

# Breakfast ideas

Fuelling for the day ahead



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The most important meal of your day. A good breakfast provides your body with energy, helping you get 'into the zone' first thing in the morning. It helps you to improve your concentration levels and prevent those morning cravings too amongst other things.

Apart from the need to eat a balanced and nutritional breakfast, the options below will get you through those first few crucial hours of the day. This will set you up for the rest of the day whilst kick-starting your metabolism too (activates various chemical processes in your body and help burn calories).

The key to a good breakfast is finding meals that will make you feel fuller for longer and a meal that you'll enjoy too. Below are some breakfast options for you to try out and put an end to those 11am sugary snacks.

### Option 1

**Total calories = 624 calories**

- |                          |         |                          |
|--------------------------|---------|--------------------------|
| • Ready Break / Porridge | - 90g   | = 336 calories           |
| • Honey                  | - 10ml  | = 32 calories (teaspoon) |
| • Semi-skimmed milk      | - 300ml | = 150 calories           |
| • Cup of tea             | - 200ml | = 14 calories            |
| • Orange Juice           | - 200ml | = 92 calories            |
| • Pint of Water          | - 500ml | = 0 calories             |

### Option 2

**Total calories = 730 calories**

- |                                       |          |                |
|---------------------------------------|----------|----------------|
| • Scrambled eggs                      | - 2 eggs | = 380 calories |
| • Half salmon fillet (cook with eggs) | - 68g    | = 146 calories |
| • Slice of toast (wholemeal)          | - 33g    | = 65 calories  |
| • A little milk (semi)                | - 5ml    | = 10 calories  |
| • Cup of tea                          | - 200ml  | = 14 calories  |
| • Apple juice                         | - 250ml  | = 115 calories |

Option 3  
**calories**

**Total calories = 661**

- Muesli - 90g = 336 calories
- Raspberries / Blueberries - 250g = 85 calories
- Semi-skimmed milk - 300ml = 150 calories
- Banana low fat yoghurt - 175g = 95 calories

Option 4

**Total calories = 599 calories**

- Poached eggs - 2 eggs = 380 calories
- Fresh baby spinach - 50g = 15 calories
- Slice of toast (wholemeal) - 33g = 65 calories
- A little milk (semi) - 5ml = 10 calories
- Cup of tea - 200ml = 14 calories
- Apple juice - 250ml = 115 calories

Option 5  
**calories**

**Total calories = 445**

- Weetabix x3 - 56g = 201 calories
- Banana - 120g = 114 calories
- Cranberry Juice - 250ml = 130 calories

Option 6

**Total calories = 534 calories**

- Bananas (smoothie) - x 2 = 228 calories
- Kiwi fruit (smoothie) - x 1 = 37 calories
- Strawberries (smoothie) - 50g = 14 calories
- Semi-skimmed milk - 300ml = 150 calories
- Vanilla low fat yoghurt - 150ml = 105 calories
- Pint of Water - 500ml = 0 calories