



Breakfast Ideas

Banana Pancakes - 243kcal per serving - serves 2.

1 large banana
2 eggs
Dash of cinnamon (optional)
Top with sprinkle of nuts and mixed berries.

Mash the banana and beat in the eggs. Fry for a couple of minutes on each side with low cal spray or a knob of butter - don't top with nuts if you're using butter to fry.

This serving has 9g of protein, add a scoop of protein powder to the banana mix if you want to up your protein levels (just add the calories if doing so)

Kale, Tomato & Poached Egg on Toast - 251kcal per serving - Serves 2

2 tsp oil
Bunch of Kale, washed & chopped
Crushed garlic or garlic powder
1/2 tsp chilli flakes
2 large eggs
2 slices multigrain bread
handful of halved cherry tomatoes
pinch of crumbled feta cheese (15g)

Stir fry the Kale until it reduces to half it's size with the garlic and chili (you can also toss in the tomatoes if you don't want them cold). In a pot of boiling water poach your eggs until desired - takes about 10 minutes if you want the yolks hard. Toast your bread and top with your egg, veg and sprinkle of feta!

Porridge and Berries - 168kcal per serving - Serves 1

3 tbsp porridge oats
1 cup water (average)
50ml 0% fat Greek Yougurt
Nice handful of berries
Honey to taste

In a bowl put the porridge oats and pour a good amount of water til the top of

the oats. Microwave for 1-2 minutes til the porridge thickens then stir in half of the yogurt. You can lightly fry the berries if you like, I just stir mine in along with the honey and rest of the yoghurt. Looks like a mess but tastes good! This is a high carb breakfast, throw in some protein powder or seeds to up the macros in those areas.

French Toast with Orange Cheese & Berries – 197kcal Per Serving – Serves 2

2 medium eggs
2 tbsp Orange Juice
2 Slices of wholemeal bread, halved
50g low-fat cottage cheese
1 tsp Orange zest
1tsp rapeseed oil
50g raspberries or mixed berries
Honey to serve (optional)

Whisk the eggs and OJ in a bowl and soak the bread in it, turned over on both sides. In another bowl mix the cheese and orange zest. Heat the oil in a non stick pan and fry the bread 1-2 minutes each side. Put the bread on 2 plates, top with the orange cheese, berries and a dash of honey if you like!

Ham, Mushroom & Spinach Frittata – 226kcal per serving – serves 2

(I call in an omelette, even though I know the omelette and fillings are usually separate)

1 tsp oil

Diced mushrooms
Diced cooked ham
Big bunch of spinach, washed
3-4 medium eggs – beaten (can add salt, pepper, herbs as desired)
Sprinkle of Cheese

Turn on your grill and over the hob heat the oil in the pan. Toss in your mushrooms and stir fry til soft then throw in the ham and spinach and stir again til the spinach wilts up. Pour in the eggs and leave to cook until you see the mixture thicken round the outsides. Sprinkle the cheese on top then stick under the grill and cook the top side until the frittata “bubbles” and the cheese turns brown.

Tip: Add some cherry tomatoes when cooking the mushrooms for a more pizza-like taste. You can actually use this recipe with any type of veg that you like – peppers, onions, courgettes, broccoli – the options are endless.

Veggie Breakfast Bake Up – An alternative to a fry. 127Kcal per serving. Serves 4.

4 large field mushrooms
8 tomatoes, halves
200g Bag of spinach
4 eggs
2 tsp olive oil
Garlic seasoning

Preheat the oven 200c/180c/ Gas 6. In one big oven dish or 4 smaller dishes throw in the mushrooms and tomatoes, drizzle with oil and seasoning and bake for 10 minutes. Then put your spinach in a colander and pour a kettle of boiling water over it, wilting the spinach/ Squeeze out excess water and add to the oven dish. Make a gap for the eggs and crack them in, return to the oven and cook 8-10 minutes or to your liking.

Tip: Serve with beans and turkey rashers if you fancy a more complete weekend fry up.

Banana Yogurt Pots – 230kcal per serving. Serves 4

450g thick yogurt
3-4 bananas, sliced
4 tbsp brown sugar
25g walnuts, chopped (optional)
In 4 glasses do layers with a dollop of yogurt and banana. Sprinkle the sugar and top with the nuts. Leave to set when the sugar dissolves and enjoy!

Creamy Mustard Mushrooms on Toast – 231 Kcal Per serving. Serves 1

1 Slice wholemeal bread
1+1.5 Tbsp light cream cheese
1tsp oil
Generous handful of sliced mushrooms
2tbsp skimmed milk
1/4 tsp mustard
Snipped chives for garnish

Toast the bread and spread with a little of the cheese. Heat the oil and stir fry the mushrooms, spoon in the milk, mustard and remaining cheese and stir well. Tip onto the toast, garnish and enjoy.