

30 Low Carb Breakfasts Up To Net Carbs: Ingredients and Easy Steps For Every Recipe

Are you tired of eating the same old breakfast every day? Do you want to start your morning with a nutritious meal that won't make you feel sluggish? Look no further! In this article, we'll share with you 30 delicious low-carb breakfast recipes that are not only easy to make but also packed with essential nutrients to kick-start your day. Whether you're following a low-carb diet or simply looking for healthier breakfast options, these recipes will satisfy your cravings without compromising on taste.

1. Scrambled Eggs with Avocado and Spinach

Start your day right with this low-carb twist on a classic breakfast. Scramble two eggs with a handful of spinach and top it off with sliced avocado. This recipe is not only low in carbs but also high in healthy fats and protein, making it a perfect choice for those looking to fuel their bodies with nutrient-dense foods.

2. Greek Yogurt Parfait with Berries and Nuts

If you're a fan of creamy and sweet breakfast options, this Greek yogurt parfait is for you. Layer Greek yogurt with a mixture of fresh berries and top it off with a sprinkle of nuts for some added crunch. This low-carb delight is a great source of antioxidants, fiber, and protein.

Breakfast in Five: 30 Low Carb Breakfasts. Up to 5 net carbs, 5 ingredients & 5 easy steps for every recipe. (Keto in Five Book 1)

by Vicky Ushakova (Kindle Edition)

★★★★☆ 4.3 out of 5

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Enhanced typesetting	: Enabled
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3. Bacon and Egg Breakfast Muffins

Who says you can't enjoy muffins on a low-carb diet? These bacon and egg breakfast muffins are not only easy to make but also super satisfying. Simply line a muffin tin with bacon, crack an egg into each cup, and bake until the eggs are cooked to your liking. This recipe is a great option for those who prefer a savory breakfast.

4. Chia Seed Pudding with Almond Milk

If you're looking for a low-carb alternative to traditional breakfast cereals, look no further. Chia seed pudding is not only delicious but also packed with fiber and omega-3 fatty acids. Simply mix chia seeds with almond milk, let it sit overnight, and top it off with your favorite low-carb toppings such as nuts, seeds, or berries.

5. Smoked Salmon and Cream Cheese Roll-Ups

For a quick and easy low-carb breakfast, try these smoked salmon and cream cheese roll-ups. Simply spread cream cheese on smoked salmon slices, roll them up, and enjoy. This recipe is not only low in carbs but also high in omega-3 fatty acids and protein, making it a great choice for those looking to boost their brain health.

6. Vegetable Omelette

A vegetable omelette is a classic low-carb breakfast that never disappoints. Simply whisk together eggs with your favorite vegetables such as bell peppers, mushrooms, and spinach, and cook it in a pan until set. This recipe is not only packed with vitamins and minerals but also a great way to use up any leftover veggies.

7. Cauliflower Hash Browns

If you're a fan of crispy hash browns but want to avoid the starchy carbs, try these cauliflower hash browns. Simply grate cauliflower, mix it with eggs, and season it with your favorite spices. Cook them in a pan until golden brown and enjoy a low-carb alternative to traditional hash browns.

8. Spinach and Feta Egg Muffins

These spinach and feta egg muffins are a convenient and delicious option for those looking to meal prep their breakfasts. Simply whisk together eggs with chopped spinach and crumbled feta cheese, pour the mixture into a muffin tin, and bake until set. These muffins are not only low in carbs but also a great source of vitamins and minerals.

9. Almond Flour Pancakes

Who says you can't enjoy pancakes on a low-carb diet? These almond flour pancakes are not only fluffy and delicious but also gluten-free and low in carbs. Simply mix almond flour with eggs, baking powder, and your choice of sweetener, cook them on a griddle, and top them off with sugar-free syrup or berries.

10. Avocado and Bacon Egg Cups

If you're looking for a portable and protein-packed breakfast option, give these avocado and bacon egg cups a try. Simply line a muffin tin with bacon, place a slice of avocado in each cup, crack an egg on top, and bake until the eggs are set. These cups are not only low in carbs but also a great source of healthy fats.

11. Coconut Flour Porridge

A warm bowl of porridge is the ultimate comfort food, and this coconut flour porridge is a great low-carb alternative. Simply mix coconut flour with almond milk and your choice of sweetener, cook it on the stovetop until thickened, and top it off with nuts, seeds, or berries for some added crunch.

12. Sausage and Egg Breakfast Casserole

If you're hosting a brunch or simply want to make a big batch of breakfast for the week, try this sausage and egg breakfast casserole. Simply brown sausage, whisk together eggs and almond milk, mix in cooked sausage, pour the mixture into a baking dish, and bake until set. This casserole is not only low in carbs but also a great source of protein.

13. Zucchini and Cheese Frittata

This zucchini and cheese frittata is a great way to use up any leftover vegetables in your fridge. Simply whisk together eggs with grated zucchini, cheese, and your choice of herbs and spices, cook it in a pan until set, and enjoy a flavorful low-carb breakfast packed with veggies.

14. Ham and Cheese Breakfast Casserole

If you're a fan of the classic ham and cheese combination, this breakfast casserole is for you. Simply layer ham and cheese in a baking dish, whisk together eggs and almond milk, pour the mixture over the ham and cheese, and

bake until set. This casserole is not only low in carbs but also a great source of protein.

15. Blueberry Almond Smoothie

If you're looking for a refreshing and nutritious breakfast on the go, try this blueberry almond smoothie. Simply blend together frozen blueberries, almond milk, almond butter, and a scoop of protein powder for an extra boost. This smoothie is not only low in carbs but also a great source of antioxidants and healthy fats.

16. Broccoli and Cheddar Frittata

This broccoli and cheddar frittata is a great way to sneak in some veggies into your breakfast. Simply whisk together eggs with chopped broccoli, shredded cheddar cheese, and your choice of herbs and spices, cook it in a pan until set, and enjoy a cheesy low-carb breakfast.

17. Peanut Butter and Chocolate Protein Shake

If you're a fan of peanut butter and chocolate, this protein shake is a must-try. Simply blend together almond milk, protein powder, peanut butter, cocoa powder, and a sprinkle of stevia for sweetness. This shake is not only low in carbs but also a great source of protein and healthy fats.

18. Spinach and Mushroom Crustless Quiche

This spinach and mushroom crustless quiche is a perfect option for those following a low-carb or gluten-free diet. Simply sauté spinach and mushrooms, whisk together eggs with almond milk and your choice of herbs and spices, mix in the sautéed vegetables, pour the mixture into a baking dish, and bake until set.

19. Cucumber and Cream Cheese Roll-Ups

For a refreshing and low-carb breakfast, try these cucumber and cream cheese roll-ups. Simply slice cucumber into thin strips, spread cream cheese on each strip, and roll them up. This recipe is not only easy to make but also a great way to incorporate some hydration into your morning routine.

20. Keto Granola with Nuts and Seeds

If you're missing granola on a low-carb diet, give this keto granola a try. Simply mix together a variety of nuts and seeds, sweeten it with your choice of sweetener such as Stevia, and bake it until crispy. This granola is not only low in carbs but also a great source of healthy fats and fiber.

21. Mushroom and Cheese Omelette

This mushroom and cheese omelette is a comforting and satisfying low-carb breakfast option. Simply sauté mushrooms, whisk together eggs with chopped herbs, salt, and pepper, pour the mixture into a pan, top it off with sautéed mushrooms and shredded cheese, and cook until the eggs are set.

22. Cottage Cheese and Berries Bowl

For a quick and protein-packed breakfast, try this cottage cheese and berries bowl. Simply top a serving of cottage cheese with your favorite low-carb berries such as strawberries, blueberries, or raspberries. This recipe is not only low in carbs but also a great source of protein and antioxidants.

23. Bacon-Wrapped Asparagus

If you're looking for a breakfast side dish that's low in carbs but packed with flavor, try these bacon-wrapped asparagus spears. Simply wrap a slice of bacon around each asparagus spear, place them on a baking sheet, and bake until the bacon is crispy. These bacon-wrapped asparagus spears are sure to impress.

24. Ricotta Pancakes with Berries

These ricotta pancakes are not only delicious but also a great source of protein. Simply mix together ricotta cheese, eggs, almond flour, and your choice of sweetener, cook them on a griddle, and top them off with a handful of low-carb berries for a burst of freshness.

25. Green Smoothie Bowl

For a nutritious and hydrating breakfast option, try this green smoothie bowl. Simply blend together a mixture of leafy greens such as spinach or kale, almond milk, a frozen banana, and a scoop of protein powder. Top it off with your favorite low-carb toppings such as nuts, seeds, or coconut flakes.

26. Bell Pepper and Sausage Egg Cups

These bell pepper and sausage egg cups are not only colorful but also packed with flavor. Simply line a muffin tin with bell pepper slices, cook sausage in a pan, place cooked sausage in each cup, crack an egg on top, and bake until the eggs are set. These cups are a great option for those following a low-carb or gluten-free diet.

27. Almond Flour Waffles

For a low-carb twist on a breakfast classic, give these almond flour waffles a try. Simply mix together almond flour, eggs, almond milk, and your choice of sweetener, cook them in a waffle iron until golden brown, and serve with sugar-free syrup or berries.

28. Caprese Avocado Salad

If you're looking for a light and refreshing breakfast option, try this caprese avocado salad. Simply slice avocado and fresh mozzarella cheese, layer them

with sliced tomatoes, sprinkle with fresh basil leaves, drizzle with olive oil and balsamic vinegar, and season with salt and pepper.

29. Ham and Egg Breakfast Burrito

This ham and egg breakfast burrito is a great option for those looking for a filling and portable breakfast. Simply scramble eggs, cook diced ham in a pan, wrap the eggs and ham in a low-carb tortilla, and enjoy a delicious breakfast on the go.

30. Low-Carb Smoothie with Spinach and Protein Powder

For a quick and nutritious breakfast, try this low-carb smoothie packed with spinach and protein powder. Simply blend together spinach, unsweetened almond milk, a scoop of protein powder, a spoonful of almond butter, and a sprinkle of stevia for sweetness.

There you have it, 30 delicious and low-carb breakfast recipes to kick-start your day. Regardless of your dietary preferences or restrictions, these recipes provide a wide range of options to make sure you never get bored with your morning meal. So, get ready to fuel your body with nutrient-dense ingredients and start your day off right!



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Created by the duo behind the ultra-popular low carb website, Tasteaholics, Breakfast in Five is a cookbook unlike any other, featuring 30 delicious breakfast recipes each requiring only 5 common ingredients and containing up to 5 grams of net carbohydrates. Breakfast in Five is the first of the Keto in Five series.

What's in this Cookbook

- 30 low carb breakfast recipes all using just 5 ingredients and 5 net carbs or fewer!
- Beautiful images for each breakfast so you'll know exactly what you'll be enjoying.
- Caloric and macronutrient data – we calculated everything for you so you can track your meals easily.
- Low carb and keto diet basics for beginners and seasoned low carb-ers alike.
- Helpful recipe notes and lots of tips for progress and meal tracking.

Reviews from Top Low Carb Leaders

“I wish I had these easy low carb recipe collections back when I was just getting started on the keto diet. It was tough for me to find simple recipes to get through the day. Try Low Carb makes it easy. I highly recommend the Breakfast, Lunch

and Dinner in Five eCookbooks.”

- Lisa MarcAurele, Founder of Low Carb Yum

“If you’re into flavorful 5 ingredient recipes that are easy to prepare, this eCookbook series is for you. Vicky and Rami keep the focus on simple, standard ingredients and basic cooking techniques – ensuring that even those with crazy time constraints and rudimentary cooking skills can stay on track.”

- Kimberly Hardesty, Founder of Low Carb Maven

“The Keto In Five cookbooks are all about minimalism. The concept is brilliant: every single recipe has five ingredients or less and five net carbs or less! If you are struggling to brainstorm low carb ideas and want something easy, this was tailor-made for you. If you are on the keto diet or just trying to cut back on carbs, you will get a lot of value out of this cookbook.”

- Tasha Metcalf, Founder of Ketogasm

With Breakfast in Five, succeeding in your low carb diet has never been easier.

- Why 30 Breakfasts?

Let’s face it, breakfast on keto can get boring. Eggs and bacon is great but how many times in a row can you really eat that? We created 30 unique recipes that will blow you away each and every time.

- Simple and Delicious

Breakfast in Five is a month’s worth of simple, delicious, low carb (keto) breakfast recipes that are each made with just 5 common ingredients and are up to 5 grams of net carbs! There’s nothing better than that.

- Low Carb Made Easy

Enjoy fluffy waffles and pancakes, sweet and savory muffins, porridge, omelettes and much more every day of the month. Living a low carb lifestyle has never been more enjoyable and sustainable!

Being Low Carb is Easier Than Ever!

Up to 5 Net Carbs per Serving

You can count the carbs in each breakfast on one hand! Go ahead, have seconds, you'll still be within your daily carb limit.

5 Ingredients per Recipe

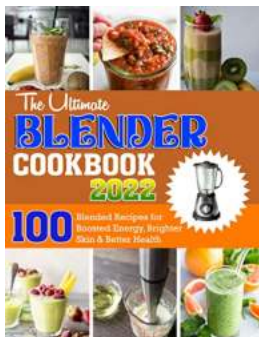
Cutting down the number of ingredients reduces cost, time, complexity, and even the willpower needed to cook. Less is more.

Nutritional Information

Calculating your daily calories and macros is crucial to hitting your goals sooner. We calculated each recipe so you don't have to.

Personal Support

Have a general question about the low carb diet or something specific about one of the keto breakfasts? Email Vicky and Rami directly at any time!



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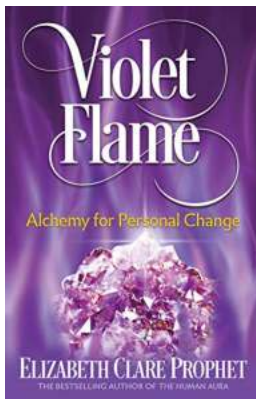
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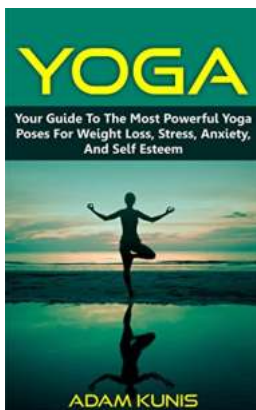
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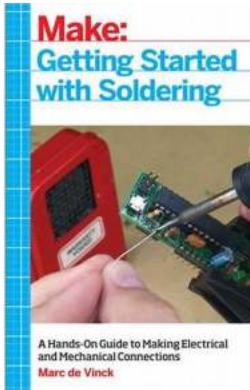
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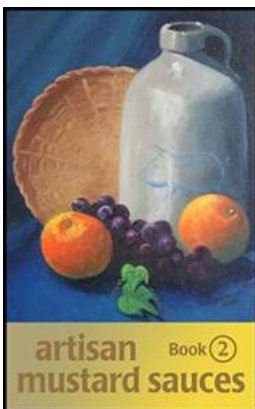
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