

GENTLE (gt) TUMMY

Savory
PROTEIN

BREAKFAST

RECIPE EBOOK

100%
GLUTEN-FREE
FRIENDLY



NICOLE BONILLA

GENTLE  TUMMY

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PROTEIN
BREAKFAST
RECIPE EBOOK

NUTRITION DISCLAIMER

The nutritional information provided in this guide is an estimate based on standard measurements and common brands. Actual nutritional values may vary depending on the specific ingredients you use and their brands. If you have any food allergies, it's important to consult with a healthcare professional before consuming these recipes. Always double-check ingredient labels to ensure they are free of allergens you may have.

MEDICAL DISCLAIMER

The content in this document is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent any medical condition or replace the advice and guidance of your healthcare professional. If you suspect a medical condition, I strongly suggest that you seek medical attention immediately.

AFFILIATE DISCLAIMER

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Looking for Protein-Packed Breakfasts the Whole Family Will Love?

I get it! We were searching for easy, flavorful meals that didn't compromise on nutrition. With so many processed, sugar-loaded choices lining the shelves, it's hard to find breakfast ideas that keep you full and energized without leaving you sluggish. And when you add in food sensitivities like gluten, the choices shrink even more! You deserve savory, protein-packed breakfasts that fuel your body and taste amazing.

You're about to upgrade your mornings with a variety of simple, high-protein savory recipes perfect for busy days!



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Healthy Benefits of Protein for Breakfast

Starting your day with protein isn't just filling—it's one of the best ways to set yourself up for steady energy and focus all morning long! Protein plays a key role in keeping you satisfied, supporting muscle health, and balancing your blood sugar.

KEEPS YOU FULL LONGER

Protein slows digestion, which helps you feel satisfied for hours after eating. This means fewer mid-morning cravings and less temptation to reach for sugary snacks.

STABILIZES BLOOD SUGAR

Pairing protein with healthy carbs helps prevent the blood sugar spikes and crashes that can leave you feeling sluggish. Steady energy = a more productive morning.

SUPPORTS MUSCLE

Whether you're active or just want to stay strong as you age, protein provides the amino acids your muscles need to repair, recover, and grow.

BOOSTS MENTAL CLARITY

Protein-rich breakfasts can improve focus, concentration, and mood by giving your brain the steady fuel it needs to function at its best.

Whether you enjoy eggs, Greek yogurt, lean meats, cottage cheese, or plant-based options, starting your day with protein is a simple, delicious way to support your body and mind—so you can thrive from breakfast through bedtime.



CALORIES..... 216
CARBS..... 3g
PROTEIN..... 17g
FAT..... 15g
SUGAR 2g
FIBER..... 0g
IRON 2mg

Cottage Cheese Scrambled Eggs

SERVINGS: 1

Creamy and protein-packed, these scrambled eggs combine eggs, cottage cheese, butter, paprika, and garlic powder. The cottage cheese melts into the eggs for a fluffy texture and a delicious boost of flavor.

INGREDIENTS

2 eggs
1/4 cup cottage cheese
1 teaspoon butter
2 pinches salt
dash garlic powder
dash paprika
dash pepper

INSTRUCTIONS

1. Crack 2 large eggs into a bowl. Add 1/4 cup cottage cheese, 2 pinches of salt, a dash of garlic powder and paprika, and a dash of black pepper. Whisk until combined.
2. Heat a non-stick skillet over medium heat and melt 1 teaspoon butter. Pour the egg cottage cheese mixture into the skillet. Gently stir with a rubber spatula, continually scraping the cooked egg off the bottom of the pan. Cook for 3-4 minutes, until the eggs are just set but still creamy.

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CALORIES..... 380
CARBS..... 36g
PROTEIN..... 16g
FAT..... 20g
SUGAR 2g
FIBER..... 4g
IRON 3mg

Crispy Potato Waffles with Cheese

SERVINGS: 4

Crispy on the outside and cheesy on the inside, these savory potato waffles are made with shredded or mashed potatoes, cheddar cheese, eggs, paprika, garlic, and onion powder. Serve them with my high-protein cottage cheese ranch dip for a hearty breakfast or satisfying snack.

INGREDIENTS

Pancakes:

2 russet potatoes

2 eggs

1/2 cup cheddar cheese

1/2 cup almond flour

1 teaspoon paprika

1 teaspoon garlic powder

1 teaspoon salt

1/2 teaspoon onion powder

dash pepper

Topping:

1/2 cup cottage cheese

2 tablespoons mayo

1 teaspoon parsley

1 teaspoon dill

1/2 teaspoon garlic powder

1/4 teaspoon salt

INSTRUCTIONS

1. Peel and grate the russet potatoes with either a box grater, cheese grater, or food processor. Place the grated potatoes in a clean kitchen towel or mesh bag and squeeze out as much moisture as possible.
2. In a large bowl, mix the grated potatoes, eggs, cheddar cheese, almond flour, paprika, garlic powder, salt, onion powder, and black pepper until well combined.
3. Preheat Waffle Iron: Preheat and grease your waffle iron according to the waffle maker's instructions.
4. Scoop a 1/4 cup of potato mixture onto the preheated waffle iron, spreading it out evenly. Close the waffle iron and cook for 6-7 minutes or until the waffles are crispy and golden brown.
5. In a small blender or chopper cup, add the cottage cheese, mayo, dill, parsley, garlic powder, onion powder, salt, and pepper and mix until smooth.
6. Once the waffles are done, carefully remove them from the waffle iron and let them cool slightly on a wire rack. Serve the crispy potato waffles warm with the high-protein cottage cheese ranch dip on the side.

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CALORIES.....167
CARBS.....2g
PROTEIN.....13g
FAT.....12g
SUGAR1g
FIBER......3g
IRON1mg

Baked Egg Omelet Muffins

SERVINGS: 12

Baked with turkey sausage, spinach, mushrooms, cheddar, and parmesan, these egg muffins are golden brown and full of flavor. Ideal for grab-and-go breakfasts, they store well in the fridge and reheat beautifully.

INGREDIENTS

12 eggs
2 cups shredded cheddar cheese
1/2 cup shredded parmesan cheese
2 cups baby spinach
1 cup mushrooms
1/2 teaspoon salt
1 roma tomato
4 turkey sausage links
2 green onion stems
Seasonings:
1/2 teaspoon paprika
1/2 teaspoon salt
dash onion powder
dash garlic powder
dash pepper

INSTRUCTIONS

1. Preheat your oven to 350°F. Dice the mushrooms, sausage links, green onions, and tomato. Place the tomato pieces on a paper towel, roll them up, and gently squeeze to remove excess moisture.
2. Spray a frying pan with oil and add the mushrooms. Turn the heat to medium and season with paprika, onion powder, garlic powder, salt, and pepper. Stir occasionally until the mushrooms are browned and reduced in size, then transfer them to a paper towel-lined plate to drain.
3. In the same pan, spray with oil and add the spinach. Season with onion powder, garlic powder, and salt. Cook over medium heat until wilted, then transfer to a paper towel-lined plate. Once cooled, chop the spinach into smaller pieces, focusing on the stems.
4. Grate 2 cups of cheddar cheese and 1/2 cup of parmesan cheese, or use pre-shredded. Whisk 9–12 eggs with paprika and salt until blended, starting with 9 eggs and adding more if needed once you begin filling the muffin cups.
5. Spray a muffin pan with non-stick cooking spray. Layer the ingredients in each cup in this order: cheddar cheese, mushrooms, sausage, spinach, tomatoes, and more cheddar. Pour in the egg mixture, filling each cup just below the top, then sprinkle with parmesan cheese and diced green onions.
6. Bake for 25–30 minutes, or until the tops and edges are browned and domed. Let the muffins cool for about 10 minutes before serving; they will flatten slightly as they cool. Store in the refrigerator for up to one week.

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CALORIES.....	489
CARBS.....	39g
PROTEIN.....	28g
FAT.....	26g
SUGAR.....	2g
FIBER.....	10g
IRON.....	5mg

Breakfast Burrito Bowls

SERVINGS: 4 BOWLS

These hearty burrito bowls start with crispy potatoes, eggs your way, and seasoned sausage, topped with fresh veggies and salsa. Perfect for meal prep, they're a quick, protein-packed option for breakfast or dinner.

INGREDIENTS

Ground Turkey Sausage:

1/2 pound ground turkey sausage

1 teaspoon cumin

1/2 teaspoon garlic powder

1/2 teaspoon paprika

1/4 teaspoon onion powder

Black Beans:

1 cup black beans

1/2 cup water

1/2 teaspoon garlic powder

1/2 teaspoon cumin

1/4 teaspoon salt

Hash Brown Potatoes:

16 ounces frozen hash browns

2 tablespoon light olive oil

1/2 teaspoon garlic powder

1/4 teaspoon onion powder

1/2 teaspoon salt

dash black pepper

Additional Toppings:

4 eggs (scrambled or fried)

2 ounces shredded cheddar cheese

1 cup grape tomatoes

1 avocado

INSTRUCTIONS

1. Hash Browns: In a mixing bowl, combine olive oil, garlic powder, onion powder, salt, and pepper. Add the frozen hash browns and stir to coat.
2. Air fryer method: Without preheating, line the air fryer basket with parchment paper, add the seasoned hash browns, and cook at 385°F, stirring every few minutes, until golden brown. Set aside.
3. Skillet method: Heat a skillet over medium-high, add the seasoned hash browns, and cook until crispy and golden, flipping occasionally. Set aside.
4. Turkey Sausage: In a medium skillet over medium heat, cook the ground turkey sausage, breaking it up with a spatula. As it browns, add cumin, garlic powder, paprika, and onion powder. Cook until fully browned and cooked through. Set aside.
5. Black Beans: In a small saucepan, combine black beans, 1/4 cup water, garlic powder, cumin, and salt. Simmer over low heat, stirring occasionally, until heated through and the water is mostly absorbed. Set aside.
6. Sunny Side Up Eggs: Scramble or fry eggs sunny-side up. For sunny-side up, heat a non-stick skillet over low-medium for several minutes, add butter, and crack an egg in the center. Season with salt and pepper, and cook until the whites are set but the yolk still jiggles slightly.
7. Bowl Assembly: Grate the cheddar cheese, slice the tomatoes and avocado. Divide the sausage, beans, hash browns, eggs, and toppings into bowls or meal prep containers.

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CALORIES.....	385
CARBS.....	15g
PROTEIN.....	31g
FAT.....	22g
SUGAR.....	2g
FIBER.....	2g
IRON.....	2mg

Breakfast Tortilla Pizza

SERVINGS: 1 PIZZA

A crispy tortilla is topped with a fried egg, melted cheese, and smoky bacon for a quick, high-protein breakfast pizza. Cooked in the air fryer or on the stovetop, it's easy to customize with your favorite toppings.

INGREDIENTS

1 corn tortilla
1 egg
2 tablespoons pizza sauce
2 ounces mozzarella cheese
2 ounces ground turkey sausage

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Line a baking sheet with a sheet of parchment paper.
2. Place the corn tortilla on a baking sheet and spread the pizza sauce evenly over the top of the pizza. Keep the sauce within .25 inch of the edge of the tortilla.
3. Sprinkle the mozzarella cheese over the sauce. Build it up a little denser toward the edges of the tortilla to contain the egg. Spread your cooked meat on top of the cheese.
4. Crack an egg in the center of the tortilla, keeping the yolk intact. Season with salt and pepper.
5. Bake for 8-10 minutes for a runny yolk or 10-12 minutes for a firmer yolk. Remove from the oven and serve warm.

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SERVING SIZE . . . 1 muffin

CALORIES	136
CARBS	5g
PROTEIN	6g
FAT	11g
SUGAR	2g
FIBER	1g
IRON	1mg

Savory Pepperoni Pizza Muffins

SERVINGS: 12 STANDARD MUFFINS

These colorful savory muffins look and taste like pizza with mozzarella cheese, pizza sauce, and Italian seasoning! They're gluten-free with almond and oat flour. As a healthy bonus, they have shredded carrots, zucchini, and cottage cheese, which are hardly detectable but add moisture, texture, and protein.

INGREDIENTS

1/2 cup milk
1/4 cup olive oil
1/4 cup tomato paste
1/2 cup cottage cheese
3 eggs
1-1/4 cup oat flour
1-1/4 cup almond flour
2 teaspoons baking powder
1/2 teaspoon baking soda
2 teaspoons Italian seasoning
1 teaspoon garlic powder
1/2 teaspoon salt
dash pepper
1/2 cup grated carrots
1/2 cup grated zucchini
1-1/2 cups mozzarella cheese (shredded)
1/2 cup pepperoni (diced)

INSTRUCTIONS

1. Preheat your oven to 425°F. Grease a muffin tin or line with paper liners and spray with non-stick cooking spray.
2. Shred the carrots and zucchini. Wrap in a paper or dish towel and squeeze out the excess liquid. Finely dice the carrots, zucchini and pepperoni on a cutting board.
3. In a blender, food processor, or chopper cup with an immersion blender, combine the wet ingredients, including cottage cheese, oil, milk, and tomato paste. Blend until smooth.
4. Pour the cottage cheese mixture into a large mixing bowl and add the eggs. Whisk until combined.
5. Add the dry ingredients to the large bowl, including oat flour, almond flour, baking powder, baking soda, Italian seasoning, garlic powder, salt, and pepper. Whisk until well combined.
6. Fold in the grated carrots, zucchini, half the shredded cheese, and half the pepperoni.
7. Spoon the batter into the prepared muffin tin, filling each cup about 3/4 full, allowing it to mound higher in the middle. Divide the remaining shredded cheese and pepperoni pieces over the tops of the muffins.
8. To get a higher dome on the muffins, bake at 425°F for 5 minutes. Leave the muffin tin in the oven, reduce the heat to 350°F, and bake for 12-14 minutes. Or, you can bake them at 350°F for 22-25 minutes. Remove once they are lightly brown on top. Allow to cool for 10 minutes before removing them from the muffin pan.

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CALORIES..... 378
CARBS..... 5g
PROTEIN..... 27g
FAT..... 28g
SUGAR 2g
FIBER..... 1g
IRON 3mg

Mushroom Spinach Cheddar Omelet

SERVINGS: 1 OMELET

Fresh spinach, sautéed mushrooms, and melted cheddar are folded into perfectly cooked eggs for a flavorful omelet. Made in one HexClad skillet, this recipe uses a simple cooking hack to keep the veggies tender without turning soggy.

INGREDIENTS

2 eggs
2 ounces cheddar cheese
3 mushrooms
1 cup baby spinach leaves
1/8 teaspoon paprika
2 pinches salt
dash garlic powder
dash black pepper

INSTRUCTIONS

1. Shred the cheddar cheese, dice 3 mushrooms, and roughly chop 1 cup of spinach.
2. Heat 1/2 teaspoon oil over medium heat in your Hexclad Hybrid pan, or non-stick pan and sprinkle in a pinch of salt. Sauté the mushrooms and spinach until they soften. Crack 2 eggs into a bowl, then whisk them up with 1/8 teaspoon paprika, a dash of garlic powder, 2 pinches of salt, and a dash of pepper. Take the cooked mushrooms and spinach out of the skillet, then roll them up in a paper towel to get rid of any extra moisture.
3. Melt 1 tablespoon butter in the skillet and pour in the egg mixture. Use a spatula to gently push the edges of the egg inward, letting the uncooked egg flow to the edges. Cover with a lid and let it cook for about a minute. Sprinkle the chopped mushrooms and spinach over one side of the omelet, then add the shredded cheese on top. Fold the omelet in half with a silicone spatula, cover, and cook until the bottom gets lightly golden.
4. Flip it carefully and cook for about another minute until the other side is golden and crisp. Take it off the heat, let it cool slightly, and enjoy warm.



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CALORIES.....	355
CARBS.....	25g
PROTEIN.....	30g
FAT.....	15g
SUGAR.....	6g
FIBER.....	3g
IRON.....	2mg

Loaded Breakfast Sweet Potato

SERVINGS: 2 LOADED POTATOES

Baked sweet potatoes are filled with Greek yogurt, scrambled eggs, turkey sausage, shredded cheese, and fresh chives for a hearty, high-protein breakfast. Prep the ingredients ahead for an easy, customizable morning meal.

INGREDIENTS

1 sweet potato
1 teaspoon light olive oil (or avocado oil)
1/4 cup greek yogurt
2 eggs
2 ounces cheddar cheese
1 tablespoon green onion (chopped)
Ground Turkey Sausage:
1 pound ground turkey
1 tablespoon Worcestershire Sauce
1 teaspoon salt
1 teaspoon garlic powder
1 teaspoon ground sage
1 teaspoon crushed rosemary
1 teaspoon paprika
1/2 teaspoon thyme
1/8 teaspoon maple extract
dash black pepper

INSTRUCTIONS

1. Rinse and dry a sweet potato. Cut it in half, brush the flesh side with olive oil, and sprinkle with coarse sea salt.
2. Oven method: Preheat oven to 400°F and line a baking sheet with parchment paper. Place sweet potatoes flesh-side down and bake until fork tender.
3. Air fryer method: Place sweet potatoes flesh-side down on a piece of parchment paper cut just slightly larger than the potatoes. Air fry at 380°F until fork tender.
4. Bring a skillet to medium heat, add olive oil and ground turkey, and break it up with a spatula. Stir in Worcestershire sauce, salt, garlic powder, sage, rosemary, paprika, thyme, and optional maple extract. Cook until the meat is browned and cooked through, then transfer to a paper towel-lined plate.
5. In another skillet over low-medium heat, melt butter, add eggs, and season with salt. Stir gently with a spatula, keeping the heat low for soft, fluffy eggs. Cook until just set.
6. Place one sweet potato half on a plate and fluff the center with a fork. Add a pinch of salt, Greek yogurt, scrambled eggs, turkey sausage, shredded cheese, and green onion. Serve warm.

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CALORIES..... 314
CARBS..... 2g
PROTEIN..... 24g
FAT..... 23g
SUGAR 1g
FIBER..... 0g
IRON 2mg

Fluffy Cheddar Scrambled Eggs

SERVINGS: 1

These fluffy, cheesy scrambled eggs are made right in the pan—no premixing required. With shredded cheddar, a pinch of salt, and my non-stick HexClad skillet hack, you'll have soft, creamy eggs ready in minutes for a simple, protein-rich breakfast.

INGREDIENTS

2 eggs
1/4 cup cottage cheese
1 teaspoon butter
2 pinches salt
dash garlic powder
dash paprika
dash pepper

INSTRUCTIONS

1. Crack 2 large eggs into a bowl. Add 1/4 cup cottage cheese, 2 pinches of salt, a dash of garlic powder and paprika, and a dash of black pepper. Whisk until combined.
2. Heat a non-stick skillet over medium heat and melt 1 teaspoon butter. Pour the egg cottage cheese mixture into the skillet. Gently stir with a rubber spatula, continually scraping the cooked egg off the bottom of the pan. Cook for 3-4 minutes, until the eggs are just set but still creamy.

 [View Video & Detailed Recipe](#)



CALORIES.....	304
CARBS.....	27g
PROTEIN.....	10g
FAT.....	19g
SUGAR.....	2g
FIBER.....	5g
IRON.....	3mg

Savory Italian Parmesan Granola

SERVINGS: 6

This crunchy, savory granola is made with parmesan cheese, Italian herbs, roasted chickpeas, and cashew butter baked into golden clusters. A flavorful twist on classic granola, it's a versatile snack that's perfect on its own or as a salad topper.

INGREDIENTS

3-1/2 cups old-fashioned oats
1/2 cup almonds
1/2 cup pumpkin seeds
2 tablespoons sesame seeds
1 teaspoon garlic powder
2 teaspoons Italian seasoning
1 teaspoon paprika
1/2 teaspoon salt
1/3 cup coconut oil
2 tablespoons Worcestershire sauce
1/4 cup cashew butter
1/4 cup grated parmesan cheese
1/2 cup chickpeas
2 egg whites

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the dry ingredients, including old-fashioned oats, almonds, pumpkin seeds, sesame seeds, garlic powder, Italian seasoning, salt, and paprika.
3. In a chopper cup with an immersion blender or food processor, add the wet ingredients, including melted coconut oil, Worcestershire sauce, cashew butter, grated parmesan cheese, and chickpeas, and blend until smooth.
4. Pour the wet mixture over the dry ingredients, add egg whites, and stir until evenly coated.
5. Spread the mixture evenly on the prepared baking sheet and press down with a sturdy spatula. Bake until golden and crisp.
6. Allow the granola to cool before breaking into clusters.



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CALORIES..... 358
CARBS..... 35g
PROTEIN..... 15g
FAT..... 19g
SUGAR 5g
FIBER..... 10g
IRON 2mg

Avocado & Cottage Cheese Toast

SERVINGS: 1

This creamy, high-protein toast pairs mashed avocado and cottage cheese with lemon juice, dill, and flaky salt. Spread it on your favorite bread and top with black pepper, bagel seasoning, or sliced tomatoes for a quick and flavorful breakfast or snack.

INGREDIENTS

1/2 avocado
1/4 cup cottage cheese
1/2 teaspoon lemon juice
1/4 teaspoon garlic powder
1/4 teaspoon dill
2 pinches salt
2 slices wheat bread (bread of choice)

INSTRUCTIONS

1. In a small bowl, mash avocado with cottage cheese, lemon juice, garlic powder, dill, and a pinch of flaky salt until well combined. Toast bread until golden brown and crispy. Evenly spread the avocado cottage cheese mixture on the toast, add your favorite toppings, and enjoy immediately.

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SERVING SIZE . . . 1 muffin
CALORIES 219
CARBS 10g
PROTEIN 8g
FAT 17g
SUGAR 2g
FIBER 2g
IRON 2mg

Savory Feta Spinach Muffins

SERVINGS: 12 STANDARD MUFFINS

These cheesy, savory muffins are made with almond and cassava flour, feta cheese, cottage cheese, parmesan cheese, sun-dried tomatoes, and toasted pine nuts. And they're perfectly seasoned with garlic, onion, paprika, and Italian spices for a healthy breakfast or afternoon snack.

INGREDIENTS

4 eggs
1/4 cup avocado oil
1/3 cup cottage cheese
3/4 cup feta cheese
1/4 cup parmesan cheese
1/2 cup milk
1-1/2 cups almond flour
1/2 cup cassava flour
2 teaspoons baking powder
1/4 teaspoon baking soda
2 teaspoons Italian seasoning
2 teaspoons garlic powder
1 teaspoon onion powder
1 teaspoon dried paprika
1/2 teaspoon salt
1/4 cup sun dried tomatoes
2 tablespoons toasted pine nuts

INSTRUCTIONS

1. Set the frozen spinach out ahead of time to thaw completely. Then, using a sieve, paper towel, or towel, squeeze out the excess moisture.
2. Preheat your oven to 425°F. Grease a muffin tin or line with paper liners and spray with non-stick cooking spray.
3. Blend the cottage cheese and milk in a blender or food processor until smooth. Drain off the excess oil from the sun-dried tomatoes and finely dice.
4. In a large mixing bowl, add the wet ingredients, including eggs, avocado oil, whipped cottage cheese and milk, crumbled feta cheese, and grated parmesan cheese. Mix until well combined.
5. Add the dry ingredients, including almond flour, cassava flour, baking powder, baking soda, Italian seasoning, garlic powder, onion powder, dried paprika, and salt. Stir until evenly mixed.
6. Using a spatula, fold in the spinach and sun-dried tomatoes.
7. Scoop the batter into the greased muffin tins filling nearly to the top. Sprinkle additional shredded parmesan cheese and toasted pine nuts on top of the muffins.
8. To get a higher dome on the muffins, bake at 425°F for 5 minutes. Leave the muffin tin in the oven, reduce the heat to 350°F, and bake for 20-22 minutes. Or, you can bake them at 350°F for 25-28 minutes. Remove once they are lightly brown on top. Allow to cool for 10 minutes before removing them from the muffin pan.

 [View Video & Detailed Recipe](#)



CALORIES..... 390
CARBS..... 20g
PROTEIN..... 32g
FAT..... 20g
SUGAR 6g
FIBER..... 2g
IRON 3mg

McGriddle Breakfast Sandwich

SERVINGS: 6

Fluffy oat flour and Greek yogurt pancakes are layered with maple-flavored turkey sausage, folded eggs, and melted cheese for a healthy, high-protein twist on McDonald's McGriddles. With clean ingredients and 32 grams of protein, they're perfect for meal prep.

INGREDIENTS

Protein Pancakes:

1/2 cup greek yogurt
1/2 cup milk
3 tablespoons light olive oil
2 tablespoons maple syrup
1 teaspoon vanilla extract
2 eggs
1/2 cup oat flour
1/4 cup vanilla protein powder
1/4 cup gluten-free flour
2 teaspoons psyllium husk
2 teaspoons baking powder
1/4 teaspoon salt

Turkey Sausage Patties:

1 pound ground turkey
1 tablespoon worcestershire sauce
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon dried rosemary
1 teaspoon sage
1 teaspoon salt
1/8 teaspoon maple extract
dash pepper

Folded Eggs:

6 eggs
1 teaspoon butter
1 teaspoon salt

McGriddles:

6 slices cheddar cheese

INSTRUCTIONS

1. Add Greek yogurt, maple syrup, olive oil, milk, vanilla, and eggs to a large bowl and whisk until smooth. Mix in oat flour, gluten-free flour, protein powder, baking powder, psyllium husk, and salt until lump-free. Let the batter rest for 10 minutes to thicken slightly, then add a little more milk if needed for a pourable consistency.
2. Heat a large skillet over medium-low heat and lightly grease. Pour in batter for each pancake and cook until bubbles form and edges look set, then flip and cook until golden.
3. In a small bowl, mix paprika, garlic powder, rosemary, sage, salt, and pepper. Add ground turkey to a large bowl, drizzle with Worcestershire sauce and maple extract, and gently fold together. Shape into thin patties between parchment.
4. Heat the skillet over medium-high with a light coating of oil. Flip patties from the parchment into the pan, pressing gently with a heat-proof dish. Cook until browned on both sides and fully cooked through.
5. Whisk an egg with a pinch of salt and pepper. Melt butter in a skillet over medium-low heat, pour in the egg, and tilt to spread. Cover for 30 seconds until set, fold into fourths, and remove. Repeat as needed.
6. Assemble each sandwich with a pancake, turkey patty, slice of cheese, folded egg, and another pancake. Serve warm or wrap individually for meal prep. Optional spreads include cream cheese, homemade ketchup, honey mustard, or mayo.

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Easy Prep & Batch-Cook: Savory Breakfasts for Busy Days

Busy mornings don't have to mean skipping breakfast or settling for something less than nourishing. Most of these savory, high-protein recipes can be made ahead, stored, or even frozen so you can enjoy a fresh, satisfying meal in minutes. Here are some practical tips to help you plan, prep, and store breakfasts with ease.

Cook Proteins in Bulk

Scramble eggs, cook turkey sausage, or bake chicken ahead of time. Store in airtight containers in the fridge for a few days or freeze in portions for longer storage. Reheat gently to keep them tender.

Pre-Chop & Roast Veggies

Dice peppers, mushrooms, spinach, or zucchini, then roast or sauté them in bulk. Keep them ready to add to omelets, wraps, or bowls without extra chopping in the morning.

Cook Grains Ahead

Prepare quinoa, brown rice, or oats in advance and store in individual containers. They make a great base for savory breakfast bowls topped with eggs and veggies.

Make-Ahead Egg Dishes

Egg muffins, frittatas, or baked omelets reheat beautifully. Bake a batch, let them cool, and store in the fridge or freezer. Perfect for grab-and-go mornings.

Assemble Freezer Sandwiches

Build breakfast sandwiches with protein pancakes or gluten-free bread, eggs, cheese, and turkey sausage. Wrap tightly and freeze. Reheat in the oven, toaster oven, or air fryer.

Portion & Store Smart

Use glass containers, silicone bags, or freezer-safe wraps to portion out single servings. Label with the date so nothing gets forgotten in the freezer.

With these strategies, breakfast becomes simple, and you'll always have a healthy, protein-packed option ready to go!



Share Your Healthy Success with Savory Protein Breakfasts!

Congratulations! I hope you're as excited as I am about the endless ways to enjoy a hearty, high-protein breakfast without sacrificing your health goals. You now have recipes that keep you full, energized, and satisfied—all while being gentle on digestion. You've taken a big step toward supporting your body and mind with nourishing, all-natural ingredients. But the fun doesn't stop here!



Show Off Your Creations

Snap photos of your savory breakfast creations and tag me (@gentletummy) on Instagram and Facebook. I love seeing how you bring these recipes to life in your kitchen!



Spread the Goodness

Share your favorite recipes and meal prep tips with friends and family. Help them discover how satisfying and easy healthy breakfasts can be.



Leave a Rating/Review

Please leave a rating, review, and any substitutions you make on the recipes at gentletummy.com. Your feedback helps others (and me!) keep creating better resources.



Hello, I'm Nicole Bonilla

A mom of six who rebuilt her health after burnout, anxiety, and gut issues.

I was a workaholic who epically 'broke' in 2019 from an inflammation-inducing anxiety overload caused by stress.

I was in chronic "fight or flight"

I'm a mother of six and business owner who wasn't processing stress, trauma, and emotions. I worked harder, faster, and stronger to avoid them. After several particularly stressful events during the fall of 2019, my stress-reserve tank was empty, and I epically 'broke'. I was stuck in a chronic "fight-or-flight" state and had painful inflammation throughout my digestive tract. I experienced intense bloating, IBS, and my anxious feelings were unrelenting.

I found health & healing

I immediately got help from a naturopath doctor who quickly diagnosed my dysregulated nervous system and helped release my digestive inflammation. I immediately removed processed food and refined white sugar from my diet to help heal my gut. I also began incorporating mindfulness and meditation, which released a flood of pent-up emotions. Within several days I was feeling considerably better. Within a couple of months, I was feeling great!

And I continue these healthy habits that I'm sharing with you.



What is a Gentle Tummy?

A gentle tummy is a calm and well-nourished stomach that supports both physical and mental well-being.

I have learned that what we eat plays a crucial role in how we feel, and my recipes are designed to nurture digestive health while promoting a positive mindset. I use all-natural ingredients and anti-inflammatory and easily digestible foods in my delicious recipes to be gentle on our tummies AND emotionally satisfying.

