

Breakfast

Courgette Breakfast Cakes

INGREDIENTS

- 50g button mushrooms sliced
- 1 medium courgette
- 1 medium spring onion
- 2 free range or organic eggs
- Salt and pepper to taste
- 2 tbsp coconut oil for frying

DIRECTIONS

1. Grate courgette into a small bowl.
2. Finely chop 1 spring onion & mix with the courgette.
3. Combine 1 large egg into the bowl & mix thoroughly adding salt & pepper to season.
4. Heat oil in frying pan and spoon 3 mounds of the mixture into the pan & fry until lightly browned, pressing down to flatten. Flip pancake till browned on both sides.
5. Place the mushrooms in the pan & cook until lightly golden.

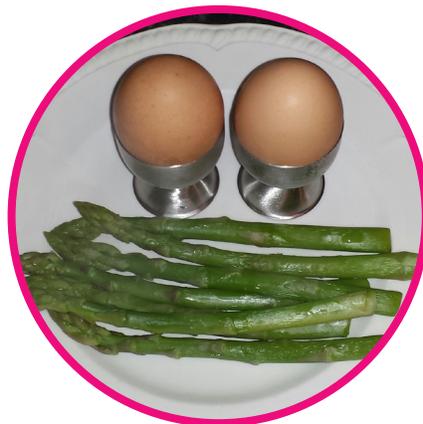
Boiled Egg & Asparagus Soldiers

INGREDIENTS

- 2 Large free range/organic eggs
- 4 asparagus spears
- 1 tsp of coconut oil
- Sea salt and Black pepper to season

DIRECTIONS

1. Boil enough water in a pan to cover the eggs by 1 cm.
2. Once boiled, place the eggs gently into the water to avoid cracking - boil for 5 minutes for a soft consistency.
3. While eggs are boiling heat the oil in a frying pan & cook the asparagus spears for 2-3 minutes.
4. Place your eggs in an eggcup & serve asparagus soldiers to dip, season if needed.





Breakfast

Breakfast Berry Bowl

INGREDIENTS

- 25g fresh raspberries
- 25g fresh blueberries
- 3 tbsp plain natural, fat free Greek yoghurt

DIRECTIONS

1. Place the berries in a bowl.
2. Spoon the yoghurt over the top & enjoy.

Cinnamon Porridge

INGREDIENTS

- 30g plain original porridge oats
- 1 tsp cinnamon and nutmeg
- 80ml almond milk
- 100ml water

DIRECTIONS

1. Place the oats water & milk into a pan & cook on a medium heat.
2. Bring to the boil, then simmer for 5 minutes.

Poaches Eggs & Ham

INGREDIENTS

- 1 slice of lean ham
- 1/2 avocado sliced
- 2 poached eggs

DIRECTIONS

1. Poach eggs in a small pan.
2. Serve with ham & avocado, then enjoy.

Ham & Egg Cups

INGREDIENTS

- 2 eggs
- 2 slices of lean ham
- Mushrooms
- 1 tbsp olive oil

DIRECTIONS

1. Place the ham in a cup cake tray.
2. Break the eggs in the ham cups.
3. Heat the oil in a small pan & cook the mushrooms.





Breakfast

Smoked Salmon & Scrambled Egg

INGREDIENTS

- 3 large free range / organic eggs
- Fresh sea salt & black pepper to season
- 1 tsp coconut oil
- 2 spring onions, green tops only, thinly sliced
- 2 thin slices smoked salmon

DIRECTIONS

1. Combine eggs & seasoning in a small bowl. Stir briskly with a fork until well blended.
2. Heat oil in a non-stick frying pan over a medium-low heat. Add spring onions & cook, stirring until softened (about 30 seconds).
3. Pour the eggs into the pan & cook until they just begin to set. Stiring gently from time to time until thickened.
4. Place salmon on plate with a bed of spinach leaves.

Salmon & Asparagus Frittata

INGREDIENTS

- 4 free range / organic eggs
- 50g coconut milk
- 125g Smoked Salmon
- 6 asparagus spears, trimmed & chopped
- 1 red onion, diced
- 1 clove garlic, crushed
- Handful of basil leaves
- Coconut oil
- Sea salt & black pepper to season.

DIRECTIONS

1. Preheat oven to 200 degrees.
2. Heat a small pan with 1 tbsp of oil.
3. Blend eggs, milk & seasoning in a blender until fluffy.
4. Pour onions, asparagus & garlic into the hot pan, top with salmon & egg mixture.
5. Bake in hot oven for 15 - 20 minutes. Serve with a large plate of spinach.

serves two





Breakfast

Turkey with Cheese & Chive Scrambled Eggs

INGREDIENTS

Free range / organic eggs
Lean turkey 2 thin slices
1 tbs low fat cottage cheese
1/2 tomato
1/2 avocado
Sea salt & pepper to season
1 tbsp chopped chive

DIRECTIONS

1. Combine eggs, cottage cheese, chives & seasoning in a small bowl. Stir briskly with a fork until well blended.
2. Heat oil in a non-stick frying pan over a medium-low heat. Add spring onions & cook, stirring until softened (about 30 seconds.)
3. Pour the eggs into the pan and cook until they just begin to set. Stiring gently from time to time until thickened.
4. Place turkey on plate with the chopped tomato & avocado.

Feta Cheese & Asparagus Fritatta

INGREDIENTS

300g asparagus tips
1 tbsp olive oil
1 round of low fat feta cheese, crumbled
4 large free range / organic eggs
2 rashers of lean cut bacon
1 tbsp chopped chives
Handful of basil leaves
Coconut oil
Sea salt & black pepper to season.

DIRECTIONS

1. Preheat the grill to a medium heat.
2. Bring the asparagus to the boil in a saucepan. Remove after 5 minutes while still tender and bright green. Cut into 1cm pieces.
3. Beat the eggs adding the asparagus, chives & seasoning.
4. Heat the oil in a small frying pan & add the bacon, cook to your liking.
5. Pour the egg mixture into the pan, cooking over a gentle heat & gently teasing the mixture over the bacon.
6. Add small about of crumbled feta cheese on each & place under the grill for a few minutes to brown the top.

serves two





Breakfast



Omega Boost Granola

INGREDIENTS

- 3 cups of rolled oats
- 1 cup of oat bran
- 1/2 cup chopped walnuts
- 1/4 cup freshly ground flaxseed
- 3/4 cup of pomegranate juice
- 2 tsp olive oil
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 cup of raisins

DIRECTIONS

1. Preheat oven to 200 degrees
2. In a bowl mix everything except the raisins.
3. Line a baking tray & spread the mixture.
4. Bake for 20 minutes until brown, stirring occasionally.
5. Remove from oven & add the raisins.
6. Let cool place in a container & let cool in the fridge
7. To serve mix 1/2 a cup with low fat yoghurt or almond milk.

serves four-five

Berry Granola

INGREDIENTS

- 4 cups of gluten free oats
- 3/4 cup mixed nuts
- 1/2 cup mixed seeds (pumpkin, sesame, sunflower, linseed)
- 1/2 cup coconut oil
- 1/4 cup almond butter
- 1/2 cup coconut flakes
- 1/3 cup blueberries
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- Handful of basil leaves
- Coconut oil
- Sea salt & black pepper to season

DIRECTIONS

1. Preheat oven to 200 degrees.
2. Mix all dry ingredients into a large bowl then add coconut oil & almond butter, covering all the dry ingredients.
3. Spread onto greased baking sheet & cook for 20-30 minutes or until golden brown & crunchy. Stirring a few times during baking.
4. Add berries last 15 minutes or to serve.

serves four



Breakfast

Shapes Change Super Green Smoothie

INGREDIENTS

2 celery sticks
1/2 cucumber
1 tsp almond butter
1 tsp coconut oil
Handful of spinach & watercress
1/2 avocado
Splash of coconut milk
(depending on how thick you like it)
Ice cubes optional

DIRECTIONS

1. Place all ingredients into blender & blend.
2. Drink immediately.

Super Green Smoothie

INGREDIENTS

1 cup of spinach leaves
1 green apple
1 lime squeezed
2 tbsp natural low sugar yogurt
1 cup chilled water
1 kale leaf
1/4 cup of coconut water

DIRECTIONS

1. Blend all ingredients in a blender until smooth & serve.

serves two



Breakfast

Fibre Full Smoothie

INGREDIENTS

- 2 sticks of cellery
- 1/4 cucumber
- 2 large cauliflour stalks
- 1 tbsp peanut butter
- 200ml coconut water

DIRECTIONS

1. Blend all ingredients together in a blender & serve over crushed ice if required.

Hot Oats

INGREDIENTS

- 20g plain natural oats
- 1/4 cup of mixed seeds
- 1/2 apple, grated
- 1 tbsp coconut flakes
- 1 tsp cinnamon
- 1/4 cup of almond milk
- 1/4 cup of boiling water

DIRECTIONS

1. Bring the oats, milk & water to the boil
2. Add all other ingredients & sprinkle with cinnamon to serve.





Breakfast

Vanilla Pancakes

INGREDIENTS

- 4 egg whites
- 1 cup of vanilla protein
- 1 cup of oats
- 2 tbsp water
- 1 tbsp coconut oil

DIRECTIONS

1. Mix all of the ingredients together in a small bowl
2. heat oil in a small pan (can use big pan and cut pancakes into smaller pieces)
3. Place mixture into pan on a medium heat, turning half way though

makes eight small pancakes

Chocolate Protein Pancakes

INGREDIENTS

- 30g oats
- 2 egg whites
- 1/2 scoop protein powder
- 1/2 tsp cocoa powder
- 1 tbsp coconut oil

DIRECTIONS

1. Mix all ingredients together in a bowl
2. Heat oil in a pan
3. Pour the mixture into the pan and shape

