

BREAKFAST BOWL BUILDER

A breakfast bowl is a great way to create a breakfast that you enjoy, using what you have in the fridge. Bulk up on veggies and pump up the taste with spices.

Typical Macros:

Scrambled eggs (2 eggs + ½ cup egg whites), with lettuce, tomato, cucumber, celery, ½ cup of sweet potato, 1 teaspoon olive oil and ¼ medium avocado

Calories: 410, Protein 30g, Fat 21g, Carbohydrate 21g, Fibre: 8g

Protein: 100 - 150g

Eggs - scrambled, boiled or fried - 2-3 eggs

Tofu - crispy, baked or scrambled

Tempeh

Beans - Baked chickpeas or black beans, steamed green beans or edamame

Smoked or canned fish

Koftas

Vegetables: As much as you want

Baked - Brussel sprouts, cauliflower or broccoli rice, mushrooms, capsicum

Steamed - Broccoli, spinach

Raw - lettuce, tomato, radish, cucumber, celery

Carbs: ½ - 1 cup

Baked - Sweet potato, pumpkin, potato

Steamed - Quinoa, rice, barley

Fats: 1 tablespoon

Avocado

Hummus

Olive Oil

Cottage Cheese (1/4 cup)

Feta