



*breakfast* **RECIPE BOOK**

BY ROXY PT

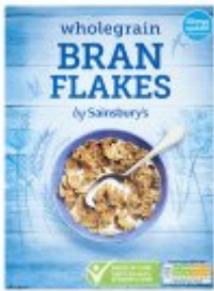
# egg and bacon bagel



413 kcals  
13g protein  
10 fat  
21 carbs

## Ingredients

2 eggs  
2 bacon medallions  
1 bagel thin



## *Branflakes*

kcal  
protein  
fat  
carbs

# protein smoothie



**138 KCALS-4g carbs-4g fat-23g protein**

## **INGREDIENTS-**

kinetic or other whey protein vanilla or other flavour-1 scoop  
6 ice cubes  
100ml coconut milk

## **Method**

blend 100ml coconut milk with 6 ice cubes and add 6 ice cubes- blend all until smooth

# Yogurt and Berries



**363 KCALS- 19g PROTEIN- 40g CARBS- 14g FAT**

## **Ingredients:**

150g greek yogurt

50g fresh/frozen berries

50g low sugar granola

Sainsbury's taste the difference compote morello cherry

# *bacon sandwich*



**319kcal, 27g protein, 16g fat, 30g carbs**

## **Ingredients -**

2 slices hovis brown bread (MFP JAN 18TH 19) toasted

2 bacon medallions

1 large egg

1 tbsp low sugar ketchup

# Overnight oats



290 KCALS- 51g carbs-5g fat-11g protein

## **Ingredients-**

50g plain porridge oats

50g total 0% greek yogurt

50g blueberries

1 tbsp Sainsbury's taste the difference cherry morello compote

## **method-**

soak 50g plain porridge oats in the fridge overnight, in the morning add 50g total 0% face yogurt, a tbsp of Sainsbury's cherry compote, 50g blueberries

# Hot proats



**367 kcals- 42g carbs- 8g fat-29g protein**

## **Ingredients**

50g plain porridge oats

150ml coconut milk

1 scoop vanilla whey protein

50g fresh or frozen blueberries

## **Method**

place 50g porridge oats in a bowl with 150ml coconut milk, microwave for 1.5-2minutes, stir ad then add 1 scoop vanilla whey protein then top with 50g frozen or fresh blueberries

# Breakfast burrito



**330 calories , 33G CARBS, Fat: 8g - PROTEIN 134G**

## **INGREDIENTS**

2 EGG WHITES

2 SLICE BACON MEDALLION

1 WEIGHT WATCHERS WRAP

20G RED ONION

50G PEPPERS

20G 50% LOW FAT CHEDDAR CHEESE

## **METHOD**

Separate 2 EGGS TO OBTAIN JUST THE EGG WHITES USING 1 KCAL SPRAY

COOK 2 SLICES BACON MEDALLION USE 1KCAL SPRAY, ADD 20G CHEESE TO THE MIX

FRY PEPPERS AND ONIONS

PLACE ALL INGREDIENTS IN THE WRAP, WRAP UP AND ENJOY!

# Toast



**196KCAL-58G CARBS-0G FAT-10G PROTEIN**

## **INGREDIENTS**

**THIN SLICE BROWN/WHOLEMEAL/GRANARY BREAD  
LOW SUGAR JAM**

# *paleo muffin*



**serves 12- have 4 per person  
88kcal-7g fat-5g protein-2g carbs**

## **INGREDIENTS**

1 cup broccoli  
1 cup cauliflower florets  
1 chopped red pepper  
2 gloves garlic  
8 large eggs  
quarter cup coconut cream  
2 tbsp olive oil

## **METHOD**

In a large bowl, toss together the broccoli, cauliflower, red pepper, minced garlic, and olive oil- mix together then stir fry in a pan

whisk the egg with the coconut cream

place the veg mix into each muffin cup and pour the egg mix over the top  
bake for 15-20minutes

# *bacon bagel*



**288 calories -28g carbs-11g fat-18g protein**

## **Ingredients**

Warburtons bagel thin  
low sugar, low salt ketchup  
2 bacon medallions

# omelette



**370 calories- 6g carbs-37g fat-53g protein**

## **ingredients**

3 eggs

1 cup spinach

30g red onion

30g 50% low fat cheese

1 ham slices

## **Method**

whisk or blend all the ingredients and then place in a pan, when the ingredients start to bubble place in the oven for approximately 5 minutes- when you see the ingredients have risen and gone golden remove from the oven and allow to cool

# pancakes



**262 kcals- 4g carbs- 12g fat- 35g protein**

## **Ingredients**

2 eggs

splash of water

1 scoop whey protein

## **Method**

blend or whisk the ingredients until the consistency is not too thick and not thin

then spray a frying pan with 1kcal spray

pour in the mixture, when it begins to bubble flip it over

serve with zero kcal pancake syrup which can be purchases online

[https://www.bulkpowders.co.uk/zero-calorie-syrup.html?view=ppc&pid=4229&gclid=EAIaIQobChMI05Pv0Z-b4AIVYrXtCh3\\_qgCDEAQYBCABEGKgfvd\\_BwE](https://www.bulkpowders.co.uk/zero-calorie-syrup.html?view=ppc&pid=4229&gclid=EAIaIQobChMI05Pv0Z-b4AIVYrXtCh3_qgCDEAQYBCABEGKgfvd_BwE)

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