



Breakfast

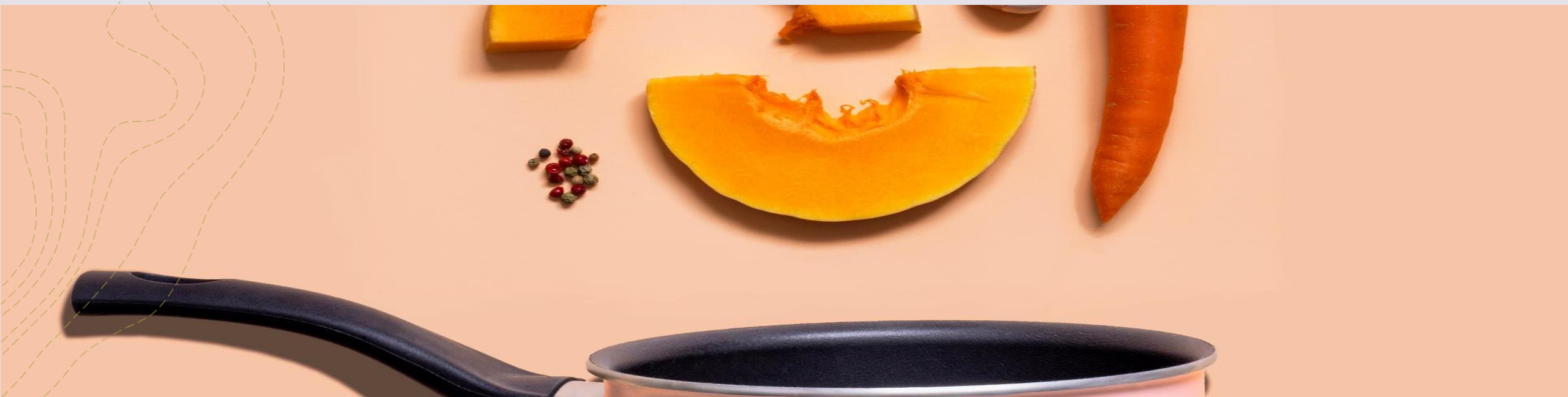
Many people struggle to eat breakfast, this booklet is designed to give you some science, practical tips, links to ingredients and recipe ideas to get you starting the day off with a bang.

When you work from a place of positivity and enjoyment, change is not only more likely — it's inevitable.



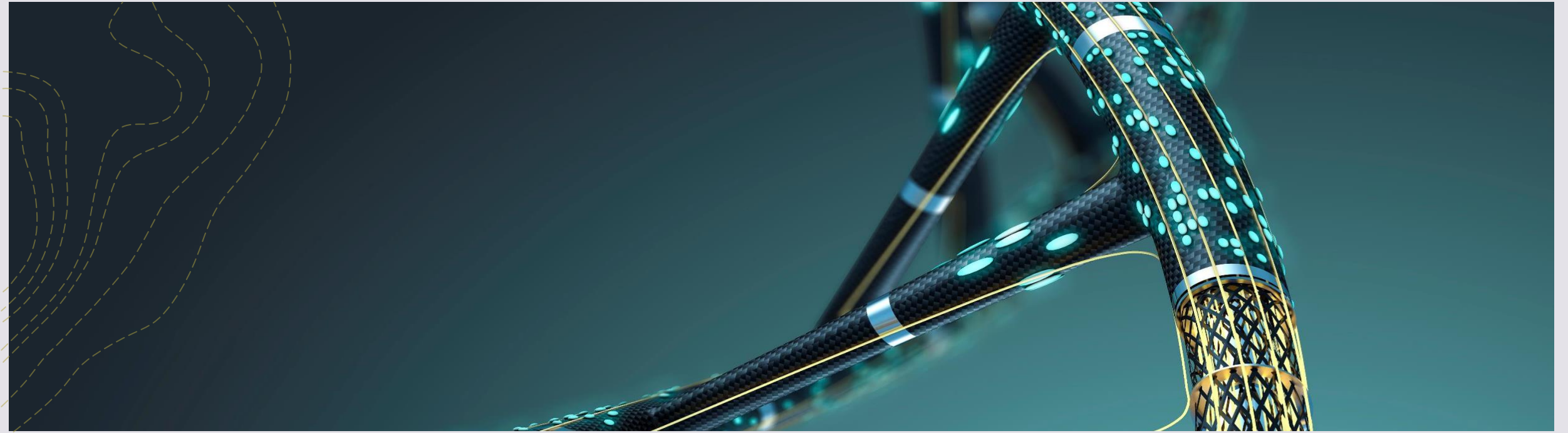
Benefits of eating breakfast

- + Gives your body a boost of energy first thing in the morning.
- + Fills you up before you become hungry which means you make a smarter choices later
- + It boost brainpower because your brain has received the energy it needs to get going.
- + Those who regularly eat breakfast have lower risks of putting on weight, type 2 diabetes and some evidence a lower risk of cardiovascular disease.
- + Those who skip breakfast tend to nibble on snacks during mid morning and mid afternoon and those snacks usually aren't high in protein, fiber and nutrients.



What should I have?

- + Aim for High Protein Low Processed Carb Breakfast
- + Try to hit 30g of Protein per meal
- + Keeping processed carbohydrates low will ensure your blood sugar stays steady
- + Eat enough to keep you full until lunchtime
- + Forget about breakfast norms and eat anything
- + Consider adding [electrolytes](#) to your drink bottle to have in the morning. Choose one with low sugar.
- + Eggs are quick and pretty much always in our houses which is why many people default to eggs when they heard the word protein, but it doesn't have to be an eggy breakfast!



Importance of protein in the morning

- + Protein at breakfast affects eating behaviour throughout the rest of the day.
- + High-protein breakfasts reduce hunger and help people eat up to 135 fewer calories later in the day
- + A protein-rich breakfast reduces the signals in the brain that control food motivation and reward-driven behaviour
- + Protein activates the body's signals that curb appetite, which reduces cravings and overeating.
- + A high-protein breakfast changes your hunger hormones throughout the day- meaning you crave food later in the day less.



I don't have time

- + Yes forming a new habit takes time and effort as you are buying new ingredients, trying new recipes but soon it will become as easy as your current decisions are (but hopefully more enjoyable!)
- + You just need to find breakfasts that you can make easily ahead of time and have ingredients that are prepped and ready to go.
- + Find recipes that suit your day, your kitchen equipment and fridge space
- + Plan your breakfasts so you enjoy them, you deserve to start the day with a delicious meal!



What happens when I'm travelling?

- + Plan ahead, don't leave it to chance
- + Take protein powder sachets with you
- + Take dry ingredients with you to make up when you reach your destination
- + Prepare and pack pre made breakfast bakes/bars
- + Scan hotel menu's for good options and be prepared to make wise choices at hotel buffets- hello breakfast chocolate fountain I'm talking about you...



Fasting and Breakfast

- + You can still fast for 12-14 hours between your evening meal and breakfast to get the health related benefits of fasting. Stretch it out to 16 hours one day a week if you want
- + Eating a protein rich breakfast can reduce your calorie intake later in the day and help you make smarter choices
- + Fasting is eating nothing (Black coffee/herbal tea) to get full health benefits. A cappuccino/mochaccino is not giving you full fasting benefits.



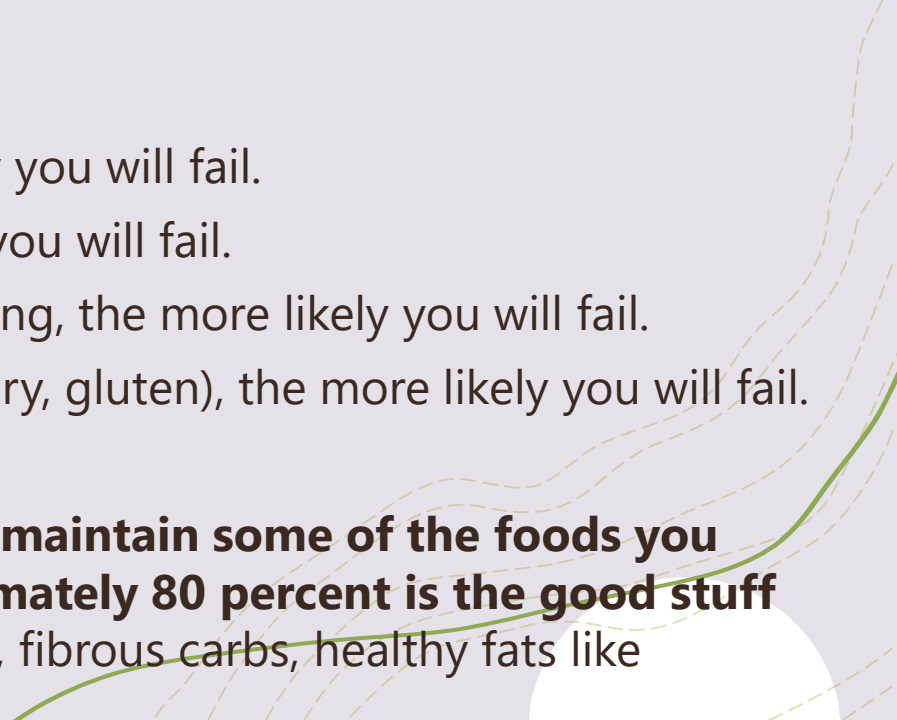
Perfection is not required

Becoming healthier does not require perfection. Instead, create a new reality that removes the extremes and focuses more on building habits and routines that can become automatic.

Why? Because [research](#) suggests:

- + The more diet rules you have, the more likely you will fail.
- + The more you restrict foods, the more likely you will fail.
- + The more you create “black and white” thinking, the more likely you will fail.
- + The more you blame one food (carbs, fat, dairy, gluten), the more likely you will fail.

Create a plan that works for your schedule, maintain some of the foods you love, and try to follow a diet where approximately 80 percent is the good stuff you know is healthy (protein, fruit, vegetables, fibrous carbs, healthy fats like avocados and nuts)



Recipes to try



Remember these are ideas for you to understand the principles and then from there find your own. Research online for low carb high protein options around 3-400 calories.

Your taste buds might have a mild freakout in the beginning to the flavours and textures of new ingredients but after a while they will adapt.

“when I first tried these recipes, I thought they were all disgusting but actually now I love them”

Great protein sources for breakfast

- + Eggs
- + Greek yogurt
- + Cottage cheese
- + [Protein powder](#)
- + [Tofu](#)
- + Meat
- + Seeds
- + Seed bread
- + Leftover from last night

Tip: one of the biggest challenges is letting go of what foods we have been socialised to consider “breakfast foods”. Things like toast, wheatbix etc are all incredibly low protein and don’t set you up as a sustained fuel source- shifting your mindset and taste buds takes time but it does happen.

Also, skip the toast and just add another egg with salmon/mushrooms etc

Protein loaded oats

- + ½ cup rolled oats
- + 1 cup milk of your choice
- + Protein powder
- + Pinch of salt

Cook oats and milk in a pan and then once thickened stir through other ingredients (can add ½ frozen fruit while cooking if want. Also want it to be runny when add protein powder but only add protein powder at end.

You may also choose to add the following as toppings:

- + Sugar free jam
- + Peanut Butter
- + Greek yogurt
- + Berries/Half Banana
- + Tablespoon of cereal/nuts
- + Toasted sesame seeds



Raspberry overnight oats

- + ½ cup rolled oats
- + cup milk of your choice
- + One scoop Protein powder
- + ½ cup frozen raspberries

Combine all ingredients in a container and place in the fridge overnight. This is a good one to make up in jars and eat on the go

You may also choose to add the following as toppings:

- + Sugar free jam
- + Peanut Butter
- + Greek yogurt
- + Berries



Smoothie options

The possibilities for smoothies are endless and there are heaps of awesome options out there. Just make sure they all include protein powder to keep you feeling full and be wary of lots of additions that bulk up calorie intake.

[Smoothie ideas](#)

If you are having a plain simple smoothie then you might need to add some extra protein alongside it eg two eggs, some chicken bites etc.



Berry Mint Smoothie

- + One scoop of protein powder
- + 1.2 cup berries
- + Cup of milk of your choice
- + Fresh mint
- + Ice if you like it cold
- + Blitz and enjoy

Tip: you can add extra pasteurised egg whites to bulk it up. You can't taste them in the smoothie, Egg whites are quite hard to get hold of in the supermarket right now but you can replace them with powdered egg whites.

Add more or less ice/water depending on how thick you like it

If you don't want to add anything else to it, you can have more protein powder in smoothie but it does alter taste.



Creamy Nut Smoothie

- + One scoop of protein powder
 - + ½ banana
 - + Almond butter
 - + Sprinkle cinnamon,
 - + Cup of milk of your choice
 - + Ice if you like it cold
 - + Blitz and enjoy
- + Tip: you can also add collagen to smoothies and/or reduce water/milk if you'd prefer to be like a sorbet.



Lemon Meringue

- + One block of [Silken](#) tofu
- + One lemon skin on cut into quarters
- + 1tsp sweetener (Nativia is good option)

Blend in Ninja and serve with a sprinkle of cereal on the top for crunch- maybe one tablespoon.

Note: Feels odd to use Tofu, but give it a chance. It's a different texture to get used to. Adding more sweetener can assist with flavour but be careful of this and wean yourself down.

Use silken tofu not firm or soft tofu. It's a soft tofu used in Asian cooking for desserts as it has a much higher water content. Its very creamy and can also be used in other dishes to provide a dairy free creamy taste. It's incredibly high in protein.



Protein Popover

- + 20g Almond Meal
- + 10g [Psyllium](#) Husk
- + 30g Protein powder (usually one scoop)
- + One egg
- + 1tsp Baking powder
- + ¼ cup frozen blueberries
- + 1/3 cup Almond milk
- + Coconut oil –for pan
- + Mix dry ingredients in bowl and in separate bowl mix almond milk and eggs then combine two and leave to sit for 5 mins to allow it to thicken.
- + Pour into pan and leave to cook, when its mostly cooked through, add the berries and flip it over to continue cooking as a popover. Serve on its own or add yogurt



Chia Pudding

- + 1 scoop (25 grams) vanilla protein powder
- + 1 ¼-½ cups milk of your choice, plus more as needed
- + 4 Tablespoons chia seeds
- + ½ Tablespoon maple syrup, honey or sweetener of choice
- + ¼ teaspoon vanilla extract, optional

Mix milk and protein powder together until combined and then add other ingredients and combine. If in jar, just shake it up. Let sit for 5 mins and then stir again to break up any clumps. If you don't like texture of chia seeds you can blend this before chilling it overnight.

Topping ideas:

- + Granola, Cereal,
- + ½ cup Greek yogurt (or non-dairy yogurt),
- + fresh berries, nut butter.

Some flavour tweaks are:

Add espresso as part of liquid for a coffee kickstarter!

- + Passionfruit/Coconut
- + Vanilla and Chocolate Protein powder
- + Cinnamon and Carrot
- + Blueberry and Lime
- + Replace milk with Coconut Milk



Walnut Parfait

- 2 tablespoon Coconut, desiccated
- 2 tablespoon Almond meal
- 6 raw walnuts
- 0.5 teaspoon Cinnamon
- 0.5 teaspoon vanilla extract
- grind pinch or to taste Salt, Himalayan
- 1 cups Frozen raspberries, (or a mix)
- 1/3 cups Yoghurt, plain, unsweetened
- ½ cup Almond milk, unsweetened
- 25 grams Vanilla protein powder (usually one scoop)

Instructions

- + In a small food processor, blend the coconut, almond meal, walnut halves, cinnamon, vanilla and salt until mixed and into a crumb mixture.
- + Mix coconut yoghurt and protein powder, adding almond milk to desired thickness in a separate bowl.
- + In a jar, container or bowl, layer berries, coconut mix and yoghurt, finishing with the coconut and walnut mix.
- + Leave overnight. Enjoy.
- + This can be made ahead so you have 5 ready for the week.



Chocolate Protein Pudding

- 2 tablespoon Chia seeds
- 1 tablespoon Ground [flaxmeal](#)
- 3/4 cups Almond milk, unsweetened
- 25 grams (1 scoop) Clean Lean Protein powder (vanilla or chocolate)
- ¼ cups Yoghurt, Greek style, full-fat, (or coconut yoghurt)
- 1 tablespoon Peanut butter
- 1 tablespoon Cacao powder, (or cocoa powder)
- ½ teaspoon Unsweetened vanilla extract

Instructions

- + Blend all ingredients together until smooth, using small food processor. Transfer into bowl and store overnight in fridge.
- + Leave overnight. Enjoy.
- + This can be made ahead so you have 5 ready for the week.
- + If you don't have a blender you can just stir it together.



Sesame psyllium bread

- + 70 grams Psyllium husk (2.5 oz)
- + 70 grams Coconut flour (2.5 oz)
- + 0.5 cups Sunflower seeds
- + 0.5 cups Sesame seeds
- + 2 tablespoon Chia seeds
- + 1 tablespoon Equal Natural Sweetener (Stevia)
- + 3 teaspoon Baking powder
- + 1.5 teaspoon Salt, Himalayan
- + 3 Eggs
- + 450 milliliters Water (1.9 cups)
- + 1 tablespoon Raw apple cider vinegar
- + 2 tablespoon Coconut o

Instructions

- + Preheat oven to 180 degrees Celcius and line a loaf tin with baking paper or use a silicon loaf tin.
- + Place psyllium husk, coconut flour, sunflower seeds, sesame seeds in bowl. Add the chia seeds, stevia and salt and mix to combine.
- + In another bowl, combine the vinegar, eggs, and water and whisk until smooth.

- + Melt the coconut oil and add this, along with the wet ingredients to the dry ingredients, and mix well to form a wet dough.
- + Knead the dough on a lightly floured (use coconut flour) board for a minute and place in the prepared tin and pat down. Bake for 90 minutes, rotating half way through to cook the loaf evenly. It will be cooked through when you take out the loaf and tap the base and it sounds hollow. If it's dense, it needs additional cooking.
- + Allow to cool in the tin before removing to a wire rack to cool completely, and slice into 12 slices. Store in fridge for up to 5 days, or in the freezer.

Another option is Keto bread from supermarket. These breads are higher calorie so do be careful of eating over the recommended serving. Perfect if don't normally have breakfast and tend not to feel hungry the morning. Does take a while to get used too as texture is different. Try a few options before you give up!



Savoury options

Savoury Breakfast ideas can include:

- + Fried mushrooms, broccoli, zucchini and eggs
- + Scrambled eggs- add extra egg whites to bulk up protein
- + Prebaked Frittata cut into portions for breakfast on the go
- + Baked Salmon, Spinach and Eggs
- + Breakfast egg burrito
- + Tofu scramble
- + Scrambled eggs with feta and dukkha
- + Leftovers with fried eggs
- + Chicken mince bites- make ahead and have a couple to top up a smoothie
- + Hard boiled eggs alongside a smoothie

You'll notice that most of these recipes are sweet tasting. There is a reason for this. Science has shown that eating breakfast reduces the cravings for sweet food later, and eating sweeter choices for breakfast does this even more so. I think its simply that if you have something deliciously and healthy in the morning then you are more likely to skip that cake at the café as you've already ticked something yummy off for the day!



The science behind it all

- + [Harvard Review- why breakfast matters](#)
- + [Why protein matters at breakfast](#)
- + [Sweet breakfasts reduce cravings later](#)
- + [Fasting for women over 50](#)
- + [To eat breakfast or not? The studies are confusing!](#)
- + [What is Low Carb High Fat](#)
- + [Aim for consistent not perfection](#)