





All of the additions, toppings and extras below can be mixed up to help keep your breakfast exciting

BOOST YOUR BREAKFAST

BASICS

PORRIDGE

OVERNIGHT OATS

GRANOLA

Making time for a healthy breakfast will help boost your energy levels and alertness ADD

MILK

PLANT BASED
ALTERNATIVES
SOY, ALMOND, RICE,
OAT, COCONUT, CASHEW

YOGHUT FROMAGE FRAIS / KEFIR / GREEK YOGHURT

Eating a healthy substantial breakfast will help to reduce snacking throughout the day

TOPPINGS

FRESH FRUIT

MIXED BERRIES,

SLICED/STEWED APPLE,

SLICED BANANA, SLICED

DRIED FRUIT

APRICOTS, BANANA,
RAISINS, GOGI BERRIES

PEAR

FRUIT COMPOTE FRUIT PUREÉ

Including
wholegrain breads
and cereals will
keep you feeling
fuller for longer

EXTRAS

NUT BUTTERS

ALMOND, PEANUT, CASHEW

NUTS

PECANS, ALMONDS, CASHEWS, HAZELNUTS BRAZIL NUTS

SEEDS
PUMPKIN, FLAXSEED,

CHIA, SUNFLOWER

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WHOLEGRAINS MILK & YOGHURTS

Carbohydrates
Dietary Fibre
B Vitamins

Calcium
Protein
lodine
Potassium
Phosporous

Fibre
Vitamins
Minerals
Antioxidants

FRUIT

Protein
Omega 3 & 6

Fibre
Unsaturated Fats

MIX IT UP



Pancakes with fresh fruit / fruit compote, natural yoghurt and honey



Wholegrain toast/bagel with cream cheese, avocado /smoked salmon



Wholegrain toast/ bread with eggs (scrambled/ fried/ poached)



Fresh/ frozen fruit smoothie or shake

