



BREAKFAST





Powerful Porridge – 389kcal- 15P/63C/9F

- 60g Porridge oats
- 200ml semi- skimmed milk
- 1tbsp cinnamon
- 30g Strawberries
- 20g blueberries
- 50g banana



Greek Granola- 410 Calories- 38P/47C/8F

- 300g skyr yoghurt
- 50g granola
- 50g blueberries
- 50g strawberries
- 3g cinnamon



French Toast- 243 Calories- 16P/ 28C/7F

- 1 Egg
- 1/2 Teaspoon vanilla extract
- 1/2 Teaspoon cinnamon
- 100ml semi skimmed milk
- 2 slices be good bread





Homemade muesli- 459 Kcals-17P/63C/16F

- 40g of porridge oats
 - 20g Mixed dried fruits
 - 10g Flaked almonds
 - 10g Flax seeds
 - 10g Sunflower seeds
 - 50g strawberries
 - 30g blueberries
- Served with 200ml semi skimmed milk
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Protein Pancakes – 455 Kcals- 43P/ 47C/10F

Blend the following:

- 40g porridge oats
 - 1 Full egg
 - 1 Banana
 - 1/2 Teaspoon of baking soda
 - 100ml of semi-skimmed milk
 - 30g whey protein (optional)
- Add to a pre heated- non stick pan covered in fry light 1kcal spray
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High Protein Breakfast-384 Kcals- 42P/27C/12F

- 57G Brennan's be good bread-
- 80g low fat sausages
- 50g rashers
- 100g egg





Bagel, egg & turkey rashers- 371 Kcals- 26P/49C/8F

90g bagel
1x egg
50g turkey rashers



Halloumi and Sourdough- 456 Kcals- 39P/30C/8F

50g Sourdough bread
2 eggs
30g halloumi cheese
40g spinach
45g tomatoes



Low Calorie Option- 196 Kcals- 16P/30C/2F

45 bagel slim
50g turkey rasher
15g sauce