

BREAKFAST

CHIA PUDDING



Ingredients:

- Chia seeds
- Milk (Almond/oat/coconut)
- Cinnamon
- 1/4 tsp of vanilla extract
- Blueberries/ strawberries
- Chopped nuts or seeds

Instructions:

- Soak 50g chia seeds in your choice of milk, with a dash of cinnamon and 1/4 tsp of vanilla extract overnight in a glass jar with lid.
- In the morning, stir well and add a handful of berries and 1tbsp chopped nuts/seeds.

MINI EGG MUFFINS



Ingredients:

- 8 Eggs
- Salt & pepper
- Toppings (Onions, diced tomato, chopped bell pepper, spinach & parsley)
- 2 tbsp feta cheese crumbled
- Diced cooked organic bacon/sausage

Instructions:

- Beat 8 eggs with a dash of salt and pepper.
- Add in your choice of toppings, with 2 tbsp feta cheese crumbled/diced cooked organic bacon or breakfast sausage.
- Grease muffin tin with coconut oil and pour egg mixture with your choice of add-ins evenly into the muffin tin. Bake at 190 C for approximately 12 minutes or until set in the middle.
- Have for breakfast or bring to work for lunch! – As seen on the booklet

SCRAMBLED EGGS 3 WAYS



Ingredients:

- 2 Eggs
- Salt & pepper
- 1 tbsp coconut oil
- Toppings (diced tomatoes, red pepper, spinach & mushrooms)
- Smoked salmon
- Turmeric & herbs

Instructions:

- Whisk together 2 eggs, salt and pepper and a splash of cold water.
- Melt 1 tbsp coconut oil in a skillet and add eggs, gently fold the eggs with a wooden spoon until they are set.
- Choose your toppings, and add 1/4 tsp of turmeric and fresh herbs
- Diced red pepper and smoked salmon

PERFECT SMOOTHIE FORMULA



Ingredients:

- Milk (Almond milk/oat milk/coconut milk)
- 1 tbsp nut butter
- 1 tbsp chia seeds
- 20g protein powder
- Avocado
- Leafy greens (Spinach, kale, swiss chard)
- Blueberries or raspberries

Instructions:

- Pick a type of milk Pick a Protein - 1 tbsp nut butter/1 tbsp chia seeds/20g protein powder
- Pick a Veggie - 1/2 avocado/handful leafy greens (spinach, kale, swiss chard)
- Pick a Fruit - 1/4 c frozen wild blueberries or raspberries