



breakfast **RECIPE BOOK**

BY ROXY PT

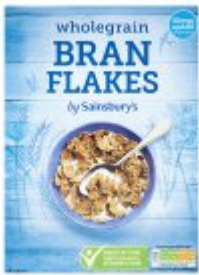
egg and bacon bagel



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

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OUT ABOUT MY 1-1 SERVICE AND HOW I
CAN HELP YOU

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