



# DARYL'S GUIDE TO BEASTIN' BREAKFASTS

**DON'T SETTLE FOR BLAH**  
Learn how to breakfast like a  
**BOSS.** This guide includes recipes  
to **TURN YOU INTO A**  
**MORNING PERSON.**

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# MY FAVORITE SMOOTHIE

Serves 1 | Prep Time: 5 minutes

## INGREDIENTS

½ Banana

½ Cup Blueberries

1 Cup Spinach

2 Tbsp. Peanut Butter or PB2

1 - 1 ½ Cup Unsweetened Almond Milk

1 scoop protein powder (Vanilla or Unflavored). *Optional.*

Ice as desired.

## DIRECTIONS

1. Combine ingredients in blender. Blend until smooth.

## TIPS:

**This is my ALL TIME favorite smoothie. Protein, veggies, and complex carbs rolled on up into one. What more can you ask for?**

\*I like to use Vega & greens vanilla protein powder for this smoothie.

\*Can substitute plain Greek yogurt for protein powder.

\*Try using powdered peanut butter (PB2) as a low-calorie alternative to peanut butter. Available in the natural section at most grocery stores.

# PEANUT BUTTA' JELLY TIME

Serves 1 | Prep Time: 5 minutes

## INGREDIENTS

1 Banana

½ Cup Raspberries

2 Tbsp. Peanut Butter or PB2

1 - 1 ½ Cup Unsweetened Almond Milk

1 scoop protein powder (Vanilla or Unflavored). *Optional.*

Honey to sweeten as desired.

Ice as desired.

## DIRECTIONS

1. Combine ingredients in blender. Blend until smooth.

## TIPS:

**Like your favorite childhood sandy... but drinkable!**

\*I like to use whey protein powder for this smoothie.

\*Can substitute plain Greek yogurt for protein powder.

\*Try using powdered peanut butter (PB2) as a low-calorie alternative to peanut butter. Available in the natural section at most grocery stores.

# MY BETAISED RIP OFF SMOOTHIE

Serves 1 | Prep Time: 5 minutes

## INGREDIENTS

½ Banana

½ Apple

2 Tbsp. Cocoa Powder

2 Tbsp. Peanut Butter or PB2

1 - 1 ½ Cup Unsweetened Almond Milk

1 scoop protein powder (Chocolate or Vanilla) *Optional*.

Ice as desired.

## DIRECTIONS

1. Combine ingredients in blender. Blend until smooth.

## TIPS:

**This smoothie is a total rip off of the Nutritiously Nutty smoothie from BeTeased. It is a healthier alternative though. Ain't no body need a full banana, apple, AND honey in one smoothie.**

\*I like to use Vega Sport Chocolate protein powder for this smoothie.

\*Can substitute plain Greek yogurt for protein powder.

\*If substituting plain Greek yogurt into smoothie, you may want to add some honey to sweeten the deal!

\*Try using powdered peanut butter (PB2) as a low-calorie alternative to peanut butter. Available in the natural section at most grocery stores.

# TROPI-KALE

Serves 1 | Prep Time: 5 minutes

## INGREDIENTS

½ Cup Pineapple

½ Cup Blueberries

1 Cup Kale

2 Tbsp. peanut butter, Almond butter, or PB2

1 - 1 ½ Cup Unsweetened Almond Milk

1 scoop protein powder (Vanilla or Unflavored). *Optional.*

Ice as desired.

## DIRECTIONS

1. Combine ingredients in blender. Blend until smooth.

## TIPS:

**The nut butter & pineapple cuts the taste of the kale. WOW! You Healthy!**

\*I like to use whey protein powder for this smoothie.

\*Can substitute plain Greek yogurt for protein powder.

\*Try using powdered peanut butter (PB2) as a low-calorie alternative to peanut butter. Available in the natural section at most grocery stores.

# I CAN'T BELIEVE IT'S NOT ICE CREAM

Serves 1 | Prep Time: 5 minutes

## INGREDIENTS

1 Banana

½ Cup Frozen Avocado

1 - 1 ½ Cup Unsweetened Soy Milk

1 scoop Protein Powder (Chocolate).  
*Optional.*

2 Tbsp. Cocoa Powder (if not using protein powder)

Honey to sweeten

Ice as desired.

## DIRECTIONS

1. Combine ingredients in blender. Blend until smooth.

## TIPS:

**Avocados make the CREAMIEST smoothie. If you are craving ice cream, this smoothie is for you.**

\*I like to use Vega Sport Chocolate protein powder for this smoothie.

\*Try using frozen avocado chunks. Can be purchased at any grocery store

# THE BASIC

Serves 1 | Prep Time: 5 minutes

## INGREDIENTS

- 1 Cup Berries of choice
- 1 - 1 ½ Cup Unsweetened Soy Milk
- 2 scoops Protein Powder
- Ice as desired. (AH YEAH).

## DIRECTIONS

1. Combine ingredients in blender. Blend until smooth.

## TIPS:

**This is the most basic smoothie. It is boring AF. It is high protein and low calorie.**

\*I like to use whey vanilla protein powder for this smoothie.

\*Soy milk = higher in protein

# NINJA WARRIOR HOT SMOOTHIE

Serves 1 | Prep Time: 5 minutes

## INGREDIENTS

2 Tbsp. Nut butter of choice

1 - 1 ½ Cup Coconut Milk

1 Tsp Cinnamon

1 Tsp Ginger

½ Tsp Clove

½ Tsp Cardamom

½ Tsp Nutmeg

## DIRECTIONS

1. Combine ingredients in blender. Blend until smooth.
2. Heat up on stove or in microwave.

## TIPS:

**This smoothie will WARM YA SOUL. I enjoy this smoothie at bedtime.**

\*Check the sugar content on the coconut milk you choose.

\*May want to add natural sweetener of choice.

\*My favorite nut butter to use for this smoothie is almond!



# SWEET POTATO GOATMEAL'

Serves 4 | Prep Time: 20 minutes

## INGREDIENTS

1 Medium Sweet Potato

Boiling Water

2 Tbsp. Cinnamon

1 - 2 Cups Rolled Oats

1 -2 Scoops Protein Powder

## DIRECTIONS

1. Boil sweet potato in water for 15 minutes or until soft.
2. Combine sweet potato and boiling water into blender. Combine until smooth.
3. Pour mixture back into pot.
4. Add in cinnamon, oats, and protein powder until desired consistency is reached.
5. Add additional toppings as desired.

## TIPS:

**This recipe will keep ya' full for hours. It will also keep your energy levels stabilized.**

\*I like to use plain or vanilla whey protein powder for this recipe.

\*Get creative with toppings. Think:

- Peanut Butter & Blueberries
- Chocolate, Banana, Coconut
- Trail mix

# BASIC OVERNIGHT OATS

Serves 1 | Prep Time: 10 minutes

## INGREDIENTS

½ Cup Rolled Oats

¼ - ½ Cup Greek Yogurt

1 Cup Dairy Free Milk

1 Scoop Protein Powder

## DIRECTIONS

1. Combine ingredients.
2. Add additional ingredients and toppings as desired
3. Keep in fridge overnight.

## TIPS:

**This is the most basic recipe for overnight oats. Add additional ingredients and toppings to jazz it up!**

\*May want to use additional natural sweetener depending on protein powder/Greek yogurt choice.

\*Get creative here. Think:

- Apple Cinnamon
- Very Berry
- Peaches & Cream
- Chocolate Peanut butter cup

# BORING CHIA SEED PUDDING

Serves 1-2 | Prep Time: 10 minutes

## INGREDIENTS

3 TBS Chia Seeds

½ - 1 Cup Coconut Milk

1 Scoop Protein Powder (Optional)

1 Tsp Cinnamon

## DIRECTIONS

1. Combine ingredients in blender. Blend until combined.
2. Add additional ingredients as desired.

## TIPS:

**This is a base recipe for chia seed pudding. Don't be afraid to mix it up!**

\*Use FULL FAT COCONUT MILK. The stuff from a can works the best

\*Don't worry if it isn't super thick right away. It'll thicken up A LOT overnight.

\*Add Greek yogurt if you need a last-minute thickener.

\*May want to add natural sweetener of choice.

\*Don't be boring! Think:

- Raspberry Chocolate
- Vanilla & Pear
- Pumpkin Spice