



RediCareControl^{DTx} Breakfast Pack



2024

Queries: info@controldtx.com

Granola



Serves: 1



Prep Time 5 mins



Cook Time: 10 mins

Carbohydrates: 5 grams **Fat:** 36 grams **Protein:** 32 grams

Ingredients:

- 75g flaked almonds
- 75g crushed hazelnuts
- 75g pumpkin seeds
- 75g sunflower seeds
- 75g walnuts
- 5 tbsp melted coconut oil
- 2 tbsp agave syrup
- 125g Greek yogurt (for serving)

Instructions:

1. Mix all ingredients and bake at 180°C for 30 minutes.
2. Stir occasionally and cool before serving. Stir occasionally and cool before serving.



Mushroom Bacon Tomatoes



Serves: 1



Prep Time 3 mins



Cook Time: 10 mins

Carbohydrates: 5 grams **Fat:** 22 grams **Protein:** 16 grams

Ingredients:

- 2 unsmoked rashers
- 1 tomato or 6 cherry tomatoes
- 70g mushrooms
- 2 tsp extra virgin coconut oil

Instructions:

1. Fry mushrooms and tomatoes in coconut oil for 3-6 minutes.
2. Cook rashers in the same pan for 4-6 minutes. Serve immediately.



Greek Yoghurt,Nuts and Berries



Serves: 1



Prep Time 5 mins



Cook Time: 0 mins

Carbohydrates: 12 grams **Fat:** 32 grams **Protein:** 17 grams

Ingredients:

- 125g Greek yogurt
- 40g mixed crushed nuts
- 10 fresh raspberries
- 3 fresh strawberries
- Cinnamon/ low carb sweetener (optional)

Instructions:

1. Layer yogurt, nuts, and berries in a bowl.



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Scrambled Breakfast



Serves: 1



Prep Time 2 mins



Cook Time: 3 mins

Carbohydrates: 2 grams **Fat:** 36 grams **Protein:** 29 grams

Ingredients:

- 80g avocado
- 2 medium eggs
- 60g smoked salmon
- 1 tsp butter
- Salt and pepper

Instructions:

1. Melt butter in a pan and cook beaten eggs until fluffy.
2. Serve with sliced avocado, smoked salmon, and season to taste.



Lemon Cheesecake Ice Cream



Serves: 4



Prep Time 10 mins



Freeze Time: 4 hours

Carbohydrates: 5 grams Fat: 18 grams Protein: 7 grams

Ingredients:

- 200g cream cheese, softened
- 200ml heavy cream
- 100g powdered erythritol (or preferred sweetener)
- Zest and juice of 1 lemon
- 1 tsp vanilla extract

Instructions:

1. In a bowl, whisk together cream cheese, lemon juice, zest, and vanilla extract.
2. In a separate bowl, whip the heavy cream with sweetener until soft peaks form.
3. Fold the whipped cream into the cream cheese mixture.
4. Pour into a container and freeze for at least 4 hours until firm.



Full Irish Breakfast



Serves:1



Prep Time 5 mins



Cook Time: 10 mins

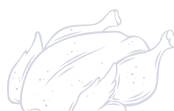
Carbohydrates: 10 grams **Fat:** 32 grams **Protein:** 28 grams

Ingredients:

- 2 sausages
- 2 bacon rashers
- 1 medium egg
- 100g mushrooms
- 1 teaspoon coconut oil

Instructions:

1. Cook sausages and bacon in coconut oil (or butter) over medium heat.
2. Sauté mushrooms in the same pan.
3. Fry the egg and serve everything together.



Coconut Flake Cereal



Serves: 8



Prep Time 5 mins



Cook Time: 10 mins

Carbohydrates: 5 grams Fat: 27 grams Protein: 7 grams

Ingredients:

- 120g flaked coconut
- 90g flaked almonds
- 70g hemp seeds
- 50g chia seeds
- 55g melted coconut oil
- 20g unsweetened cacao powder
- 1 tablespoon ground cinnamon

Instructions:

1. Preheat the oven to 150°C/300°F.
2. Mix all ingredients in a bowl.
3. Bake in an ovenproof dish for 10 minutes, stirring occasionally, and allow to cool.



Sausage Patties



Serves:1



Prep Time 8 mins



Cook Time: 10 mins

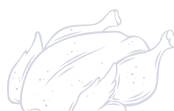
Carbohydrates: 1 grams **Fat:** 29 grams **Protein:** 28 grams

Ingredients:

- 125g pork mince
- 1/2 small egg
- 1 clove garlic (minced)
- Pinch of dried sage, thyme, ground cloves, salt, and pepper
- 2 teaspoons coconut oil

Instructions:

1. Mix all ingredients together and form into patties.
2. Cook patties in coconut oil over medium-high heat for 4-5 minutes per side.



Spicy Egg Omelette



Serves: 2



Prep Time 5 mins



Cook Time: 10 mins

Carbohydrates: 13 grams **Fat:** 69 grams **Protein:** 43 grams

Ingredients:

- 1 tbsp oil (avocado, olive, or coconut)
- 4 eggs (beaten)
- 1/2 diced onion
- 1 diced tomato
- 10 mushrooms (chopped)
- Spices of choice

Instructions:

1. Sauté onion, tomatoes, mushrooms in oil for 1-2 minutes.
2. Add eggs and spices and cook for 2 minutes on each side.
3. Serve with sliced avocado and optional hot sauce.



Low Carb Porridge



Serves:1



Prep Time 5 mins



Cook Time: 5 mins

Carbohydrates: 7 grams **Fat:** 36 grams **Protein:** 6 grams

Ingredients:

- 2 tbsp milled chia seeds
- 2 tbsp ground flaxseeds
- 1/2 cup unsweetened almond milk
- 1/4 cup cream
- 1/2 tsp vanilla extract
- 1 tbsp unsweetened shredded coconut
- 1/2 tsp cinnamon (optional)
- 1 tsp sweetener of choice (optional)
- 1 tbsp butter or coconut oil

Instructions:

1. In a saucepan, combine chia seeds, ground flaxseeds, shredded coconut, almond milk, and coconut cream over medium heat.
2. Stir continuously for 3-5 minutes until the mixture thickens to a porridge-like consistency.
3. Remove from heat, add vanilla extract, cinnamon, and sweetener (if using), and stir well.



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Low Carb Pancakes



Serves:2



Prep Time 5 mins



Cook Time: 10 mins

Carbohydrates: 7 grams **Fat:** 36 grams **Protein:** 6 grams

Ingredients:

- 100g almond flour
- 2 large eggs
- 60ml unsweetened almond milk
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1 tbsp butter or coconut oil (for cooking)

Instructions:

1. Mix almond flour, eggs, almond milk, baking powder, and vanilla extract in a bowl until smooth.
2. Heat butter or coconut oil in a pan over medium heat.
3. Pour batter into the pan to form small pancakes. Cook until bubbles form on the surface, then flip and cook the other side until golden brown.
4. Serve with your favorite low-carb toppings like berries or sugar-free syrup.



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Crème Breakfast Pots



Serves:2



Prep Time 12 mins



Cook Time: 40 mins

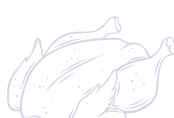
Carbohydrates: 2 grams **Fat:** 35 grams **Protein:** 4 grams

Ingredients:

- 6 large egg yolks
- 1 tsp vanilla extract
- ¼ cup milk of choice
- 2 cups heavy cream
- ¼ cup low-carb sweetener
- 2 ½ tsp ground cinnamon
- ½ tsp nutmeg (optional)

Instructions:

1. Preheat oven to 325°F (160°C). Combine milk, cream, and vanilla in a pan and bring to a simmer.
2. Whisk egg yolks, cinnamon, nutmeg, and sweetener until creamy. Remove the milk mixture from heat and slowly whisk it into the egg mixture.
3. Strain into ramekins, place them in a baking tray, and fill the tray with water halfway up the ramekins. Cover with foil.
4. Bake for 45-50 minutes, then chill before serving.



Tomato & Spinach Eggs



Serves: 4



Prep Time 5 mins



Cook Time: 12-15 mins

Carbohydrates: 6 grams Fat: 25 grams Protein: 19 grams

Ingredients:

- 100g spinach
- 400g can chopped tomatoes
- 1 tsp chili flakes
- 4 eggs

Instructions:

1. Preheat oven to 180°C (350°F).
2. Wilt the spinach by pouring boiling water over it in a colander, then squeeze out excess water.
3. Divide the spinach among 4 small ovenproof dishes, then top with tomatoes mixed with chili flakes and seasoning.
4. Create a small well in the center of each dish and crack an egg into it.
5. Bake for 12-15 minutes, or until eggs are cooked to your liking.



Chia Pudding



Serves:2



Prep Time 5 mins



Chill Time: 2 hours

Carbohydrates: 5 grams **Fat:** 12 grams **Protein:** 4 grams

Ingredients:

- 3 tbsp chia seeds
- 250ml almond milk (or your preferred milk)
- 1 tsp vanilla extract
- 1 tbsp powdered erythritol (or your preferred sweetener)
- Berries or nuts for topping (optional)

Instructions:

1. In a bowl or jar, mix chia seeds, almond milk, vanilla extract, and sweetener.
2. Stir well to avoid clumping, then refrigerate for 2-3 hours (or overnight) until the pudding thickens.
3. Top with berries or nuts before serving.



Coconut Waffles



Serves:2



Prep Time 10 mins



Cook Time: 10 mins

Carbohydrates: 4 grams **Fat:** 26 grams **Protein:** 7 grams

Ingredients:

- 200g almond flour
- 35g coconut flour
- 1 tsp baking powder
- 4 large eggs
- 180g butter, softened
- 1 tsp vanilla extract
- 2 tbsp powdered erythritol (or your preferred sweetener)

Instructions:

1. Preheat the oven to 180°C (350°F) and line a loaf tin with parchment paper.
2. In a large bowl, mix almond flour, coconut flour, and baking powder.
3. In another bowl, whisk the softened butter, sweetener, eggs, and vanilla extract until creamy.
4. Gradually combine the wet ingredients with the dry ingredients.
5. Pour the batter into the prepared loaf tin and bake for 45-50 minutes until a toothpick comes out clean. Let cool.

