

The logo for Thrive, featuring the word "Thrive" in a dark blue sans-serif font, followed by a blue circular icon containing a white silhouette of a person with arms raised in a 'V' shape.

Thrive

Holistic Health & Fitness

Three glass jars filled with breakfast food, likely overnight oats, are arranged on a white marble surface. The foreground jar is in sharp focus, showing layers of oats, strawberries, and banana slices. Two other jars are blurred in the background. A silver spoon lies on the marble surface to the left of the foreground jar.

Five Breakfast Foods

to Fuel Your Day

In under 5 minutes

Get your breakfast right to fuel 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.

Some people have a tendency towards more carbs or more protein and others a balance between the two.

If you are not sure what type you are a good place to start is with a balance between the two about 50% carb 50% fat & protein.



Which one are you ?

Breakfast Option 1

Super Smoothies



Ingredients:

- 1 x Banana**
- 1/4 cup Berries**
- 2/3 cup Coconut Milk**
- 1 x 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 get a balance add extra nut butter a raw egg or a good quality raw, grass fed protein powder

Breakfast Option 2 Super Juice

Ingredients:

- 1 x tablespoon Coconut Oil
- 1 x Apple
- 1 x Handfull Spinach
- 1 x Celery
- 1 x Lime

For protein types 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.



Breakfast Option 3 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



Breakfast Option 4

Protein Pancakes (gluten free)



Ingredients:

- 1 x Banana**
- 1 x Egg**
- 1 x Blueberries**
- 1 x Cream**
- 1 x Nut butter**

Blitz the egg & banana in a blender heat the pan with coconut oil. Pour the mixture in.

Protein types can add some protein powder to the mix or bacon, sausage on the side...



Breakfast Option 5

Avo - Eggs - Salmon

Ingredients:

- 1 x Avocado mashed**
- 1 x Smoked Salmon 300g**
- 2 x Eggs**
- 1 x chunk of butter**

Put the pan on, melt the butter, scramble the

eggs, mash the avo. Thats it !

For carb types add a slice of sourdough to balance the ratios.

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