



Meal Prep

BREAKFAST

SHONTELLE ALLWOOD



Hiya!

I'm Shontelle, Founder of Hello Pause, full-time Nutrition Student, wife, a mom, and menopausal!!! Time is always in short supply. Meal prepping has been a real lifesaver for me through the menopause transition in the early stages of perimenopause meal prepping was a grounding factor when so much felt out of control.

I am sharing these staple balanced recipes to help you tick a few boxes off your list. I hope they help!

If you like any of these recipes, please consider showing your support through a thumbs-up, a follow, or a comment on instagram @hellopause_ca or leave a comment on my website www.hellopause.ca

Shony xo

Table of Content

03	Introduction
04	Carrot Cake Overnight Oats
05	Lemon Blueberry Overnight Oats
06-07	Tiramisu Overnight Oats
08-09	Spinach Feta Egg White Wraps
10	Zucchini Pepper Egg Blossoms
11	Summer Smoothie Bags
12	Tropical Smoothie Bags
13	Chocolate Chia Parfaits
14-16	Make Ahead Loaded Breakfast Sandwiches
17	Carrot Bran Breakfast Muffins



Carrot Cake Overnight Oats

SERVINGS:4

PREPPING TIME: 15 MIN

COOKING TIME: 120 MINS

Ingredients

- 2 cups rolled oats
- 2 large carrots peeled & grated
- 1 cup skim milk
- 2 tsp cinnamon
- 1 tsp nutmeg
- 2 cups high protein yogurt
- 1/4 cup honey
- 2 Tbsp Walnuts
- 2 Tbsp Chia Seeds
- 400g Berries to serve

Directions

1. In a mixing bowl, combine the rolled oats, grated carrot, chia seeds, milk, yogurt, honey, ground nutmeg, and ground cinnamon.
2. Gently fold all the ingredients together until well combined. Make sure the honey is evenly distributed throughout the mixture.
3. Divide the oat mixture evenly between serving bowls or jars.
4. Top each serving with a sprinkle of chopped walnuts.
5. Cover the serving bowls or jars with lids or plastic wrap.
6. Place the covered bowls or jars in the refrigerator and let them sit overnight (or for at least 4-6 hours) to allow the oats and chia seeds to absorb the liquid and the flavours to meld.
7. In the morning, or whenever you're ready to eat, give the overnight oats a good stir to ensure everything is well mixed.
8. Top with 100g of berries for added fibre and sweetness.

These overnight oats can be stored in the refrigerator for up to 5 days.



Calories: 360g Protein: 15g Fibre: 6g Fat: 7g

*Nutritional information may vary according to brand / ingredient variations



Blueberry Lemon Overnight Oats

SERVINGS : 4-6

PREP TIME: 15 MINS

SETTING TIME: 3HRS+

Ingredients

- 2 cups rolled oats
- 2 cups milk of choice (dairy or plant-based)
- 2 cups Greek yogurt
- 2 cups blueberries (divided)
- 2 tablespoons honey or maple syrup (adjust to taste)
- 1/4 cup chia seeds
- 1 teaspoon vanilla extract
- Zest and juice of 1 lemon

Directions

1. Prepare the Blueberry Compote: In a small saucepan, combine 1 cup of blueberries, honey (or maple syrup), lemon zest, & lemon juice. Heat over medium-low heat, stirring occasionally, until the blueberries break down and the mixture thickens into a compote. This should take about 5-7 minutes. Remove it from heat and allow it to cool while you prepare the rest of the oats.

2. Mix the Base: In a large bowl, combine the rolled oats, chia seeds, and vanilla extract, milk and Greek yogurt. Mix well until all ingredients are thoroughly combined.

3. Add the fresh Blueberries: Gently fold in the remaining fresh blueberries.

4. Divide the mixture evenly between 4 jars/bowls

5. Top with compote: Top each jar with blueberry compote and lightly stir so the compote ribbons through the oat mixture.

6. Refrigerate Overnight: Cover the bowls or jars with lids or plastic wrap and place them in the refrigerator overnight.

8. Enjoy: When ready to eat, remove the jars/bowls from the refrigerator. Optional top each serving with the additional fresh blueberries or toasted coconut flakes.

Calories: 400g Protein: 20g Fibre: 6g. Fat: 9g

*Nutritional information may vary according to brand / ingredient variations





Tiramisu Overnight Oats

SERVINGS :4 -6

PREP TIME: 15 MINS

SETTING TIME: 3HRS+

Ingredients

- 2 cups rolled oats
- 1 cup milk of choice (dairy or plant-based)
- 2 scoops chocolate protein powder
- 1 cup strong black coffee (cooled)
- 1/4 cup chia seeds
- 1 tablespoon honey (adjust to taste)
- 2 cups (500g) plain Greek yogurt
- Cocoa powder for dusting (optional)
- Ladyfingers or biscotti for garnish (optional)



Calories: 350g Protein: 30g Fibre: 7g Fat: 8g

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Tiramisu Overnight Oats

Directions:

These oats can be made layered & fancy or quick and easy both taste great !

Fancy:

1. **Prepare the Coffee:** Brew a strong cup of black coffee and let it cool to room temperature.
2. **Mix the Oats Base:** In a large mixing bowl, combine the rolled oats and chocolate protein powder, honey and chia seeds.
3. **Add the Liquid Ingredients:** Pour in the cooled black coffee and milk. Mix well until the oats are fully coated. The chia seeds, when mixed with the liquid, will gradually thicken the mixture as it rests overnight.
4. **Chill:** Cover mixing bowl and chill 4-24 hrs
6. **Layer:** Remove the oat mixture from the fridge and layer $\frac{1}{4}$ cup oat mixture with $\frac{1}{4}$ cup greek yogurt and repeat. Cover the jars/ containers with plastic wrap or lids return them to the refrigerator until ready to eat. Overnight oats can be stored in the refrigerator for up to 5 days,
7. **Serve:** When ready to enjoy, remove the overnight oats from the refrigerator. You can dust the top with cocoa powder for that classic tiramisu look, and if you have ladyfingers or biscotti, you can add them as garnish for an extra touch of authenticity.

Pressed for time ?

Skip the layering mix all ingredients in a large mixing bowl, divide between 4-6 containers and refrigerate over night (or min 4 hours)



Spinach, Feta & Egg White Wrap

SERVINGS: 5

PREPPING TIME: 15 MIN

COOKING TIME: 20 MINS

Ingredients

Wraps

- Avocado or olive oil spray
- 1 cup egg whites (carton) or 8 egg whites
- 4 cups baby spinach
- 1/3 cup feta cheese, crumbled
- 1/3 cup sun dried tomatoes chopped
- 5 High Protein or wholewheat wraps
- Salt and pepper to taste

Cream Cheese Spread

- 1/2 cup cream cheese, softened (let sit at room temperature or put in the microwave for 20 seconds)
- 2 tbsp chopped sundried tomatoes
- Salt & pepper, to taste



Calories: 300g Protein: 26g Fibre: 8g Fat: 12g

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Directions

1. Cook Spinach & Eggs:

Spritz non-stick pan with oil spray.

Sauté baby spinach with salt and pepper for 2-3 mins until wilted. Cook in batches if needed. Set aside.

Spritz pan again, pour egg whites, season, and cook into an omelette (4-6 mins).

Remove from pan and slice omelette into strips.

2. Make Sun-dried Tomato Spread:

Finely chop the sun-dried tomatoes combine half with softened cream cheese, blend well using a fork and keep the remaining sun-dried tomatoes aside.

3. Layer Wraps:

On a wrap, spread cream cheese mix.

Layer wilted spinach, egg strips, crumbled feta, and remaining sun-dried tomatoes.

4. Wrap & Toast:

Fold sides of the wrap and roll into burrito shape.

If eating right away, toast burrito in the same pan used to cook the egg and spinach 2 mins each side.

5. Make-Ahead Tips:

For busy mornings these are great prepared ahead of time.

allow wraps to fully cool, wrap individually in saran wrap.

store in fridge up to 4 days, or freeze up to 3 months.

Reheat in non-stick pan or air fryer from fridge or freezer.



A top-down view of various ingredients on a blue wooden surface. There is a white bowl of brown eggs, a glass measuring cup with yellow liquid, a bowl of red onions, a bowl of crumbled white cheese, a bowl of sliced red peppers, a bowl of sliced zucchini, and a small dish of spices.

Zucchini Roasted Red Pepper Egg Blossoms

SERVINGS: 4

PREP TIME: 15 MINS

COOK TIME: 20-30mins

Ingredients

- 4 zucchini sliced into 24 thin pieces
- 1, 16 ounce jar of roasted peppers
- 6 full eggs
- 1/2 cup egg whites
- 1/2 tsp each salt, pepper, paprika & onion powder
- 120g crumbled feta cheese

Directions

1. Preheat oven to 350F.
2. Grease (12 cup) cupcake tray with non stick spray
3. Drain the jar of peppers and cut into long thin slices.
4. Slice the zucchini into long, thin sheets, preferably using a mandoline for uniformity.
5. Overlap 2 piece of zucchini followed by 2 pieces of roasted peppers.
6. Roll and place into a cup cake mold
7. Combine eggs, egg whites, seasonings, and crumbled feta to a large liquid measuring cup.
8. Pour egg mixture into the centre and around each zucchini blossom.
9. Bake for 20 minutes or until the eggs have fully set & are cooked through.

Serve whole grain toast & greens



Per egg blossom calories: 110. Protein: 9.5g Fibre: 1.3g Fat: 6g

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Summer Smoothie Bags

Busy lives make mornings hectic, these pre-made smoothie bags are huge time savers and keep the flavour of summer alive long after temperatures have dropped. Below is a guide, but use any combination of greens and fruits you have on hand.

Combine the following ingredients in resealable freezer bags:

- Kale leaves (washed and chopped)
- Green apple (cored and sliced)
- Peaches (peeled and sliced)
- Strawberries (hulled and halved)
- Chia seeds
- Pineapple chunks (optional for added sweetness)

Seal the bag tightly, removing excess air & place it in the freezer. Freeze up to 3 months.

When you're ready, simply take a bag from the freezer, empty its contents into a blender, add:

- preferred liquid (water, coconut water, milk of choice)
- a scoop of collagen protein powder blend until smooth.





Tropical Green Smoothie Bags



Smoothie bags are an excellent time-saving hack and a fantastic way to incorporate greens and veggies. This tropical mix is incredibly refreshing. To save even more time, use pre-frozen fruit chunks.

Combine the following ingredients in resealable freezer bags:

- Spinach leaves (washed and chopped)
- Celery (washed and chopped)
- Apple (cored and chopped)
- Avocado (pre-frozen chunks or fresh cut into cubes)
- Mango (pre-frozen chunks or fresh cut into cubes)
- Pineapple (pre-frozen chunks or fresh cut into cubes)
- Chia seeds or flax seeds

seal the bag tightly, removing excess air & place it in the freezer. Freeze up to 3 months.

When you're ready, simply take a bag from the freezer, empty its contents into a blender, add:

- preferred liquid (water, coconut water, milk of choice)
- a scoop of collagen protein powder blend until smooth.





Chia Chocolate Breakfast Parfait

SERVINGS :4

PREP TIME: 15 MINS

SETTING TIME: 3HRS+

Ingredients

- 4 cups skim milk
- 1 cup chia seeds
- 2 tbsp cocoa powder
- 2 tsp cinnamon
- 1 tablespoon maple syrup
- 1 & 1/4 cup (300g) plain high protein yogurt
- 2 scoops collagen protein powder
- 200g raspberries



Directions

1. In a large bowl, whisk together milk, chia seeds, cocoa maple syrup and cinnamon.
2. Chill overnight (or minimum 3 hours).
3. After chia mixture is set, alternate layers of chocolate chia and natural yoghurt into 4 cups or jars.
5. Top with berries and enjoy.

Lasts refrigerated up to 5 days.

calories: 445 Protein: 30g Fibre: 20g Fat: 17g

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Make Ahead Loaded Breakfast Sandwiches

SERVINGS: 12

PREP TIME: 30 MINS

COOKING TIME: 25 MINS

Ingredients

- 2 tablespoons unsalted butter
- 1 medium onion, diced
- 8 ounces button mushrooms, trimmed & thinly sliced
- 2 tablespoons olive oil
- Salt & Pepper to taste
- 1 large pack baby spinach (300-450g)
- 10 large eggs
- 1 1/2 cups skim milk
- 12 whole-wheat English muffins, split
- 12 slices peameal bacon
- 12 slices swiss cheese



calories: 440 Protein: 30g Fibre: 13g. Fat: 21g

*Nutritional information may vary according to brand / ingredient variations

Directions

1. **Preheat:** the oven to 350° and coat a 9x13" baking dish with cooking spray. In a large skillet, melt the butter over medium-low heat. Add the onions and cook for 2-3 minutes, or until somewhat softened.
2. **Cook the mushrooms:** Add the mushrooms and olive oil and season with salt and pepper. Cook for 8-10 minutes, or until the mushrooms have released all of their liquid, the liquid has evaporated, and the pan appears dry.
3. **Cook the spinach:** Stir in the spinach and cook for 2-3 more minutes, until any liquid from the spinach has cooked off. Make sure to cook as much moisture as possible out of the vegetables—you want them to appear dry. The freezing and reheating process will add moisture to the egg patty.
4. **Transfer** the vegetables to the prepared baking dish and spread them out into an even layer.
5. **Whisk** the eggs and milk in a large bowl until frothy. Carefully pour the egg mixture evenly over the vegetables.
6. **Bake** for 15-20 minutes, or until the eggs are completely set and begin to look a bit dry. Remove from the oven and cool completely.
7. **Cut the egg squares:** when the eggs are cooked through remove from oven and let cool. Cut into 12 even squares.
8. **Assemble the sandwiches:** each sandwich by placing one egg patty on the bottom of one English muffin half. Top with a slice of bacon and one slice of cheese. Top with remaining half of muffin.



**Storing and Reheating:**

1. These breakfast sandwiches can be stored in the refrigerator for up to 5 days.
2. To reheat, wrap the sandwich in a paper towel to prevent the muffin from getting soggy.
3. Reheat in the microwave for 30 seconds to 1 minute on each side. Flip the sandwich halfway through cooking.
4. Heat until it's warmed through. Keep in mind that exact heating times may vary depending on your microwave.
5. Alternatively, you can heat them in the oven for approximately 5 minutes or until they're warm throughout.

From Frozen:

1. If frozen, thaw the sandwiches in the refrigerator overnight.
2. Follow the reheating instructions mentioned above after thawing.

OR

3. If you forgot to thaw, you can reheat them directly from the freezer. Wrap the frozen sandwich in a paper towel and set your microwave to defrost for 3 minutes.
4. After defrosting, heat on high for 30 seconds to 1 minute on each side, flipping the sandwich halfway through cooking.





Carrot Bran Breakfast Muffins

SERVINGS: 12

PREP TIME: 15 MINS

COOKING TIME: 20 mins

Ingredients

- 1 & 1/2 cups whole wheat flour
- 1 & 1/2 cup All-Bran/Fibre 1 cereal
- 1/2 cup packed brown sugar
- 1 tbsp ground cinnamon
- 1 tsp each of baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 cup of chopped dates or raisins
- 1 cup grated carrots
- 1 & 3/4 cup milk + 2 tbsp lemon juice mixed (or buttermilk)
- 1/4 cup vegetable oil
- 1 egg, lightly beaten
- 1 grated rind of lemon or orange



calories: 215 Protein: 5g Fibre: 6g Fat: 6g

***Nutritional information may vary according to brand / ingredient variations**



Directions:

1. **Preheat** your oven to 375°F (190°C) and line a muffin tin with paper liners or grease it lightly.
 2. **Mix dry ingredients:** In a large mixing bowl, combine the whole wheat flour, finely blended All-Bran or Fiber 1 cereal, packed brown sugar, ground cinnamon, baking powder, baking soda, and salt. Mix thoroughly.
 3. **Add** the chopped dates (or raisins) and grated carrots to the dry ingredients. Stir well, ensuring they are evenly distributed throughout the mixture.
 4. **Make soured milk:** In another bowl, prepare the buttermilk by mixing 1 ¾ cups of milk with 2 tablespoons of lemon juice. Let it sit for a few minutes until it thickens slightly, creating a homemade buttermilk substitute.
 5. **Mix wet ingredients:** To the homemade buttermilk, add the vegetable oil, lightly beaten egg, and the grated rind of lemon or orange. Mix these wet ingredients together until well combined.
 6. **Combine wet and dry ingredients:** Pour the wet ingredient mixture into the dry ingredients. Stir until just combined, being careful not to overmix. The batter may be lumpy, but that's okay; overmixing can make the muffins tough.
 7. **Spoon** the muffin batter into the prepared muffin tin, filling each cup about two-thirds full.
 8. **Bake** in the preheated oven for approximately 18-20 minutes or until a toothpick inserted into the center of a muffin comes out clean.
- Remove the muffins from the oven and allow them to cool in the tin for a few minutes. Then, transfer them to a wire rack to cool completely.
- Serve with yogurt and berries to make a complete meal.

