



COOKING 101

REAL FOOD MADE SIMPLE

with Olivia Borer

WEEK 4: EGG BAKE

WEEK 4 PLAN

VIDEO: Blood Sugar Regulation

In this video, we review the blood sugar regulation lesson from week 1 and explain how having a PFC balanced breakfast helps us stay balanced all day.

VIDEO: Introduction to the Egg Bake

In this video, I introduce the amazing, customizable egg bake that makes eating a PFC balanced breakfast a breeze.

PDF: Egg Bake Base Recipe + Add-In Options

Use this base recipe and add-ins of your choice to customize an egg bake that suits your preferences! With 12 premade add-in options (and endless combinations), you are sure to find one that makes your mouth water.

VIDEO: Cooking an Egg Bake

In this video, watch as I prep and bake the Spicy Pork Egg Bake which includes cooked pork sausage, diced potato and green pepper, jalapeno, and spices like chili powder and cumin.

PDF: Freezing Egg Bakes FAQs

Learn how to build an egg bake of your own, as well as how to freeze it for future use.



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EGG BAKE BASE + ADD-INS

EGG BAKE BASE RECIPE

Cook Time: 35-40 minutes
Servings: 4-6

INGREDIENTS

- 12 Eggs
- 1 Tbsp Sea Salt
- 1 Tsp Black Pepper (opt.)
- 2 Tbsp Butter, Coconut Oil, or Ghee
- 14oz Full Fat Canned Coconut Milk OR 1 cup Whole Milk (optional)
- Veggies of Choice
- Extra Protein of Choice
- Extra Spices of Choice

Select the add-ins of your choice from the next page or make your own to customize!

The egg bake doesn't need liquid, but if you want to experiment with another flavor, it is great to add-in!

DIRECTIONS

1. Preheat the oven to 350-375 degrees.
2. Grease a 9"x13" pan with butter or coconut oil (or line with parchment paper).
3. Crack all the eggs in a large bowl and whisk with the liquid (if using).
4. Assemble and cook your add-ins as desired (see directions on the next page).
5. Add sea salt, veggies, protein, and spices of choice to the eggs and stir well (but not long or the eggs will scramble).
6. Pour into pan and bake until fully cooked, about 25-35 minutes
7. Store in the fridge for up to 6 days or cut into servings and freeze (see note).

NOTES

- To prep ahead and freeze: cook according to directions and allow to cool completely. Cut into servings and place in a single layer in a gallon freezer bag. Freeze for up to 2 months. Thaw completely before reheating in the microwave for best results. Reheating from frozen can impact the taste and texture.
- See also the Freezing Egg Bakes FAQs PDF.

EGG BAKE ADD-INS

DIRECTIONS

Each add-in option has a protein and vegetable to be added to the base egg bake recipe, both of which must be cooked before adding to the egg mixture.

- Proteins - cook ground meats or bacon (cut into 1" pieces) in a skillet with vegetables until cooked through and no longer pink; if using pre-cooked sausage (no sugar added if possible), simply slice into bite sized pieces.
- Veggies - all vegetables are to be DICED unless otherwise noted; heat 1 Tbsp butter or coconut oil in a skillet (unless cooking with ground meat or bacon in which case you can omit the extra cooking fat) and add the veggies of choice; saute 5-10 minutes covered, stirring as needed
- Add a healthy fat like 1/2 an avocado or (cheese if tolerated) for serving.

Spicy Pork Egg Bake (recipe from the video)

P - 1-2 precooked pork sausages
V - 1 green pepper, 1-2 potatoes, 1 jalapeno

Simple Egg Bake

P - 1/2lb ground beef or pork or 1 package of bacon
V - 1 cup spinach, 1 onion, 1-2 potatoes

Spicy Egg Bake

P - 1-2 links spicy chicken sausage
V - 1 jalapeno, 1 onion, 1 green pepper, 1 cup spinach
**Add extra spices like 1/2 tsp each cayenne, chili powder, cumin, and pepper*

Pizza Egg Bake

P - 1-2 links precooked beef sausage or 1/2lb ground beef
V - 8oz cherry tomatoes, 8oz mushrooms, 1 green pepper, 1 onion

Traditional Egg Bake

P - 8 slices bacon or 1/2lb ground pork
V - 1 pepper of choice, 1 onion, 1-2 potatoes

Broccoli Cheese Egg Bake

P - diced Applegate Farms Ham or leftover ham chunks
V - steamer bag of cooked broccoli
**Add 1/2 cup shredded cheese (if tolerated) or top with dairy free cream cheese from Kite Hill*

Buffalo Chicken Egg Bake

P - 1 cup cooked & shredded chicken (thighs preferred)
V - 1 jalapeno, 1 onion, 1 green pepper, 1/2 cup hot sauce (more or less to your taste preference)

Green Egg Bake

P - 1-2 links precooked spinach chicken sausage
V - 2 cups spinach, 1 cup chopped kale, 1 onion, 1-2 potatoes

Taco Egg Bake

P - 1/2lb ground beef
V - 1 red pepper, 1 green pepper, 1 onion
**Use no sugar added or homemade taco seasoning on the meat and vegetables*

Bacon & Mushroom Egg Bake

P - 8 slices bacon
V - 8oz bella mushrooms, 1 onion, 1-2 potatoes

Spinach Artichoke Egg Bake

P - 1-2 links precooked spinach chicken sausage
V - 2 cups spinach, 1 can artichokes, drained & chopped
**Add in 1 cup whole milk or full fat coconut milk to mixture*

Sweet Potato Egg Bake

P - 1/2lb ground pork
V - 1-2 sweet potatoes, 1 red pepper, 1 onion, 1 cup spinach

FREEZING EGG BAKES FAQs

How to Freeze

- Pick the egg bake of choice, baking it in a parchment paper lined pan for easy removal.
- Once cooked through, remove from the oven and let cool completely, at least an hour.
- Remove the egg bake by lifting the parchment paper out of the pan. Place paper on a cutting board. Alternatively, cut while still in the pan.
- Use a knife to cut the egg bake in half lengthwise. Then, cut into either thirds (for 6 servings, preferred) or fourths (for 8 servings).
- In a dated gallon freezer bag, place the egg bake slices in a single layer. You can use a glass storage container as well, but separate the layers of pieces with parchment paper or wax paper.
- Freeze for 1-2 months.

How to Thaw & Reheat

- For best results, pull out the number of servings and place in a glass storage container.
- Let thaw 1-2 days in the fridge or an hour or two on the counter.
- Reheat in the microwave with a paper towel on top for 60-90 seconds
- If reheating from frozen, use the defrost button on the microwave for 2-4 minutes before reheating.
- Reheating directly from frozen causes uneven cooking and can impact the texture.

Note

- Without freezing, the egg bake will last 5-6 days in the fridge.