



ALL JOURNEYS START WITH A SINGLE STEP

WHOLISTIC HEALTH & HAPPINESS POWER START EGG BLEND

HIGH-PROTEIN, NUTRIENT-DENSE MEAL PREP

A creamy, delicious egg blend packed with protein, healthy fats, fiber and essential nutrients to fuel your day and support your health.



HIGH
PROTEIN



NUTRIENT
DENSE



SUPPORTS
MUSCLE



DIGESTIVE
SUPPORT



SATISFYING &
WHOLESOME

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BOARD-CERTIFIED HEALTH & WELLNESS COACH

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INGREDIENTS



4 LARGE PASTURE-RAISED EGGS

High-quality protein, choline and essential nutrients to support energy and overall health.



1 CARTON (16 OZ) LIQUID EGG WHITES

Pure protein to help support muscle maintenance and a leaner nutrition profile.



1 CUP COTTAGE CHEESE

Adds creaminess and extra protein with calcium to support bone and muscle health.



1 CUP ORGANIC BABY SPINACH OR ARUGULA

Nutrient-rich greens for vitamins, minerals and antioxidants.



2 TBSP FOUNDATIONAL BLEND (Flaxseed, Chia Seeds & Hemp Hearts)

Provides healthy fats, fiber and omega-3s to support heart, gut and brain health.



1/2 TSP GROUND TURMERIC

Powerful anti-inflammatory and antioxidant properties to support overall wellness.



1/4 TSP BLACK PEPPER

Enhances flavor and helps support nutrient absorption.



1/2 TSP PINK HIMALAYAN SALT

Provides essential minerals and supports electrolyte balance.

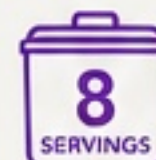


1 TBSP EXTRA-VIRGIN OLIVE OIL

Used to lightly coat the pan for healthy, clean cooking.

YIELD

Makes approximately 8 servings
(1/2 cup each).



NUTRITION INFORMATION

Serving Size: 1/2 cup (approximately 107 g)

Amount Per Serving		% Daily Value*
Calories		170
Total Fat	11 g	14%
Saturated Fat	3 g	15%
Trans Fat	0 g	
Cholesterol	210 mg	70%
Sodium	330 mg	14%
Total Carbohydrate	5 g	2%
Dietary Fiber	1.5 g	5%
Total Sugars	1 g	
Includes 0 g Added Sugars		0%
Protein	16 g	32%
Vitamin D 2.1 mcg	10%	Calcium 140 mg 10%
Iron 1.6 mg	8%	Potassium 210 mg 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may vary depending on your calorie needs.

INGREDIENTS: Pasture-raised eggs, liquid egg whites, cottage cheese (milk, cream, cultures, salt, enzymes), organic baby spinach or arugula, Wholistic Health & Happiness Foundational Blend (flaxseed, chia seeds, hemp hearts), ground turmeric, black pepper, pink Himalayan salt, extra-virgin olive oil.



ORGANIC
INGREDIENTS



PLANT
BASED



NO ADDED
SUGARS



GLUTEN
FREE



DAIRY
FREE

HOW TO MAKE

1

BLEND

Add eggs, egg whites, cottage cheese, spinach or arugula, Foundational Blend, turmeric, black pepper and pink salt to a high-speed blender. Blend on high until smooth and fully combined (about 20–30 seconds).

2

HEAT PAN

Heat 1 tablespoon extra-virgin olive oil in a large nonstick skillet over medium-low to medium heat.

3

COOK

Pour the blended mixture into the skillet. Cook, stirring and folding gently and often, until the eggs are just set and cooked through, about 6–8 minutes.

4

COOL & STORE

Remove from heat. Let cool slightly, then portion into 8 containers (1/2 cup each). Refrigerate up to 4 days or freeze up to 2 months.

PAUL'S TIP

Adjust salt and pepper to taste. Enjoy on its own, in a wrap, with avocado, or alongside your favorite veggies for a complete, balanced meal.

KEY BENEFITS



SUSTAINED NATURAL ENERGY

The perfect blend of protein, healthy fats and greens to keep you energized all day.



MUSCLE & IMMUNE SUPPORT

High-quality protein, Vitamin C and key nutrients help support muscle and immune function.



DETOXIFICATION & CLEANSE SUPPORT

Greens, seeds and spices support natural detox pathways and liver health.



FOCUS & CLARITY

Omega-3s, choline and antioxidants promote mental focus and a calm, centered mood.



ANTI-INFLAMMATORY POWER

Turmeric, greens and seeds help reduce inflammation and support overall wellness.



OVERALL WELL-BEING

A nutrient-dense meal prep staple to support vitality, resilience and long-term health.