

UPGRADED HEALTH

15 High-Protein Breakfasts Without Eggs

Sweet bowls, savory skillet meals and practical morning meals.

Additional recipes to use with your 30-day plan. Each full recipe makes two portions and includes an estimated protein amount.

Inside your guide

Complete ingredient lists and instructions

Practical storage and substitution notes

A recipe index and a two-recipe shopping worksheet

A companion to The 30-Day High-Protein Meal Plan for Women Over 40.

By Upgraded Health

How to use this collection

Choose a recipe and replace one of the corresponding meals or snacks in your main calendar. Prepare one full recipe for two people, or save half safely for later. These ingredients are not included in the main grocery lists; add them when you make a swap.

The recipes contain no whole eggs or egg whites. If you have an egg allergy, also check bread, sauces and every packaged ingredient and avoid cross-contact. Some recipes contain dairy, nuts or soy. Chia recipes require the chilling time shown; they are not instant breakfasts.

Protein and portions

Protein figures use the same approximate ingredient inputs as the main guide. They are not a full nutrient analysis or an individual target. If your brands or portions differ, recalculate. Recipes and timings have not been kitchen-tested.

Food safety

Keep perishables at 40°F or below. Refrigerate within 2 hours, or 1 hour above 90°F. Use cooked leftovers within 3-4 days, sooner if a label requires it. For best texture, make assembled fruit cups, wraps and salads for the next 1-2 days. Reheat leftovers to 165°F; pack chilled foods with two cold sources. [1-3]

Allergens

Check labels for milk, eggs, fish, shellfish, soy, wheat, peanuts, tree nuts and sesame where relevant. Egg-free recipes also require egg-free packaged bread or other components if avoiding egg ingredients.

Choose a recipe

Egg-free breakfasts

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Vanilla Quinoa Yogurt Bowls

E01 / MAKES 2 SERVINGS / 5 MIN

Estimated protein: 32 g per serving. One serving is half the complete recipe.

Ingredients

500 g (17.6 oz) Plain Greek yogurt (about 10 g protein per 100 g)

200 g (7.1 oz) Ready-cooked quinoa

150 g (5.3 oz) Mixed berries

5 ml (1 tsp) Vanilla extract

20 g Almonds

Make it

Start. Stir vanilla into yogurt and divide between two bowls.

Finish. Add ready-to-eat quinoa and berries. Top with almonds.

Prep & serving note

Use chilled ready-to-eat quinoa; heat first if the package requires it.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~50 g/batch, ready-cooked quinoa ~9 g/batch, almonds ~4 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Pear-Walnut Cottage Cheese Toasts

E02 / MAKES 2 SERVINGS / 10 MIN

Estimated protein: 34 g per serving. One serving is half the complete recipe.

Ingredients

450 g (15.9 oz) Plain cottage cheese
200 g (7.1 oz) Pear, cored
100 g (3.5 oz) Whole-grain bread
25 g (0.9 oz) Walnuts
1 g (about 0.5 tsp) Ground cinnamon

Make it

Start. Toast bread. Core and thinly slice pear.

Finish. Spread cottage cheese over toast and top with pear, walnuts and cinnamon. Serve excess cottage cheese alongside.

Prep & serving note

Make two open-faced plates. Bread may contain egg, so choose egg-free-labeled bread if avoiding egg.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~54 g/batch, whole-grain bread ~9 g/batch, walnuts ~4 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Mango-Citrus Yogurt Cups

E03 / MAKES 2 SERVINGS / 5 MIN

Estimated protein: 34 g per serving. One serving is half the complete recipe.

Ingredients

500 g (17.6 oz) Plain Greek yogurt (about 10 g protein per 100 g)

200 g (7.1 oz) Mango flesh

70 g (2.5 oz) Rolled oats, dry

10 ml (2 tsp) Lemon juice

25 g (0.9 oz) Pumpkin seeds

Make it

Start. Stir lemon juice into yogurt for a citrus flavor.

Finish. Divide between two cups and layer with diced mango, oats and pumpkin seeds.

Prep & serving note

Lemon supplies the citrus here; lime juice can replace it in the same amount.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~50 g/batch, rolled oats, dry ~9 g/batch, pumpkin seeds ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Chocolate Cherry Breakfast Oats

E04 / MAKES 2 SERVINGS / 15 MIN

Estimated protein: 34 g per serving. One serving is half the complete recipe.

Ingredients

100 g (3.5 oz) Rolled oats, dry
350 ml Unsweetened soy milk
400 g (14.1 oz) Plain Greek yogurt (about 10 g protein per 100 g)
180 g (6.3 oz) Pitted cherries
12 g Unsweetened cocoa powder
15 g Honey

Make it

Start. Bring soy milk and 100 ml water to a simmer. Add oats and cook 5-7 minutes.

Next. Remove from heat for 2 minutes and stir in cocoa, honey and yogurt.

Finish. Divide into bowls and top with pitted cherries.

Prep & serving note

This is egg-free but contains dairy. Soy yogurt is not an equal-protein replacement.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~40 g/batch, rolled oats, dry ~13 g/batch, unsweetened soy milk ~12 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Peach Chia Overnight Cups

E05 / MAKES 2 SERVINGS / 10 MIN ACTIVE + 4 HOURS CHILLING

Estimated protein: 32 g per serving. One serving is half the complete recipe.

Ingredients

500 g (17.6 oz) Plain Greek yogurt (about 10 g protein per 100 g)

200 ml Milk

35 g (1.2 oz) Chia seeds

200 g (7.1 oz) Peach, pitted

5 ml (1 tsp) Vanilla extract

Make it

Start. Whisk yogurt, milk, chia and vanilla. Divide between two jars.

Next. Stir again after 10 minutes, then cover and refrigerate at least 4 hours.

Finish. Top with diced peach when serving.

Prep & serving note

Make the evening before. The waiting time is required for the chia texture.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~50 g/batch, milk ~7 g/batch, chia seeds ~6 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Peanut-Tofu Banana Smoothies

E06 / MAKES 2 SERVINGS / 8 MIN

Estimated protein: 33 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Extra-firm tofu, drained (at least 12 g protein per 100 g)

350 ml Unsweetened soy milk

200 g (7.1 oz) Banana, peeled

30 g (1.1 oz) Peanut butter

10 g Unsweetened cocoa powder

Make it

Start. Use plain tofu suitable for ready-to-eat use according to its label. Blend tofu, soy milk, banana, peanut butter and cocoa until smooth.

Finish. Add cold water or ice to reach your preferred consistency; divide into two glasses.

Prep & serving note

A dairy-free option. Choose tofu with the protein content specified in the ingredient list.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: extra-firm tofu, drained ~42 g/batch, unsweetened soy milk ~12 g/batch, peanut butter ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Smoky Tofu & Bean Breakfast Bowls

E07 / MAKES 2 SERVINGS / 18 MIN

Estimated protein: 31 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Extra-firm tofu, drained (at least 12 g protein per 100 g)

250 g (8.8 oz) Canned white beans, drained and rinsed

200 g (7.1 oz) Cherry tomatoes

100 g (3.5 oz) Baby spinach

10 ml (2 tsp) Olive oil

2 g (about 1 tsp) Smoked paprika

Make it

Start. Pat tofu dry and crumble. Heat oil and cook tofu for 5 minutes.

Next. Add beans, halved tomatoes and paprika. Cook 4-5 minutes, then fold in spinach until wilted.

Finish. Divide into two warm bowls.

Prep & serving note

This savory breakfast contains no eggs or dairy when plain tofu and beans are used.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: extra-firm tofu, drained ~42 g/batch, canned white beans, drained and rinsed ~16 g/batch, baby spinach ~3 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Tempeh Sweet Potato Breakfast Hash

E08 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 30 g per serving. One serving is half the complete recipe.

Ingredients

280 g (9.9 oz) Plain tempeh
300 g (10.6 oz) Sweet potato, peeled
150 g (5.3 oz) Bell pepper, seeded
80 g (2.8 oz) Onion, peeled
15 ml (1 tbsp) Olive oil
2 g (about 1 tsp) Ground cumin

Make it

Start. Dice sweet potato into 1/2-inch cubes and microwave covered with 30 ml water for 5-6 minutes until nearly tender.

Next. Dice tempeh, pepper and onion. Cook in oil over medium heat for 7-8 minutes, following any tempeh package instructions.

Finish. Drain sweet potato and add with cumin; cook 4-5 minutes until hot and lightly browned.

Prep & serving note

Microwaving the potatoes first shortens skillet time. Check tempeh for added grains.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain tempeh ~53 g/batch, sweet potato, peeled ~5 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Savory Cottage Cheese & Bean Toast

E09 / MAKES 2 SERVINGS / 10 MIN

Estimated protein: 36 g per serving. One serving is half the complete recipe.

Ingredients

400 g (14.1 oz) Plain cottage cheese
200 g (7.1 oz) Canned white beans, drained and rinsed
100 g (3.5 oz) Whole-grain bread
200 g (7.1 oz) Cherry tomatoes
10 ml (2 tsp) Olive oil
1 g (about 1 tsp) Dried oregano

Make it

Start. Toast bread. Mash beans lightly and stir in cottage cheese.

Finish. Spread over toast and serve halved tomatoes alongside. Finish with olive oil and oregano.

Prep & serving note

Choose bread without egg if you need to avoid egg ingredients, not just whole eggs.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~48 g/batch, canned white beans, drained and rinsed ~13 g/batch, whole-grain bread ~9 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Pineapple-Vanilla Breakfast Smoothie

E10 / MAKES 2 SERVINGS / 8 MIN

Estimated protein: 34 g per serving. One serving is half the complete recipe.

Ingredients

500 g (17.6 oz) Plain Greek yogurt (about 10 g protein per 100 g)

250 ml Milk

200 g (7.1 oz) Pineapple flesh

60 g (2.1 oz) Rolled oats, dry

5 ml (1 tsp) Vanilla extract

Make it

Start. Blend yogurt, milk, pineapple, oats and vanilla until smooth.

Finish. Add a little cold water if necessary and divide between two glasses.

Prep & serving note

Use fresh pineapple or drained canned pineapple in juice. Frozen fruit adds thawing or blending time.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~50 g/batch, milk ~8 g/batch, rolled oats, dry ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Warm Apple Almond Cottage Bowls

E11 / MAKES 2 SERVINGS / 10 MIN

Estimated protein: 34 g per serving. One serving is half the complete recipe.

Ingredients

450 g (15.9 oz) Plain cottage cheese
250 g (8.8 oz) Apple, cored
30 g (1.1 oz) Almond butter
60 g (2.1 oz) Rolled oats, dry
2 g (about 1 tsp) Ground cinnamon

Make it

Start. Dice apple. Microwave covered with 30 ml water and cinnamon for 3-4 minutes until softened.

Next. Divide cottage cheese and oats between two bowls.

Finish. Top with warm apple and almond butter.

Prep & serving note

Keep the dairy cold until serving; the warm fruit provides the contrast.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~54 g/batch, rolled oats, dry ~8 g/batch, almond butter ~6 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Orange-Ricotta Yogurt Breakfast

E12 / MAKES 2 SERVINGS / 8 MIN

Estimated protein: 36 g per serving. One serving is half the complete recipe.

Ingredients

250 g (8.8 oz) Part-skim ricotta
300 g (10.6 oz) Plain Greek yogurt (about 10 g protein per 100 g)
250 g (8.8 oz) Orange segments
25 g (0.9 oz) Almonds
80 g (2.8 oz) Whole-grain bread

Make it

Start. Stir ricotta and yogurt together and divide between bowls.

Finish. Top with orange segments and almonds. Toast bread and serve alongside.

Prep & serving note

Ricotta and yogurt together provide more protein than ricotta alone. Check bread for egg ingredients.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~30 g/batch, part-skim ricotta ~28 g/batch, whole-grain bread ~7 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Lentil-Yogurt Savory Breakfast Bowls

E13 / MAKES 2 SERVINGS / 10 MIN

Estimated protein: 33 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Cooked lentils, drained
400 g (14.1 oz) Plain Greek yogurt (about 10 g protein per 100 g)
180 g (6.3 oz) Cucumber
180 g (6.3 oz) Cherry tomatoes
20 ml Lemon juice
10 ml (2 tsp) Olive oil

Make it

Start. Mix yogurt with lemon juice and divide between two bowls.

Next. Top with ready-to-eat lentils, diced cucumber and halved tomatoes.

Finish. Drizzle with oil.

Prep & serving note

A savory breakfast that also works as lunch. Heat lentils first if their label requires it.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~40 g/batch, cooked lentils, drained ~24 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Peanut-Raisin Breakfast Rice

E14 / MAKES 2 SERVINGS / 12 MIN

Estimated protein: 34 g per serving. One serving is half the complete recipe.

Ingredients

250 g (8.8 oz) Ready-cooked brown rice
250 ml Milk
450 g (15.9 oz) Plain Greek yogurt (about 10 g protein per 100 g)
25 g (0.9 oz) Peanut butter
30 g (1.1 oz) Raisins
1 g (about 0.5 tsp) Ground cinnamon

Make it

Start. Heat ready-cooked rice with milk, raisins and cinnamon in a saucepan for 4-5 minutes, stirring.

Next. Remove from heat for 2 minutes. Fold in yogurt and peanut butter.

Finish. Divide into two bowls.

Prep & serving note

Use plain ready-cooked rice, not dry rice. This is a quick rice-pudding-style breakfast.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~45 g/batch, milk ~8 g/batch, ready-cooked brown rice ~6 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Berry Chia Cottage Cheese Cream

E15 / MAKES 2 SERVINGS / 8 MIN ACTIVE + 2 HOURS CHILLING

Estimated protein: 32 g per serving. One serving is half the complete recipe.

Ingredients

450 g (15.9 oz) Plain cottage cheese

150 ml Milk

25 g (0.9 oz) Chia seeds

200 g (7.1 oz) Mixed berries

5 ml (1 tsp) Vanilla extract

Make it

Start. Blend cottage cheese, milk and vanilla until smooth. Stir in chia.

Next. Divide into two containers, cover and chill for at least 2 hours.

Finish. Top with berries to serve.

Prep & serving note

Plan the chill time ahead; the cream thickens in the refrigerator.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~54 g/batch, milk ~5 g/batch, chia seeds ~4 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Try two recipes this week

Start with E01 Vanilla Quinoa Yogurt Bowls and E02 Pear-Walnut Cottage Cheese Toasts. Together they make four portions. The list below includes one full batch of each recipe.

Ingredient	Total for both recipes
Plain Greek yogurt (about 10 g protein per 100 g)	500 g (17.6 oz)
Ready-cooked quinoa	200 g (7.1 oz)
Mixed berries	150 g (5.3 oz)
Vanilla extract	5 ml (1 tsp)
Almonds	20 g
Plain cottage cheese	450 g (15.9 oz)
Pear, cored	200 g (7.1 oz)
Whole-grain bread	100 g (3.5 oz)
Walnuts	25 g (0.9 oz)
Ground cinnamon	1 g (about 0.5 tsp)

Make your own swap

Original recipe: _____

New recipe and code: _____

Remove from grocery list: _____

Add to grocery list: _____

Prep, chill or thaw reminder: _____

References & recipe notes

[1] FoodSafety.gov: Safe Minimum Internal Temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

[2] USDA FSIS: Leftovers and Food Safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

[3] USDA FSIS: Keeping Bag Lunches Safe

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/keeping-bag-lunches-safe>

Food and nutrition references

USDA FoodData Central: a resource for checking ingredient composition

<https://fdc.nal.usda.gov/>

Example product label: FAGE plain Greek yogurt

<https://usa.fage/products/yogurt/fage-total-0>

Example product label: StarKist light tuna in water

<https://starkist.com/product/chunk-light-tuna-in-water-can/>

The figures in this program are approximate planning inputs, not a verified nutrient analysis of specific purchased products. The full input table is in the main guide. Compare your labels and adjust as needed.