



## Advanced Exercise Sciences

Depending on your caloric intake and amount of fat you may substitute low-fat or fat-free for higher fat ingredients or vice versa in order to bring the calorie count in line with your own or add higher fat foods



### Quiche Florentine

**Ingredients:** (yields 2 servings)

- 4 oz low fat cottage cheese
- 2 large eggs (Christopher brand)
- 1 large egg white
- 5 oz spinach
- 1/2 can tomatoes
- 1/4 cup shredded non fat mozzarella cheese

**Preparation:**

1. Pre-heat oven to 375°F
2. Thaw, rinse, and dry the frozen spinach
3. Mix together the eggs and egg whites. Mix in the cottage cheese, tomatoes (drained), spinach, and 1/2 of the mozzarella cheese. Season with garlic powder, onion powder, or Italian seasoning to taste.
4. Put mix in a pie pan or 8"x8" pan lightly sprayed with cooking spray (Pam or olive oil)
5. Place dish in oven for about 12-15 minutes, then top with remaining cheese and heat for an additional 2-3 minutes
6. Let cool slightly before serving

Serving Size: 1 Calories: 184, Total Fat: 7g, Total Protein: 24g, Total Carbohydrate: 8g, Total Fiber: 0



### Cheese Blintz

**Ingredients:** (yields 1 serving)

- 1 pat of butter
- 1 oz ricotta cheese
- 1 Tbsp half and half
- 1 Tbsp sour cream
- 1 egg (Christopher brand)
- 1 tsp olive oil
- 4 grams protein shake mix (try different flavors like Vanilla, strawberry and chocolate)
- 1 serving/packet of Splenda

**Preparation:**

1. Cream ricotta cheese, sour cream, and Splenda and then set aside.
2. Beat egg, half and half, and protein powder into a smooth batter
3. Lightly grease the bottom of a 10" frying pan with olive oil. Melt the butter on a low-medium heat.
4. Pour enough batter to coat the bottom of the pan, roll it around to fully cover. Watch the batter as it solidifies gently flipping sides.
5. Cook until golden then gently remove to a plate. Spread cheese filling and roll crepe-style.

**Variations:** Use unflavored protein powder or vanilla flavored and then add Vanilla extract, cinnamon, Or strawberry extract, or chocolate extract into the cheese mixture.

Serving Size: 1 Calories: 253, Total Fat: 21g, Total Protein: 13g, Total Carbohydrate: 4g, Total Fiber: 0



### Egg Crepes

**Ingredients:** (yields 1 serving)

- 2 Tbsp heavy cream
- 2 large eggs (Christopher brand)
- 1 tsp olive oil

**Preparation:**

1. Blend all ingredients together
2. Heat a pan with a small amount of oil.
3. Pour some mixture into the pan until the bottom is thinly coated. When it starts to come away from the edges, carefully turn it over using a spatula.
4. Slide finished crepes onto a plate and repeat until your mixture is finished.
5. Use cinnamon and Splenda or unsweetened preserves if you are allowed.

Serving Size: 1, Calories: 291, Total Fat: 26g, Total Protein: 13g, Total Carbohydrate: 2g, Total Fiber: 0



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### Mini Egg Sausage Quiches

**Ingredients:** (yields 12 servings)

- 6 oz reduced fat breakfast sausage
- 3/4 cup reduced fat Mexican cheese blend
- 4 large eggs (Christopher brand)
- 4 large egg whites
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 dash black pepper
- 1 tsp sea salt (optional)

**Preparation:**

1. Preheat oven to 375°F (190°C)
2. Spray non-stick spray into muffin pan cups
3. Cook and crumble the sausage according to the product's directions
4. Drain and dispense into each of the muffin cups. Top with cheese.
5. Mix eggs and spices together, ladle egg mixture into each of the cups until they are 3/4 of the way full.
6. Bake in the oven for 20-27 minutes, or until eggs are set and the top of the muffins are golden

Serving Size: 1, Calories: 87, Total Fat: 6g, Total Protein: 7.5g, Total Carbohydrate: 1g, Total Fiber: 0

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