

☐ High-Protein Creamy Scrambled Eggs

A Comforting High-Protein Breakfast That Loves You Back

Some mornings call for something gentle.

Not complicated. Not heavy. Just nourishing food that helps you feel steady, clear, and cared for.

Scrambled eggs are a timeless comfort meal – warm, simple, familiar. With one small upgrade, they become a high-protein, energy-supportive breakfast that works *with* your body.

A spoonful of cottage cheese makes the eggs softer and creamier while adding extra protein to help stabilize blood sugar and support steady morning energy.

This is balanced nourishment for real life:

- Busy mornings
- Wellness routines
- Post-workout recovery
- Slow, peaceful starts

No extremes. No diet culture.

Just simple food that fuels you well.

☐ Quick Recipe Details

- **Prep Time:** 3 minutes
- **Cook Time:** 5 minutes
- **Total Time:** 8 minutes
- **Servings:** 1
- **Difficulty:** Easy

☐ Ingredients

- 2 whole eggs
- 1 egg white

- 1 tablespoon cottage cheese
- 1/16 teaspoon of salt
- 1/16 teaspoon of black pepper
- 1 teaspoon butter or olive oil (for pan)

☐☐☐ **Instructions**

1☐☐ **Whisk**

Crack the eggs into a bowl.
Add the egg white and cottage cheese.

Add the salt and pepper
Whisk thoroughly until smooth and lightly frothy.

2☐☐ **Warm the Pan**

Place a nonstick pan over low to medium-low heat.
Add butter or olive oil and allow it to melt gently.

3☐☐ **Cook Slowly**

Pour in the egg mixture.
Let it sit for 10–15 seconds, then gently push eggs from the edges toward the center using a spatula.
Continue folding slowly as soft curds form.

4☐☐ **Remove Early (Secret to Creaminess)**

When eggs look soft and slightly glossy, remove from heat.
They will finish cooking from residual warmth.

5☐☐ **Serve**

Serve immediately for best texture.

☐ **Build a Balanced Plate**

Protein Boost

- Turkey bacon
- Chicken sausage

- Smoked salmon

Fiber & Nutrients

- Sautéed spinach
- Avocado slices
- Cherry tomatoes
- Fresh berries

Smart Carbs

- Whole-grain toast
- Roasted sweet potatoes

☐ Why This Meal Supports Energy

- High protein helps stabilize blood sugar
- Healthy fats support fullness and focus
- Soft texture is gentle on digestion
- Quick to prepare for consistent routines

☐ Easy Variations

- **Dairy-Free:** Skip cottage cheese or use dairy-free alternative
- **Spicy:** Add chili flakes or hot sauce
- **Herby:** Mix in chives, parsley, or spinach
- **Extra Protein:** Add another egg white

☐ Estimated Nutrition (Base Recipe)

- Calories: ~220
- Protein: ~20g
- Carbs: ~2g
- Fat: ~15g

(Values vary by brand and portion size.)

☐ Wellness Tip

Pair protein with gentle morning light and hydration for steadier energy and fewer crashes.