

Power Protein Breakfast Bowl: The Ultimate Energizing Start

Power Protein Breakfast Bowl: Colorful, Satisfying & Morning-Ready



OVEN
400°F

TIME
6 min

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INGREDIENTS

- ? 2 boiled eggs (soft or hard, as preferred)
- ? 1 ripe avocado, sliced
- ? Roasted sweet potato wedges
- ? A handful of red grapes
- ? Fresh orange slices
- ? Salt & black pepper to taste
- ? Grainy mustard or a light dressing (optional)

Swaps and Notes:

Protein Boost: Swap in smoked salmon, cottage cheese, or grilled tofu.

Sweet Potato Shortcut: Use pre-roasted cubes or roast a batch ahead for meal prep.

Fruit Variations: Swap grapes and oranges with berries, kiwi, or apple slices.

Dressings: Try tahini-lemon sauce or a honey-mustard drizzle for flavor.

Step-by-Step Instructions:

Boil the EggsPlace eggs in boiling water. Cook 6 minutes for soft, 8 for medium, and 10 for hard-boiled. Cool in ice water and peel.

Roast the Sweet PotatoCut into wedges, toss with oil, salt, and pepper. Roast at 400°F (200°C) for 20-25 minutes, flipping halfway.

Prep Fresh IngredientsSlice avocado. Wash grapes. Slice orange into thin rounds or wedges.

Assemble the BowlArrange eggs, sweet potatoes, avocado, grapes, and orange slices in a bowl or

plate. Drizzle with dressing or spoon on some mustard if desired.

Season & Serve Sprinkle with salt and pepper. Add fresh herbs or seeds like chia, hemp, or sesame for texture and nutrients.

Tips for Success:

Meal Prep Friendly: Roast sweet potatoes and boil eggs in advance for quick assembly all week.

Use a Shallow Bowl: Makes arranging ingredients easier and prettier.

Slice Avocado Last: Prevents browning. Use lemon juice if prepping ahead.

Balance Flavors: Add a touch of acid (like lemon juice) and a creamy element to tie everything together.

Serving Suggestions & Pairings:

These 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies

This 3-Ingredient Egg Wrap for extra protein if you're especially hungry

No-Bake Monster Cookie Energy Balls to grab on-the-go or as a mid-morning snack

Storage & Leftover Tips:

Fridge: Store each ingredient separately and assemble fresh each day.

Eggs & Sweet Potato: Keep cooked versions in airtight containers for up to 4 days.

Avoid Pre-slicing Avocado: Brown too fast-slice fresh before serving.

More Recipes You'll Love:

This One Pan Breakfast Bake Will Make You Skip the Snooze Button

The Viral Cottage Cheese Pancake Everyone's Talking About

Final Thoughts:

DIRECTIONS

1. **Boil the :** Eggs Place eggs in boiling water. Cook 6 minutes for soft, 8 for medium, and 10 for hard-boiled. Cool in ice water and peel.
2. **Roast the :** Sweet Potato Cut into wedges, toss with oil, salt, and pepper. Roast at 400°F (200°C) for 20-25 minutes, flipping halfway.
3. **Prep :** Fresh Ingredients Slice avocado. Wash grapes. Slice orange into thin rounds or wedges.
4. **Assemble the :** Bowl Arrange eggs, sweet potatoes, avocado, grapes, and orange slices in a bowl or plate. Drizzle with dressing or spoon on some mustard if desired.
5. **Season & :** Serve Sprinkle with salt and pepper. Add fresh herbs or seeds like chia, hemp, or sesame for texture and nutrients.
6. **Tips for Success:** Meal Prep Friendly: Roast sweet potatoes and boil eggs in advance for quick assembly all week.
7. **Use a :** Shallow Bowl: Makes arranging ingredients easier and prettier.
8. **Slice :** Avocado Last: Prevents browning. Use lemon juice if prepping ahead.
9. **Balance :** Flavors: Add a touch of acid (like lemon juice) and a creamy element to tie everything together.
10. **Serving Suggestions & Pairings:** Pair this bowl with:
11. These 3-: Ingredient Chocolate Chip Oatmeal Breakfast Cookies
12. This 3-: Ingredient Egg Wrap for extra protein if you're especially hungry

13. No-Bake : Monster Cookie Energy Balls to grab on-the-go or as a mid-morning snack
14. Enjoy with a green smoothie, protein shake, or just a hot cup of coffee to power your morning right.
15. Storage & Leftover Tips: Fridge: Store each ingredient separately and assemble fresh each day.
16. Eggs & : Sweet Potato: Keep cooked versions in airtight containers for up to 4 days.
17. Avoid : Pre-slicing Avocado: Brown too fast-slice fresh before serving.
18. More Recipes You'll Love: This One Pan Breakfast Bake Will Make You Skip the Snooze Button
19. The : Viral Cottage Cheese Pancake Everyone's Talking About
20. Final Thoughts: This Power Protein Breakfast Bowl isn't just pretty-it's practical, powerful, and packed with whole food goodness. Whether you're aiming for clean eating or just want to start the day feeling full and energized, this bowl checks every box.
21. Tried it? Tag @ChefManiac or drop a comment with your bowl twist. And follow for more vibrant recipes that make healthy eating deliciously easy!

SWAPS & NOTES

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TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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