

# WHOLEFOOD BREAKFAST IDEAS



MACRO- AND  
MICRONUTRIENT BALANCED



## SAVOURY BREAKFAST

OMLETTE ON SOURDOUGH	Whisk 3 eggs and pour into a greased (EVOO) pan, add ½ tomato (diced), 1 cup spinach/rocket, 2 Tbsp hemp seeds and S+P. Fold over omelette to seal and cook to desired consistency. Serve on 1 slice sourdough toast spread with ¼ avocado.
MISO QUINOA VEGE PROTEIN BOWL	Assemble ½ cup cooked quinoa with 2 eggs (boiled, fried, scrambled), ½ cup broccoli/cauliflower and 1 cup spinach/rocket steamed or sautéed in EVOO. Combine 1 Tbsp tahini with 1 tsp white miso paste and dash hot water as dressing (incl. S+P and spices to taste).
LOADED BEANS ON TOAST	Press-dry and crumbled 100-150g firm tofu into a greased pan (EVOO), add ½ tin cannellini beans (rinsed), add 2 cloves minced garlic, 1 cup spinach/rocket and 1 tsp Tamari - cook until desired. Serve on 1 slice sourdough toast spread with ¼ avocado. Top with 1 Tbsp hemp seeds.



## SWEET BREAKFAST

CHIA YOGURT BOWL	Combine $\frac{3}{4}$ cup natural Greek yoghurt, 3 Tbsp chia seeds, 2 Tbsp flaxseed meal, $\frac{1}{2}$ cup berries, 1 Tbsp 100% peanut butter, and sprinkle of cinnamon. Sit for at least 20 minutes for chia seeds to soak or prepare the night before.
GUT-LOVING SMOOTHIE	Blend 1 cup plain kefir, $\frac{1}{2}$ cup unsweetened soy milk, 3 Tbsp hemp seeds, 1 Tbsp flaxseed meal, $\frac{1}{4}$ avocado, 1 kiwifruit, $\frac{1}{2}$ cup frozen berries, and 3 frozen spinach portions. Sweeten with honey if desired.
FRUIT TOPPED PROTEIN PANCAKES	Blend $\frac{1}{2}$ cup cottage cheese, 2 large eggs, $\frac{1}{4}$ cup rolled oats, 1 Tbsp flaxseed meal, 1 tsp cinnamon, $\frac{1}{2}$ tsp vanilla extract. Cook batter in small sized pancakes, flipping until cooked. Top with 1-2 Tbsp Greek yoghurt and $\frac{1}{2}$ cup frozen cherries or dragonfruit (defrosted).

THESE IDEAS ARE NOT ONLY DELICIOUS BUT ALSO GUT-FRIENDLY AND SUPPORT REACHING THE AVERAGE ADULTS DAILY DIETARY REQUIREMENTS. HOWEVER, ALWAYS CONSIDER YOUR UNIQUE DIETARY NEEDS AND CONSULT WITH A HEALTHCARE PROFESSIONAL IF YOU HAVE SPECIFIC HEALTH CONDITIONS.

— Ali Liddelow, Reg. Nutritionist (BHSc)



RITUAL DIGEST  
HOLISTIC CLINICAL  
NUTRITION