



WHOLE LIFE  
CHALLENGE

*The*  
**17 BEST**  
WHOLE LIFE CHALLENGE  
**COMPLIANT**  
**BREAKFASTS**



# BE SMART... EAT BREAKFAST

When it comes to healthy eating, breakfast can be one of the most challenging meals to get right (and enjoy). Why?

For one thing, most of us are usually halfway out the door by the time we remember to eat in the first place. As a result, a quick bowl of cereal or grabbing a granola bar can become our norm.

Furthermore, taking the time to prepare a healthy breakfast can sometimes feel like a trial. Kids are running around, the dog needs out, you forgot to iron your shirt, and you're already getting work emails. Who wants to whip up "paleo eggs benedict" at a time like this?

**But make no mistake – breakfast is important.**

A recent study found that men who regularly skipped breakfast had a [27% higher risk of heart disease and heart attack](#) than men who regularly consumed breakfast. Researchers link this correlation to the fact many non-breakfast eaters become hungry early in the day and make poor snack and meal decisions as a result.

It's simpler than you may think start eating a healthy breakfast on a regular basis – even if you're not used to it. In this eBook, we're sharing our seventeen most favorite Whole Life Challenge compliant breakfasts.

Some are super quick (or even make-ahead) for your weekday mornings, and others will allow you to enjoy an "indulgent" Sunday without the added sugar and processed ingredients.

**Look through these recipes and find a few that seem both doable and appetizing.** We're confident it won't take you long to revamp your morning routine and create new weekend traditions, as well.

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# PUMPKIN BERRY ACAI BOWL

BY TULIKA VENUGOPAL



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

10 MINUTES

## SERVINGS

2

## BASE INGREDIENTS

- 1/2 cup frozen mixed berries
- 1/2 frozen banana
- 1/4 cup almond milk
- 2 Sambazon Pure Acai Berry unsweetened packets
- 1 Tbsp chia seeds
- 1/4 cup pumpkin puree
- 1/2 tsp ground cinnamon

## TOPPINGS INGREDIENTS

- 1 sliced banana
- 6 sliced strawberries
- 2 Tbsp sliced almonds
- 1 Tbsp hemp seeds
- 4 Tbsp of your preferred combo of oats, nuts, and seeds (optional)
- 1 tsp unsweetened shredded coconut
- 2 tsp coconut nectar (optional)

## DIRECTIONS

1. Place all of the base ingredients in a blender and blend until smooth.
2. Pour into two bowls.
3. Top each bowl with the topping ingredients: banana, strawberries, almonds, hemp seeds, and (optional) oat/nut/seed combo.
4. Sprinkle the shredded coconut on top and, if desired, drizzle the optional coconut nectar over the finished bowl.

## NOTES

For this to be compliant for Performance players, leave out the optional items.

# THE 5-MINUTE MUG BREAKFAST RECIPE FOR REDUCED MORNING CHAOS

BY ROBERT MORTON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

2 MINUTES

## COOK TIME

2 MINUTES

## SERVINGS

1

## INGREDIENTS

- Mug
- Banana
- Egg
- Cacao nibs
- Cacao/cocoa powder
- Optional: coconut oil

## DIRECTIONS

1. Drop a banana (ripeness to taste, I like a couple-three-days post purchase) in the mug, mush it up with a fork, and crack an egg over top.
2. Throw in a pinch of cacao nibs for crunch (go easy here as they have a strong flavor).
3. Whisk it all together with your fork.
4. Sprinkle cacao/cocoa powder on top.
5. Microwave for 60 seconds, jiggle the mug a little to settle, zap for another 30-45 seconds.
6. Flip your Peterson out onto a plate (flip again if you want chocolatey sprinkle on top), let it cool a sec, enjoy.

# EASY BAKED EGG AND AVOCADO BREAKFAST

BY MICHAEL STANWYCK



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**TOTAL TIME**  
20 MINUTES

**SERVINGS**  
2

## INGREDIENTS

- 1 avocado
- 2 eggs separated into eggs and whites
- Olive oil
- Salt
- Cayenne

## DIRECTIONS

1. Preheat your oven to 350 degrees Fahrenheit.
2. Cut your avocado in half and pull out the pit. My favorite way to do that is to give it a good karate chop with my chef's knife and pop it out.
3. You're going to want to scoop out a little more avocado than the pit makes room for. It's a tiny place to put an egg, so make it comfortable.
4. Season the avocado with some salt.
5. Now, we separated the egg because the whole thing is not going to fit in the avocado, so start with the yolk (that's the best part anyway). Place the yolk in the pit you made and spoon in a little egg white to fill it up the rest of the way. Repeat with the other half of the avocado and the other egg (you will have some white left over, but you can use that to make meringue or scrambled egg white omelets).
6. Drizzle the eggs with olive oil, season with salt, and dust with cayenne.
7. Put the two avocado halves in a pan (it helps to make a little nest for each out of foil to keep them sitting evenly) and bake for about 15 minutes. You should check after 10 or 12, but it may take a little longer. When the whites have become solid, they're done!



# CROWD-PLEASING ONE-PAN CHORIZO HASH

BY V "PALEO BOSS LADY" CAPALDI



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

10 MINUTES

## COOK TIME

35 MINUTES

## SERVINGS

4

## INGREDIENTS

- 1lb chorizo ground or links
- 2 medium sweet potatoes or butternut squash diced
- 1 large onion chopped
- 1 pint chopped mushrooms of choice
- Bag of mixed greens or slaw
- 2 ripe avocados
- Bag of plantain or other baked vegetable "chips"
- 3 stalks of fresh rosemary
- Coconut oil or fat of choice
- Pink Himalayan salt
- Ground black pepper

## DIRECTIONS

1. Heat skillet to medium using fat of choice.
2. Add onions and mushrooms, cooking until onions are golden in color (about 10 minutes).
3. Next add potatoes or squash, cooking for another 10 minutes. (You can add in any extra veggies like Brussels sprouts you've got laying around, too.)
4. Add chorizo, breaking apart if ground or cutting into 1/4-inch rounds if links.
5. Sprinkle with fresh rosemary.
6. Add desired amount of salt and pepper, mixing all together.
7. Cook for about 15 more minutes allowing the flavors to marry together.
8. Mash avocado and add a little salt to create a simple guacamole side.
9. Serve with chips over greens or slaw. Enjoy!

## NOTES

If you want to turn this into "breakfast," just put a fried egg on top. Also, this recipe is compliant on Kickstart, Lifestyle, and Performance – just watch out for your chorizo ingredients!

# EASY AND VERSATILE BREAKFAST FRITTATA

BY LIANNE LOW



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

20 MINUTES

## COOK TIME

40 MINUTES

## SERVINGS

6

## INGREDIENTS

- 1 1/4 cups butternut squash diced
- 1/2 cup Swiss brown mushrooms sliced
- 2 cloves garlic chopped
- 1 cup fresh tomatoes diced
- 1/2 cup broccoli florets
- 1/2 zucchini diced
- 4oz shredded chicken breast already cooked
- 7 eggs
- 1 Tbsp smoked paprika
- Salt and pepper to season
- 1 Tbsp olive oil plus extra for baking the squash

## DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Oil the baking tray, and place the diced butternut squash on it. Sprinkle with smoked paprika and bake for 15 minutes. Then remove the butternut squash from the oven and set aside, leaving the oven on.
3. Heat an oven-proof deep pan on medium to high heat, add the olive oil and garlic, and fry until fragrant. Careful not to burn, or you will have a bitter taste.
4. Add the mushrooms and broccoli florets and fry until the mushrooms are brown and the broccoli has a slight char.
5. Add the tomatoes and zucchini and fry until the tomatoes break down.
6. Add the shredded chicken breast and the reserved pumpkin. Season with salt and pepper.
7. Crack the eggs into a bowl, and beat them with a fork until combined. Pour it over the mixture and allow the bottom of the frittata to brown on the stove for 5 minutes.
8. Place the pan into the oven and bake for 5-7 minutes, until you get a nice golden brown top.



# EASY EGG AND VEGGIE BREAKFAST MUFFINS

BY SHANNON GILSON



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**PREP TIME**  
10 MINUTES

**COOK TIME**  
20 MINUTES

**SERVINGS**  
6

## INGREDIENTS

- 8 large eggs
- 2 Tbsp avocado oil (or oil of your choice)
- 1 garlic glove minced
- 1/4 cup yellow onion diced
- 1/2 bell pepper diced
- 1/2 cup broccoli diced
- 1/3 zucchini chopped
- 6 asparagus chopped
- 3 cups spinach or greens of choice, chopped
- 1/4 tsp dried oregano
- 1/4 tsp dried parsley
- Sea salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Grease 12 muffin tins with one tablespoon of avocado oil (or oil of your choice) and set aside. You can also use a silicone pan, silicone liners, or paper muffin liners for this step.
3. Heat a large skillet over medium heat and add one Tbsp. avocado oil. Add onion and garlic and saute for 3 minutes, until slightly translucent.
4. Add all your vegetables to the skillet and sauté for 4-5 more minutes.
5. Remove vegetable skillet from heat.
6. Scoop a heaped tablespoon of sauteed vegetables into greased muffin tins evenly, using up all the vegetable mixture. The vegetables should fill up about 3/4 of the cup.
7. Whisk eggs in a small bowl. Add in oregano, parsley, sea salt and pepper. Whisk to combine.
8. Pour eggs over vegetables in muffin tins evenly, filling almost to the top.
9. Bake egg muffins in the oven for 18-20 minutes, or until the eggs have set and puffed up.
10. Let cool for a few minutes and carefully remove egg muffins from tin and enjoy hot.

## NOTES

Egg muffins will keep for a week in the refrigerator in an airtight container.

# EGG AND SWEET POTATO CUPS

BY JANNINE MYERS



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

5 MINUTES

## COOK TIME

25 MINUTES

## SERVINGS

1

## INGREDIENTS

- Half golden sweet potato boiled or roasted (you can use other types of potato, but golden or orange sweet potatoes are my favorite)
- 1 medium to large egg
- 3 slices avocado or a different vegetable of your choice

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Lightly grease a ramekin with a little coconut oil. Press the sweet potato flesh into the bottom and sides of the ramekin and make sure there are no open gaps.
3. If you bake right in the potato, just slice each potato in half and mash the flesh down to create a “bowl.” You may want to use slightly under cooked potatoes if you do it this way.
4. Break the egg into the ramekin or into the sweet potato, then sprinkle a little salt and pepper on top.
5. Top with the avocado slices or the vegetable of your choice.
6. Bake for 20 to 25 minutes until it’s obvious the egg is cooked all the way through (you can tell by the egg white – it should no longer be clear and liquid-like).

## NOTES

Serve with a little hot sauce if you like a little heat, or enjoy it as is.

These freeze well, so you can make several at a time and then take them out of the freezer as needed. Allow them to slowly defrost overnight in the refrigerator, then pop them in the microwave in the morning for a fast and delicious breakfast.

# SWEET ITALIAN SAUSAGE SCRAMBLE WITH SWEET POTATO HASH

BY COURTNEY SPIEGL



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
10 MINUTES

**COOK TIME**  
40 MINUTES

**SERVINGS**  
4

## INGREDIENTS

- 8oz organic Italian sausage links (check ingredients for WLC-compliance)
- 8 organic pasture raised eggs
- 2 cups sweet potato peeled and diced
- 1/2 cup onion diced
- 1/2 cup red bell pepper diced
- 1 Tbsp avocado oil
- Salt and pepper to taste

## DIRECTIONS

1. Peel and chop sweet potatoes into small cubes.
2. Roast the sweet potatoes at 400 degrees Fahrenheit for about 30 minutes, or until soft.
3. While potatoes are roasting, slice Italian sausage and cook in a large skillet on medium heat about 4-5 minutes. Flip sausage and repeat. Remove cooked sausage and set aside.
4. Add avocado oil to the skillet and saute the onion and bell pepper until fragrant, about 3-5 minutes.
5. Add the roasted sweet potatoes to skillet, stir, and cook for about 10 minutes, stirring occasionally.
6. Crack eggs into a large bowl and whisk together well. Scramble eggs in a separate large skillet.
7. Once potato hash is done and eggs are scrambled, serve together with the sausage.

## NOTES

This recipe is not marked as compliant for Performance level due to the challenge of finding Performance-level compliant sausage. But if you do find that sausage, go for it!



# HEARTY BREAKFAST CASSEROLE

BY COURTNEY SPIEGL



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
10 MINUTES

**COOK TIME**  
1 HOUR

**SERVINGS**  
4

## INGREDIENTS

- 8 eggs
- 12oz Italian chicken sausage sliced
- 1 cup potatoes diced
- 2 Tbsp avocado oil divided
- 2 tsp sea salt divided
- 1 tsp black pepper
- 1 cup onions sliced
- 3 cups fresh spinach

## DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
2. Coat the diced potatoes in 1 Tbsp of avocado oil, 1 tsp of salt, and 1 tsp of pepper.
3. Place potatoes on a baking sheet and roast for 20-30 minutes, or until golden brown.
4. In a medium skillet on medium-high heat, add another tbsp of avocado oil and the sliced onions. Saute until caramelized.
5. Once the onions are caramelized, add fresh spinach and cook down until wilted.
6. Remove onions and spinach from the pan. Brown the sliced Italian chicken sausage.
7. Crack eggs into a large bowl and whisk well.
8. Once potatoes are golden and done in the oven, drop the oven temperature to 350 degrees Fahrenheit.
9. Add the onions and spinach, potatoes, Italian chicken sausage, and whisked eggs into an 8x8 casserole dish. Bake in oven for about 40 minutes, or until golden brown and eggs are cooked through.

# 3-INGREDIENT PALEO PANCAKES

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## PREP TIME

5 MINUTES

## COOK TIME

5 MINUTES

## SERVINGS

2

## INGREDIENTS

- 2 eggs whisked
- 1 ripe banana
- 1/2 avocado
- Butter or oil of choice to grease pan

## DIRECTIONS

1. In a medium bowl, mash together eggs, banana, and avocado. Stir until combined.
2. Heat a large non-stick pan with butter or cooking oil.
3. Spoon out batter into the pan to form small pancakes.
4. Cook about 2 minutes on each side, or until they're golden brown.

# PALEO CARROT ZUCCHINI FRITTERS

BY SHANNON GILSON



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**PREP TIME**  
20 MINUTES

**COOK TIME**  
10 MINUTES

**SERVINGS**  
4

## FRITTER INGREDIENTS

- 2 medium zucchinis peeled
- 2 medium carrots peeled
- 1/2 small red onion finely chopped
- 2 Tbsp finely chopped fresh parsley or 2 tsp dried parsley
- 2 eggs beaten
- 1/2 cup almond flour
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 Tbsp avocado oil

## DIRECTIONS

1. Shred the carrots and zucchini with a hand grater or food processor.
2. Place the shredded veggies in a colander, sprinkle with a generous pinch of salt and mix together.
3. Let stand for 10 minutes, then squeeze out all the moisture from the veggies with your hands.
4. Place the grated zucchini and carrots in a large bowl.
5. Add the red onion, parsley, eggs, pinch of salt, pinch of pepper, and almond flour to the zucchini mixture and mix until combined.
6. Heat the avocado oil in a large skillet over medium heat. Make sure your oil is nice and hot before you add the fritters to the pan otherwise the fritters will soak up all the oil and they won't become crisp. Also, since you need to make these fritters in batches, add a little oil to the pan between every batch so the fritters all become golden brown and don't burn.
7. For each fritter, spoon 1/4 cup of the mixture onto the pan. Make a circle shape and pat down and together with a spoon.
8. Cook for 2-3 minutes per side, keeping an eye on them so they don't burn. You might need to turn the burner down if your pan gets too hot.
9. Serve the fritters warm. Enjoy with a nice bowl of soup, as a side dish to your favorite protein, as part of breakfast, or as a delicious appetizer.



# COFFEE BANANA PROTEIN SMOOTHIE

BY ALMA SCHNEIDER



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**TOTAL TIME**  
5 MINUTES

**SERVINGS**  
4

## INGREDIENTS

- 1 cup black coffee
- 3 very ripe bananas
- 3/4 cup full-fat plain yogurt
- 2 dozen ice cubes

## DIRECTIONS

1. In a blender, add coffee, bananas, yogurt.
2. Blend until smooth.
3. With blender running, add ice cubes. Blend at high speed until smooth.

## NOTES

For a variation add WLC-compliant protein powder or a little bit of unsweetened cocoa powder. Adding the powder while the blender is running will help keep it from clumping.

# ESSENTIAL GREEN JUICE

BY SHANNON GILSON



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

5 MINUTES

## SERVINGS

2

## INGREDIENTS

- 1 cucumber
- 5 celery stalks
- 2 carrots
- 1 apple or pear (do not use on Lifestyle or Performance levels)
- 2 handfuls kale or spinach
- 1/2 lemon peeled
- 1/2-inch piece of fresh ginger
- A pinch of turmeric

## DIRECTIONS

1. Wash all your veggies and fruits.
2. Cut your apple into quarters and remove the rind from the lemon.
3. Add all your fruits and veggies to your juicer. (Tip: Use your apple pieces to help push the leafy greens through the juicer because those can get caught.)
4. Pour your juice into a glass and stir in your turmeric. (Turmeric contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties; it's amazing for you.)
5. Enjoy your juice immediately or store in an airtight container for up to a day in the refrigerator.

## NOTES

Adding the apple or pear will add some natural sweetness. It will also make this recipe non-compliant on Lifestyle and Performance, so choose to use apple or pear based on both your personal taste and your chosen nutrition level.

# STRAWBERRY AND BANANA BREAKFAST SMOOTHIE

BY SOPHIA MCDERMOTT DRYSDALE



## COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

## TOTAL TIME

5 MINUTES

## SERVINGS

1

## INGREDIENTS

- 1 cup of almond milk
- 1 banana
- 1 cup of strawberries
- 1 Tbsp chia seeds

## DIRECTIONS

1. Add banana, strawberries, and chia seeds to the almond milk to a blender and mix thoroughly.



# COCONUT MILK CHIA SEED PUDDING

BY BECCA BORAWSKI JENKINS



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE, PERFORMANCE

**TOTAL TIME**  
6 HOURS

**SERVINGS**  
6

## INGREDIENTS

- 1 15oz can coconut milk
- 1/2 cup chia seeds
- 1/2 tsp vanilla extract
- Sweetener of your choice see below
- 1/4 tsp cinnamon powder
- Possibly up to 1/2 cup water depends on the thickness of your coconut milk and preferences

## SWEETENER OPTIONS

- 1/3 teaspoon of powdered or liquid stevia
- 1/3 cup date puree
- 1/3 mashed bananas
- 1/4 teaspoon monkfruit extract
- 1/4 cup maple syrup

## DIRECTIONS

1. Put coconut milk, vanilla, sweetener, and cinnamon into a dish that you can easily cover and mix very well. Make sure all the coconut lumps get broken up and the liquid is smooth.
2. If your coconut milk seems thick already, then add 1/4 or 1/3 cup of water. If your coconut milk is thin, skip this step.
3. Stir in chia seeds and mix thoroughly. (You can also just combine steps one and two, and throw everything into a blender, especially if you don't prefer the "seedy" nature of chia seeds.)
4. Place in the refrigerator for at least 4 hours to let gel. I usually let it sit overnight.
5. Serve in individual bowls or mugs. Top with sliced fresh fruit, nuts, and/or shredded (unsweetened) coconut.

## NOTES

The sweetener options are pretty endless with this recipe, so I encourage you to experiment. This recipe can be compliant on Kickstart, Lifestyle, or Performance levels depending on which sweetener you choose. The date puree and banana sweetener options will also act as thickeners, so if used you may also need to add more coconut milk and/or water to the recipe.

# GUILT-FREE AND GLUTEN-FREE OATS-N-SEEDS BREAD

BY JANNINE MYERS



**COMPLIANCE LEVEL**  
KICKSTART, LIFESTYLE

**PREP TIME**  
45 MINUTES

**COOK TIME**  
10 MINUTES

**SERVINGS**  
8

## INGREDIENTS

- 1 1/2 cups gluten-free oats pulsed
- 1 1/2 Tbsp whey powder
- 3 Tbsp ground flaxseed
- 2 Tbsp chia and/or pumpkin seeds
- 3 tsp yeast
- 1 tsp baking powder
- 1 tsp salt
- 1 Tbsp stevia
- 3 Tbsp coconut milk semi-solidified
- 3 Tbsp warm water
- 3 eggs separated into yolks and whites
- Handful of your choice of seeds

## DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. Line a small loaf pan with baking paper and lightly grease.
3. Mix all the dry ingredients together in a large bowl.
4. Beat the egg whites until they form soft white peaks, then set aside.
5. Mix the coconut milk, egg yolks, and water in a small bowl, then add to the dry ingredients and mix.
6. Gently fold the egg whites into the batter. Start with a large spoonful and then add the rest.
7. Pour the batter into the prepared loaf pan and top with the seeds.
8. Cover with plastic wrap and leave in a warm spot for about 30 minutes.
9. Bake for 10 minutes.

## NOTES

This is best enjoyed toasted with your favorite nut butter, sliced fruit, or topping of choice.

# APPLE CINNAMON PALEO MUFFINS

BY SHANNON GILSON



**COMPLIANCE LEVEL**  
KICKSTART

**PREP TIME**  
20 MINUTES

**COOK TIME**  
25 MINUTES

**SERVINGS**  
12

## INGREDIENTS

- 1 1/4 cups almond flour
- 2 1/2 Tbsp coconut flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 Tbsp ground cinnamon
- 1/4 tsp ground nutmeg
- 2 large eggs room temperature
- 5 Tbsp refined coconut oil melted
- 1/3 cup maple syrup
- 2 tsp vanilla extract
- 1/2 cup coarsely grated apples about 1 large apple
- 1 1/4 cups apples diced (about 1 large apple)

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Line a muffin pan with 12 muffin liners.
3. In a medium bowl, mix together the almond flour, coconut flour, baking soda, salt, cinnamon, and nutmeg.
4. In a large bowl, mix together the eggs, oil, maple syrup, and vanilla.
5. Add the dry ingredients to the wet ingredients and mix until combined.
6. Gently fold in the apples.
7. Divide the batter evenly among the liners, filling them almost full.
8. Bake for 23-25 minutes or until a toothpick inserted in the middle of a muffin comes out clean.
9. Let the muffins cool for 5 minutes in the pan and then remove to a wire rack to cool completely.

## NOTES

These paleo muffins are only compliant at Kickstart level due to the maple syrup. If you want to experiment with other sweeteners and make this compliant at other levels, feel free to experiment – but also be sure to let us know how it goes!



# ABOUT

With just a nudge (and a little bit of effort), you can have the life you want – happy, healthy, active, energetic, and connected.

## ABOUT THE CHALLENGE

The Whole Life Challenge is a 6-week health and wellness game that focuses on The 7 Daily Habits.

## THE 7 DAILY HABITS

Throughout the Challenge, you'll practice the habits every day – Nutrition, Exercise, Mobility, Sleep, Hydration, Well-Being, and Reflection – with the ultimate goal of incorporating them into your life. They'll work together to help you become happier and healthier.

## WANT TO PLAY?

You can register to play the next Whole Life Challenge here:

<https://www.wholelifechallenge.com/join-the-challenge/>

## LET'S CONNECT

We use social media to share our popular blog posts, motivational quotes, and information on the upcoming Challenge!

Connect to get your daily dose of inspiration and motivation.



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