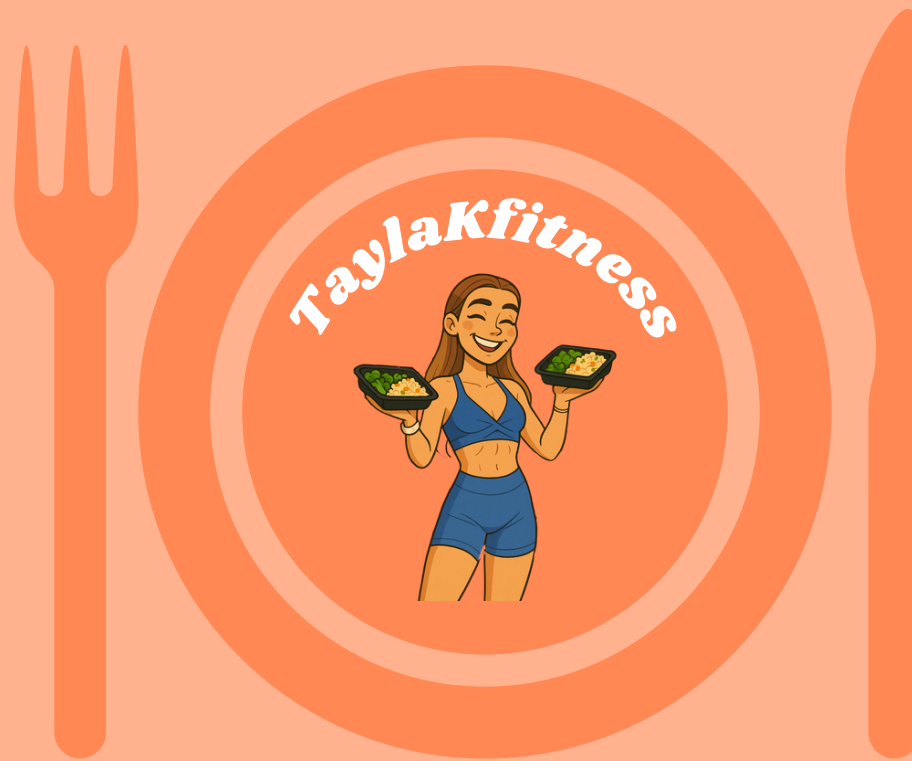


# TAYLAKFITNESS RECIPE BOOK



## ***BREAKFAST***

The recipes in this book are designed to nourish your body and support your fitness goals. As a personal trainer at TaylaKfitness, I believe in fueling your body with wholesome, nutrient-dense foods, rather than focusing on calorie counting. Please note that I am not a nutritionist, and only a qualified nutritionist can provide professional dietary advice. The recipes and protein values provided are purely for guidance and are not intended to prescribe specific eating habits. The protein amounts listed are approximate and may not be 100% accurate, depending on the ingredients you use. The goal is to help you make better food choices that prioritize nutrition, balance, and overall well-being. I want to encourage you to view food as a privilege and necessity, not something to fear. Remember, food is meant to fuel and empower you, not be a source of stress.



## Drizzly banana, Walnut & Chocolate oats



**PROTEIN:**  
8-10g



**TOTAL TIME:**  
10-12 mins



**SERVINGS:**  
1

### INGREDIENTS:

- ½ cup rolled oats
- 1 medium banana, sliced 🍌
- 1 tablespoon cocoa powder (unsweetened) 🍫
- 1 scoop chocolate protein powder (for extra protein) 💪
- 1 tablespoon walnuts, chopped 🌰
- 1 tablespoon peanut butter or almond butter (for drizzling) 🥜
- 1 teaspoon honey or maple syrup (optional, for sweetness) 🍯
- ½ teaspoon vanilla extract (optional)
- Pinch of salt
- 1 cup milk (or almond milk) 🥛
- Extra banana slices and chocolate chips for topping (optional)

#### Tips

- Add chocolate protein powder for an extra 20g of protein in just 1 scoop (vegan option: plant-based protein powder).
- Stir in Greek yogurt for a creamy, protein-packed topping (vegan option: use coconut yogurt or soy yogurt).
- Add chia seeds, hemp seeds, or flaxseeds for extra protein and healthy fats.
- Use peanut butter or almond butter for a rich, protein-filled drizzle.

- Cook the oats: In a small saucepan, add the rolled oats and milk. Bring to a simmer over medium heat and cook for 3–5 minutes, stirring occasionally, until the oats are tender.
- Mix in flavors: Once cooked, add the cocoa powder, vanilla extract, and a pinch of salt. Stir to combine for a rich, chocolatey base. 🍫
- Top with banana: Slice half of the banana and stir it into the oats for natural sweetness.
- Add walnuts: Chop the walnuts and stir them in for a crunchy texture and healthy fats.
- Drizzle: Drizzle peanut butter or almond butter on top for extra creaminess and flavor. Add honey or maple syrup for a touch of sweetness, if desired. 🍯
- Top with the remaining banana slices and chocolate chips for a decadent, irresistible finish. 🍌



# Banana oat pancakes



**PROTEIN:**  
18-22g



**TOTAL TIME:**  
15-17mins



**SERVINGS:**  
1

## INGREDIENTS:

- 1 ripe banana (medium)
- 1 egg
- ⅓ cup rolled oats
- ½ teaspoon baking powder (for fluffiness)
- ½ teaspoon vanilla extract (optional)
- Pinch of cinnamon (optional)
- Pinch of salt
- Cooking spray or a little butter/oil for the pan
- 1 scoop (about 25–30g) vanilla or unflavored protein powder
- Optional add-ins:
  - 1 tablespoon Greek yogurt (for extra protein)
  - 1 tablespoon chocolate chips 🍫
  - A handful of blueberries 🍷

### Tips

- For even fluffier pancakes, let the batter sit for 5 minutes before cooking to let the oats absorb moisture.
- If batter feels too thick, add a splash of milk or almond milk.
- If using a thick protein powder (like casein or a whey blend), you'll likely need a tiny bit more milk.
- For whey isolate, it's a little thinner so you might need less milk!

- Mash the banana in a bowl until smooth.
- Add the egg and mix well.
- Stir in the oats, protein powder, baking powder, vanilla, cinnamon, and salt.
- Add a splash of milk if the batter feels too thick — it should be thick but pourable.
- Heat a non-stick skillet over medium heat and lightly grease.
- Spoon the batter into small pancakes.
- Cook for 2–3 minutes on each side, until golden brown and cooked through.
- Serve hot with your favorite toppings!
- Suggested: Greek yogurt, peanut butter, maple syrup, berries 🥜🍷🍯



# Smashed avocado & eggs



**PROTEIN:**  
16-20g



**TOTAL TIME:**  
10-12 minutes



**SERVINGS:**  
1

## INGREDIENTS:

- 2 large eggs (your choice: poached, fried, or boiled)
- ½ to 1 ripe avocado, smashed
- 1 slice sourdough or whole grain toast (optional, for serving)
- 1 teaspoon lemon juice
- Pinch of salt and pepper
- Optional extras:
  - Chili flakes 🌶️
  - Feta crumbles 🧀
  - Microgreens or arugula 🌿
  - Everything bagel seasoning ✨

### Protein Boost Add-Ins:

- Greek yogurt (for spreading on toast or mixing into avocado)
- Cottage cheese (add on top of smashed avocado)
- Hemp seeds or chia seeds (mix into avocado)
- Peanut butter or almond butter (spread on toast for extra protein)
- Grilled chicken breast, turkey bacon, or smoked salmon (add as a topping)
- Protein powder (blend into the avocado)
- Toasted almonds or edamame for crunch and protein

- Cook the eggs how you like:
  - Boiled: 7–9 minutes (medium)
  - Fried: Over easy or sunny side up
  - Poached: 2–3 minutes in simmering water
- Smash the avocado in a small bowl with lemon juice, a pinch of salt, and pepper.
- Toast your bread if using.
- Spread the smashed avo generously over the toast or plate it as a bed.
- Top with the eggs and sprinkle extra salt, pepper, and any extras like chili flakes or feta.



# High protein baked oats



## PROTEIN:

Protein: 25–35g (depending on protein powder used)



## TOTAL TIME:

30 mins



## SERVINGS:

1

## INGREDIENTS:

- 1/2 cup rolled oats
- 1 scoop (25–30g) protein powder (vanilla or chocolate works great)
- 1/2 banana (mashed) or 1/4 cup unsweetened applesauce
- 1 egg (or 2 egg whites for lower fat)
- 1/2 cup milk of choice (dairy or high-protein plant milk like soy or pea)
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- Pinch of salt
- Optional: 1 tsp nut butter, 1 tbsp chocolate chips, berries, or chopped nuts

### tips

- Make it vegan: Use plant-based protein powder, flax egg, and non-dairy milk.
- Texture tip: Blending makes it fluffier, like cake. No-blend gives chewy oats.
- Meal prep: Bake in muffin tins or ramekins and store in fridge up to 4 days.
- Flavor swaps: Try peanut butter + banana, or blueberry + lemon zest.
- Boost fiber: Add chia seeds or flaxseed to the mix.

- Preheat oven to 375°F (190°C).
- In a blender or mixing bowl, combine oats, protein powder, mashed banana (or applesauce), egg, milk, baking powder, vanilla extract, and salt. Mix or blend until smooth and well-combined.
- If desired, stir in any optional mix-ins like chocolate chips, berries, or chopped nuts.
- Pour the mixture into a greased ramekin or small oven-safe baking dish.
- Bake for 20–25 minutes, or until the top is golden and the center is set.
- Cool slightly before serving. Enjoy warm!



## High-Protein Apple Crumble Greek Yogurt Bowl



### PROTEIN:

22-28g

(depending on protein powder)



### TOTAL TIME:

5-7 mins (no cooking needed)



### SERVINGS:

1

### INGREDIENTS:

- 1 cup plain Greek yogurt (nonfat or 2%, depending on your preference)
- 1 small apple, diced (Honeycrisp, Gala, or your favorite)
- 1–2 tablespoons granola (choose a lower sugar, high-fiber option)
- ½ teaspoon cinnamon
- ½ tablespoon honey or maple syrup (optional)
- 1 teaspoon chia seeds or ground flaxseeds (optional for extra fiber)
- A pinch of nutmeg (optional)
- Splash of vanilla extract (optional)
- Optional: A scoop of vanilla protein powder mixed into the yogurt for even more protein

#### Tips

- If you're meal prepping, keep the granola separate and add just before eating to keep it crunchy.
- Want even more flavor? Stir in a little almond butter or peanut butter drizzle! 🥜
- For extra apple crumble vibes, add a few chopped walnuts or pecans.

- In a bowl, combine Greek yogurt with a splash of vanilla extract if using. Mix well.
- Dice your apple into small cubes and sprinkle with cinnamon and nutmeg.
- Optional: Microwave the apple cubes for 20–30 seconds to soften them slightly and bring out the sweetness 🍏✨
- Top the yogurt with the diced apple.
- Sprinkle granola evenly over the top for crunch.
- Drizzle honey or maple syrup over everything if you want extra sweetness.
- Add chia seeds or flaxseeds for extra fiber and omega-3s if you like!
- Grab a spoon and dig in!



## ***Avocado, Sourdough, Boiled Egg & Salad Plate***



### **PROTEIN:**

20-25g



### **TOTAL TIME:**

10-15 minutes



### **SERVINGS:**

1

### **INGREDIENTS:**

- 1 slice sourdough bread, toasted
- ½ avocado, sliced or mashed
- 2 large eggs, boiled (soft, medium, or hard — your choice!)
- 1–2 cups mixed greens (spinach, arugula, baby kale, etc.)
- 1–2 teaspoons olive oil (for salad)
- 1 teaspoon lemon juice or balsamic vinegar
- Salt and pepper, to taste
- Optional extras:
  - Chili flakes 🌶️
  - Everything bagel seasoning ✨
  - Parmesan or feta crumbles 🧀
  - Tomato slices 🍅

#### Tips

- Add a few sliced cherry tomatoes or cucumber for extra crunch
- Sprinkle hemp seeds or chia seeds for even more protein
- Swap sourdough for whole grain toast if you prefer

- Place eggs in a pot, cover with water, bring to a boil.
- Cook 6–7 min for soft, 8–9 min for medium, or 10–11 min for hard-boiled.
- Transfer to an ice bath to cool, then peel.
- Toast the sourdough until golden and crispy 🍞🔥.
- Mash or slice the avocado and season lightly with salt, pepper, and lemon juice if desired.
- Toss the mixed greens with olive oil and lemon juice (or balsamic).
- Place toasted sourdough, spread/slice the avocado over it
- Add the boiled eggs (halved or quartered)
- Add the salad greens on the side
- Season everything with extra salt, pepper, and any extras like chili flakes or everything bagel seasoning.



## ***Savoury oats***



### **PROTEIN:**

25-30 g  
(depends on sausage and egg)



### **TOTAL TIME:**

15-20 mins



### **SERVINGS:**

1

### **INGREDIENTS:**

- ½ cup rolled oats 🌿
- 1 egg (vegan option: tofu scramble or vegan egg substitute) 🍳
- 1 small avocado, sliced 🥑
- 5-6 cherry tomatoes, halved 🍅
- 1 sausage (any type, chicken, pork, or vegan sausage) 🌭
- 1 cup vegetable broth (for cooking oats) or water
- 1 tablespoon olive oil or cooking oil for frying
- Salt and pepper to taste 🧂
- Optional: chili flakes, garlic powder, and herbs for extra seasoning 🌶️

- In a small saucepan, bring vegetable broth (or water) to a simmer. Add the rolled oats and cook for about 5-7 minutes, stirring occasionally, until the oats are tender and the liquid is absorbed.
- While the oats cook, heat a pan over medium heat and cook the sausage according to the package instructions. Once cooked, slice it into bite-sized pieces.
- In the same pan, heat a little olive oil and cook the egg (or scramble tofu for a vegan option) until your desired doneness.
- Slice the avocado and halve the cherry tomatoes.
- Once the oats are cooked, season them with salt, pepper, and optional spices like chili flakes, garlic powder, or herbs.
- To assemble, top the oats with the cooked egg (or tofu scramble), sliced avocado, cherry tomatoes, and sausage pieces.



## ***Banana pancake bites***



### **PROTEIN:**

15-20g

(varies depending on if you are using protein powder)



### **TOTAL TIME:**

15 mins



### **SERVINGS:**

1

### **INGREDIENTS:**

- 1/2 ripe banana, cut into small pieces 🍌
- 1/2 cup rolled oats 🥣
- 1/4 cup almond flour 🌿
- 1 large egg 🥚
- 1/4 cup unsweetened almond milk (or any milk of choice) 🥛
- 1 tablespoon baking powder
- 1/4 teaspoon cinnamon (optional) 🌿
- 1 teaspoon vanilla extract 🍷
- Pinch of salt 🧂
- 1/2 tablespoon coconut oil (for cooking) 🥥
- Maple syrup for drizzling (optional) 🍯

#### Tips

- Add a scoop of protein powder to the batter for an extra protein boost.
- Serve with Greek yogurt on top for extra creaminess and protein.
- For a different flavor, you can also add in some blueberries or chopped walnuts.

- Mash half of the banana in a bowl until smooth.
- Add the rolled oats, almond flour, egg, almond milk, baking powder, cinnamon, vanilla extract, and a pinch of salt to the mashed banana. Stir to combine into a batter.
- Gently fold in the remaining banana pieces, keeping them whole for little bites.
- Heat coconut oil in a non-stick pan over medium heat.
- Drop spoonfuls of the batter onto the pan to form small pancakes. Cook each pancake for about 2-3 minutes on one side, until bubbles form on top. Flip and cook for another 1-2 minutes on the other side, until golden brown.
- Remove from the pan and serve with a drizzle of maple syrup or any toppings of choice. Enjoy your little banana pancake bites!