

# 12 High-Protein 5-Minute Breakfast Recipes

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## 1. Greek Yogurt Berry Power Bowl

### Ingredients:

- 1 cup plain **Greek yogurt** (20g protein)
- ½ cup mixed berries

- 1 tbsp chia seeds
- 1 tbsp almond butter

**Instructions:** Mix everything in a bowl.

**Protein:** ~25g

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## 2. Protein Coffee Shake

**Ingredients:**

- 1 scoop **protein powder** (20–25g protein)
- 1 cup cold brew coffee
- ½ cup unsweetened almond milk
- Ice cubes

**Instructions:** Blend all ingredients.

**Protein:** ~23g

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## 3. Cottage Cheese & Fruit Bowl

**Ingredients:**

- 1 cup low-fat **cottage cheese** (28g protein)
- ½ cup pineapple chunks
- 1 tbsp flaxseeds

**Instructions:** Mix in a bowl.

**Protein:** ~30g

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## 4. Smoked Salmon Wrap

**Ingredients:**

- 1 whole-grain tortilla
- 3 oz **smoked salmon** (16g protein)
- 2 tbsp cream cheese
- Baby spinach

**Instructions:** Spread cream cheese, add salmon & spinach, roll up.

**Protein:** ~20g

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## 5. High-Protein Overnight Oats (Prepped Night Before)

**Ingredients:**

- ½ cup oats
- 1 scoop **protein powder** (20g protein)
- ½ cup milk of choice
- 1 tbsp peanut butter

**Instructions:** Mix in a jar, refrigerate overnight.

**Protein:** ~25g

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## 6. Egg & Avocado Rice Cake

**Ingredients:**

- 1 hard-boiled **egg** (6g protein)
- 1 rice cake
- ½ avocado, mashed

- Sprinkle of salt & pepper

**Instructions:** Spread avocado, top with sliced egg.

**Protein:** ~8g

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## 7. Protein Smoothie Bowl

**Ingredients:**

- 1 scoop **protein powder** (20g protein)
- 1 banana
- ½ cup frozen berries
- ½ cup almond milk
- Toppings: granola, chia seeds

**Instructions:** Blend, pour into bowl, and add toppings.

**Protein:** ~25g

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## 8. Turkey & Cheese Roll-Ups

**Ingredients:**

- 3 slices deli **turkey breast** (18g protein)
- 2 slices of cheese
- Mustard

**Instructions:** Roll cheese inside turkey slices, dip in mustard.

**Protein:** ~22g

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## 9. Peanut Butter Banana Protein Toast

**Ingredients:**

- 1 slice whole-grain bread
- 2 tbsp **peanut butter** (8g protein)
- ½ banana, sliced
- Sprinkle of cinnamon

**Instructions:** Spread PB, top with banana slices.

**Protein:** ~12g

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## 10. Microwave Egg Scramble

**Ingredients:**

- 2 whole **eggs** (12g protein)
- 2 tbsp shredded cheese
- Handful spinach

**Instructions:** Whisk in a mug, microwave 1–2 minutes.

**Protein:** ~15g

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## 11. Edamame Snack Bowl

**Ingredients:**

- 1 cup shelled **edamame** (18g protein)
- Sea salt

**Instructions:** Microwave edamame, sprinkle salt.

**Protein:** ~18g

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## 12. Protein Chia Pudding (Prepped Night Before)

### Ingredients:

- 3 tbsp chia seeds
- 1 scoop **protein powder** (20g protein)
- 1 cup milk of choice
- 1 tsp honey

**Instructions:** Mix in a jar, refrigerate overnight.

**Protein:** ~23g

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