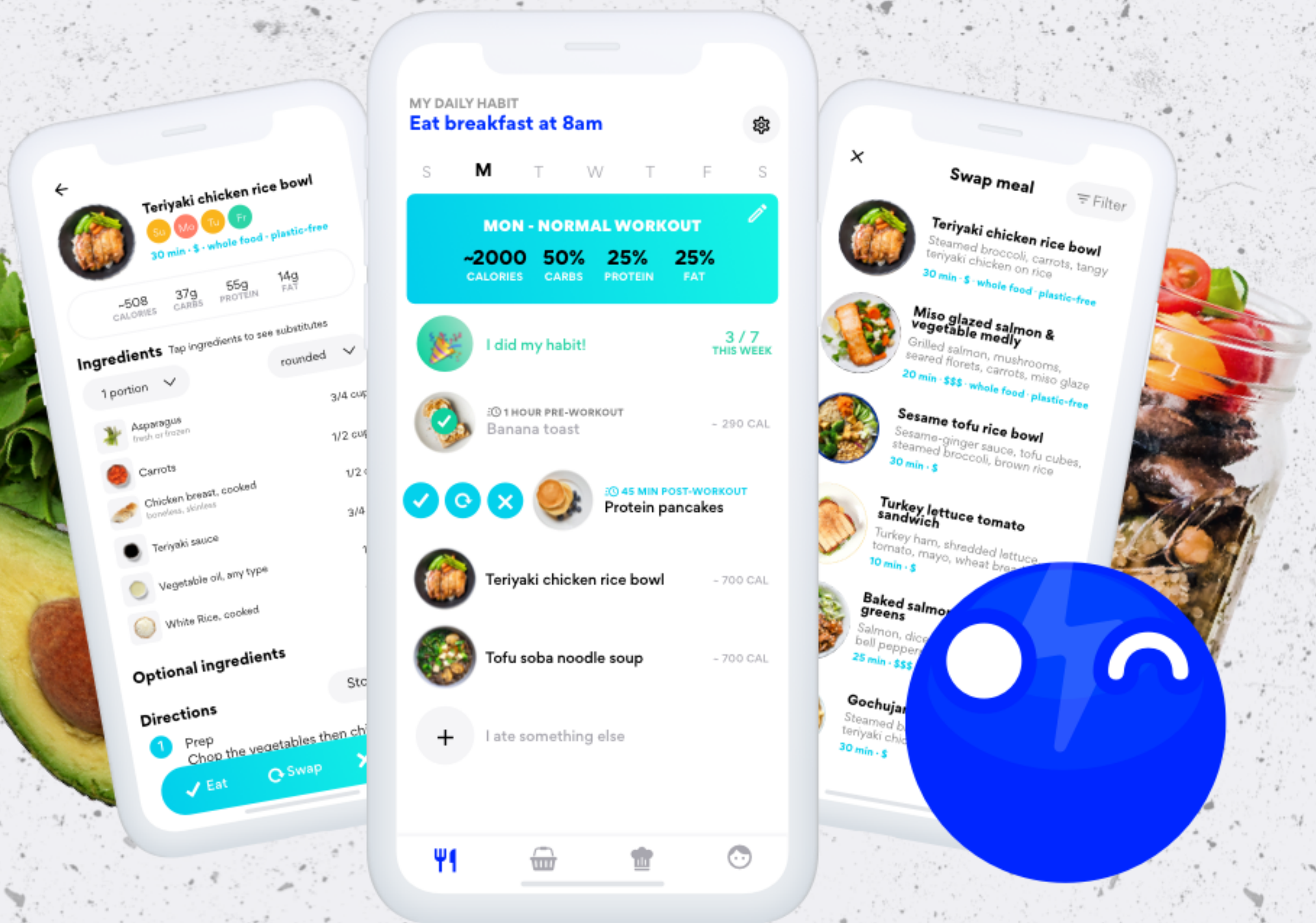
Get beta access

Looking to get lean without counting calories?

We were tired of guessing what, when, and how much to eat. Especially for workout days.

Obsessing over calories and macros didn't help us have a healthy relationship with food. That's why we created the Ari Coach app – a meal planner that combines workout nutrition with mindful eating techniques.

With Ari Coach, you'll build lasting healthy changes by focusing on a daily habit, why you ate, and how you felt. [Learn more.](#)



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