



FIVE



BREAKFASTS

TO SUPERCHARGE
YOUR DAY



VOL. 1

CONTENTS

CHAPTER

01

Supercharged
Smoothies

CHAPTER

02

Super Juice

CHAPTER

03

Overnight Oats

CHAPTER

04

Egg N Veggie Omlette

CHAPTER

05

Smoked Salmon Smash



START WITH A HEALTHY BREAKFAST & SUPERCHARGE YOUR DAY

Breakfast is the most important meal of the day!

It breaks the overnight fast and kick starts your Metabolism to fire up for the day ahead...

When you are busy, getting out the door to work or getting the kids off to school in the morning, it is a challenge to have a healthy filling nutritious breakfast that doesn't take a long time to make.

This quick guide will help you make Five super nutritious and delicious breakfast options for the whole family that will fuel your day.

HYDRATION

Before we get into the breakfast options, the very first thing to do is rehydrate your body with at least 3 glasses of water.

You can add a little fresh lemon or lime to taste.

A top tip for improved health add a tablespoon of unpasteurised apple cider vinegar to your water.

BALANCE

As with all meals we need to ensure balance between the macro nutrient ratios - the carbs fats protein balance.

Super charged Smoothies

INGREDIENTS

- 1 Banana
 - 1/4 Cup (40g) Frozen Berries
 - 2/3 Cup (150g) Almond Milk
 - 1 Cup (150g) Frozen Blueberries
 - 1 Tablespoon Nut Butter
- Grab the blender throw it all in, zap it 30 sec later super nutritious delicious start to the day - what could be easier...
- To add a little more protein to create macro balance add extra nut butter a raw egg or a good quality raw, grass fed protein powder



Super Juice

INGREDIENTS

- 1 table spoon coconut oil
- 1 x Apple
- 1 x Handfull Spinach
- 1 x Celery
- 1 x Lime

- To create balance in the macros add some Protein powder or have smoked salmon, ham or other cold meats to balance out the carbs from the juice... Otherwise you may get hungry soon after which is a clear sign of imbalance between the carbs, fats, proteins.



Overnight Oats

INGREDIENTS

- 1 x Oats
 - 1 x Blueberries
 - 1 x Coconut oil
 - 1 x Almond milk
 - 1 x crushed nuts
-
- Put all the ingredients into a jar in the fridge leave overnight - ready to get up and go for the morning



Egg n Veggie Omelette

INGREDIENTS

- 2 whole eggs
- 1/4 cup of diced bell peppers (any colour)
- 1/4 cup of diced tomatoes
- 1/4 cup of chopped spinach
- 1/4 cup of diced onions
- 1 tablespoon of olive oil or butter for cooking
- Salt and pepper to taste
- Heat the pan add a little butter
- whisk eggs and add to pan
- Add diced veggies



05

Smoked Salmon Smash

INGREDIENTS

- 1 x Avocado
 - 1 x Smoked Salmon 300g
 - 1-2 x Eggs
 - 1 tablespoon organic butter
-
- Put the pan on, melt the butter, scramble the eggs,
 - Toast the sourdough bread
 - mash the Avo.- Thats it !



Congratulations on taking the first step towards a brighter, more energised morning routine! We hope these five breakfast ideas have inspired you to elevate your breakfast game and infuse your mornings with vitality. Remember, the key to sustained energy and productivity lies in nourishing your body with wholesome, nutrient-rich foods and creating a balanced macro profile.

On your journey to supercharge your day, don't forget to listen to your body and customise these recipes to suit your preferences and dietary needs. If you found this guide helpful, be sure to share it with friends and family who could also benefit from a morning boost.

Here's to mornings filled with delicious fuel and boundless possibilities.

In Health & Happiness
Christian

Join us on social media for
more Top Tips !



Or get in touch to discuss
your health & fitness goals



07380 308 262

