



7 Day Skin Loving Breakfasts

LEANNE VICKERY

Skin Loving Pumpkin Pudding with Gelatin

3 SERVINGS 3 HOURS



INGREDIENTS

1/4 cup Unsweetened Almond Milk
1 package Gelatin (one tablespoon per package)
1 2/3 cups Organic Coconut Milk (full fat, from the can)
1 cup Pureed Pumpkin
1/2 tsp Stevia Powder
1 tsp Pumpkin Pie Spice
3 tbsps Coconut Whipped Cream
1 tbsp Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	295	Vitamin A	12753I...
Fat	26g	Vitamin C	4mg
Saturated	21g	Calcium	71mg
Trans	0g	Iron	2mg
Polyunsat...	0g	Vitamin D	8IU
Monouns...	1g	Thiamine	0mg
Carbs	13g	Vitamin B6	0mg
Fiber	3g	Folate	10µg
Sugar	5g	Vitamin B12	0µg
Protein	5g	Magnesium	21mg
Cholesterol	0mg	Zinc	0mg
Sodium	57mg	Selenium	1µg
Potassium	377mg		

DIRECTIONS

- 01 Add the almond milk to a small mixing bowl and whisk. Sprinkle the gelatin over top and set aside. Let it sit while you prepare the rest. (Do not mix.)
- 02 In a small pot over medium-low heat, add the coconut milk, pureed pumpkin, monk fruit sweetener and pumpkin pie spice and whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm.
- 03 Remove the coconut milk mix from the heat and slowly pour it into the mixing bowl with the gelatin, whisking while you pour.
- 04 Place a sieve over the top of your jars and use a large spoon to transfer the pudding mixture into the jars through the sieve. (The sieve will ensure there are no clumps of gelatin remaining.) Store the jars in the fridge for two hours to set.
- 05 Remove the jars from the fridge and top each with coconut whipped cream and pumpkin seeds. Enjoy!

NOTES

GELATIN

One package of gelatin is equal to one tablespoon.

LIKES IT SWEET

Add more monk fruit sweetener.

NO MONK FRUIT SWEETENER

Sweeten with maple syrup, honey or coconut sugar instead.

Avocado Egg Salad Sandwich

4 SERVINGS 15 MINUTES



INGREDIENTS

6 Egg
1 Avocado
1 cup Baby Spinach (chopped)
1 tbsp Dijon Mustard
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
8 slices Organic Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	349	Vitamin A	1182IU
Fat	19g	Vitamin C	8mg
Saturated	4g	Calcium	86mg
Trans	0g	Iron	2mg
Polyunsat...	4g	Vitamin D	62IU
Monouns...	10g	Thiamine	0.2mg
Carbs	30g	Vitamin B6	0.3mg
Fiber	6g	Folate	92µg
Sugar	6g	Vitamin B12	0.7µg
Protein	14g	Magnesium	46mg
Cholesterol	279mg	Zinc	2mg
Sodium	413mg	Selenium	23µg
Potassium	454mg		

DIRECTIONS

- 01 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 02 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 03 Spread onto toast and enjoy!

NOTES

LESS BREAD

Make it an open-face sandwich.

ADD A KICK

Add red chili flakes or hot sauce.

VEGAN

Use mashed chickpeas or white kidney beans instead of eggs.

Chocolate Collagen Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Almond Milk
5 leaves Romaine (washed and torn)
1/4 cup Frozen Cauliflower
1/2 cup Strawberries
1/2 Banana (frozen)
2 tbsps Chia Seeds
2 tbsps Cacao Powder
1 tbsp Almond Butter
15 grams Collagen Powder

NUTRITION

AMOUNT PER SERVING

Calories	490	Vitamin A	12995...
Fat	25g	Vitamin C	69mg
Saturated	2g	Calcium	961mg
Trans	0g	Iron	7mg
Polyunsat...	3g	Vitamin D	152IU
Monouns...	7g	Thiamine	0.2mg
Carbs	45g	Vitamin B6	0.4mg
Fiber	20g	Folate	251µg
Sugar	14g	Vitamin B12	0µg
Protein	27g	Magnesium	272mg
Cholesterol	0mg	Zinc	1mg
Sodium	294mg	Selenium	8µg
Potassium	1362mg		

DIRECTIONS

01 Combine all ingredients into your blender. Blend until smooth, pour into a glass and enjoy!

NOTES

NO ALMOND MILK

Use any other kind of milk like cashew, hemp or rice instead.

NO COLLAGEN POWDER

Omit or use protein powder instead.

NO ROMAINE

Use spinach or kale instead.

Fruit-On-The-Bottom Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Chia Seeds
1 cup Unsweetened Almond Milk
1/2 cup Frozen Berries (thawed)
2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	250	Vitamin A	250IU
Fat	18g	Vitamin C	10mg
Saturated	1g	Calcium	420mg
Trans	0g	Iron	3mg
Polyunsat...	2g	Vitamin D	51IU
Monouns...	6g	Thiamine	0mg
Carbs	18g	Vitamin B6	0mg
Fiber	9g	Folate	8µg
Sugar	4g	Vitamin B12	0µg
Protein	8g	Magnesium	122mg
Cholesterol	0mg	Zinc	1mg
Sodium	82mg	Selenium	0µg
Potassium	365mg		

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Divide the thawed berries between jars and add the chia pudding mixture on top. Top with almond butter and enjoy!

NOTES

STORAGE

Store covered in the fridge up to 4 to 5 days.

ADDITIONAL TOPPINGS

Blackberries, sliced peaches or any chopped fruit you like.

NO ALMOND MILK

Use any other type of milk instead.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

Brownie Protein Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Ground Flax Seed
1/3 cup Water
1/2 cup Chickpea Flour
1/2 cup Chocolate Protein Powder
1 tbsp Cocoa Powder
1 tbsp Baking Powder
1 cup Unsweetened Almond Milk (or water)
1/4 cup Organic Dark Chocolate Chips
1 1/2 tps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	464	Vitamin A	250IU
Fat	20g	Vitamin C	1mg
Saturated	13g	Calcium	802mg
Trans	0g	Iron	4mg
Polyunsat...	2g	Vitamin D	51IU
Monouns...	2g	Thiamine	0.1mg
Carbs	41g	Vitamin B6	0.2mg
Fiber	9g	Folate	9µg
Sugar	17g	Vitamin B12	0.6µg
Protein	29g	Magnesium	71mg
Cholesterol	4mg	Zinc	2mg
Sodium	857mg	Selenium	7µg
Potassium	182mg		

DIRECTIONS

- 01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 05 Plate the pancakes and enjoy!

NOTES

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

SAVE TIME

Make the pancake batter in a blender.

TOPPINGS

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

LEFTOVERS

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

NO CHICKPEA FLOUR

Try oat flour instead. Results may vary.

Skin Loving Spinach and Sweet Potato Egg Muffins

4 SERVINGS 35 MINUTES



INGREDIENTS

1 1/2 tsps Avocado Oil
1 Sweet Potato (medium, peeled and chopped into cubes)
1 tbsp Extra Virgin Olive Oil
6 cups Baby Spinach
8 Egg
1/4 cup Water
1/2 tsp Sea Salt
1/2 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	229	Vitamin A	9372IU
Fat	15g	Vitamin C	13mg
Saturated	4g	Calcium	114mg
Trans	0g	Iron	3mg
Polyunsat...	3g	Vitamin D	82IU
Monouns...	7g	Thiamine	0.1mg
Carbs	9g	Vitamin B6	0.3mg
Fiber	2g	Folate	139µg
Sugar	2g	Vitamin B12	0.9µg
Protein	14g	Magnesium	57mg
Cholesterol	372mg	Zinc	2mg
Sodium	491mg	Selenium	31µg
Potassium	502mg		

DIRECTIONS

- 01 Preheat oven to 350 F/175C. Lightly grease a muffin pan with avocado oil.
- 02 Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 03 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 04 When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
- 05 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 06 Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
- 07 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

NOTES

SERVING SIZE

One serving is equal to three egg cups.

LEFTOVERS

Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

NO BABY SPINACH

Use finely sliced kale or swiss chard instead.

Detox Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Kale Leaves
1 Cucumber (chopped)
1 Lemon (juiced)
2 Pear (peeled and chopped)
1 tbsp Ginger (grated)
1 tbsp Ground Flax Seed
1 1/2 cups Water
5 Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	220	Vitamin A	13204...
Fat	2g	Vitamin C	39mg
Saturated	0g	Calcium	225mg
Trans	0g	Iron	4mg
Polyunsat...	1g	Vitamin D	0IU
Monouns...	0g	Thiamine	0.1mg
Carbs	48g	Vitamin B6	0.1mg
Fiber	11g	Folate	28µg
Sugar	21g	Vitamin B12	0µg
Protein	7g	Magnesium	38mg
Cholesterol	0mg	Zinc	1mg
Sodium	119mg	Selenium	1µg
Potassium	464mg		

DIRECTIONS

- 01 Throw all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 02 Divide between glasses and enjoy!

NOTES

NO KALE

Use spinach.

NO PEAR

Use apples.

METABOLISM BOOST

Add 1/4 tsp cayenne pepper.

MAKE IT SWEETER

Add 1/2 cup frozen pineapple or mango.

MORE PROTEIN

Add a scoop of protein powder or hemp seeds.