

# 5 CLASSIC

## BREAKFASTS FOR WEIGHT LOSS



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"Smashed Avo is the breakfast of choice at cafes across Australia"

# 1: SMASHED AVO

This is a great little dish for the weekend, or if you've got 10 minutes to yourself in the morning. The absolutely essential step is to ensure your avocado is ripe. If it isn't ripe, forget it!! For the bread it is really lovely with a decent piece of rye (above). If you can't do that go for any high fibre bread, or a nice chunk of sourdough (because it's lush).

PREP TIME: 1 minutes

COOKING TIME: 7 minutes

SERVES: 1

2 medium eggs (50g each), free range if possible  
 1 slices of rye bread (50 g each), or 1 chunk of sourdough  
 Half a medium avocado (it be ripe)  
 Chilli flakes, corriander, lime, vinegar  
 Salt and pepper to taste

~ 400 Cals

Protein 20 g

Total Fat 21g

Carbs 34 g

Fibre 12 g

- 1** Bring some water to a boil, add vinegar, swirl then add your eggs to the water and simmer
- 2** Throw your piece of rye in the toaster once you've got the eggs going
- 3** Mash your avocado in a bowl with the lime, chopped coriander, chilli flakes, salt and pepper
- 4** Once the toast is done spread your smashed avocado on the toast evenly
- 5** After 4-5 minutes remove your poached eggs and lay them on top of the avocado before seasoning to finish. Squeeze a touch of lime on top

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*"This fresh twist on a southern American classic is a brunch staple"*

## 2: CORN FRITTERS

Fritters may hail from the Southern States of the US, but in Australia they are served with coriander, lime and whatever salsa you can put your hands on. In this case I fried some tomatoes and bacon with a little oil. But you can easily create a zesty avocado salsa that is to die for. Regardless of how you dress it, makes sure you've got some lime, salt and pepper.

PREP TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 1

Sweetcorn - 4 ounces (100 g)

1 large egg (50 g)

ounce of self raising flour (28g)

1/2 a red onion

A little coriander

10 cherry tomatoes

1 slice of bacon

~ 400 Cals

Protein 21 g

Total Fat 15 g

Carbs 58 g

Fibre 7 g

- 1** Start your bacon and tomatoes on a low heat on a separate fry pan
- 2** Add most of the corn, the egg, the onion and some coriander to a blender and blend lightly.
- 3** Mix the flour into your blended corn until you have a nice thick batter
- 4** Heat a pan, add a little oil, then dollop your batter into four even circles to create your fritters.
- 5** Wait for the fritters to bubble then carefully turn them.
- 6** Stack the fritters and spread the tomatoe, bacon and coriander over the top. Season to taste

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"These ingredients are so good you simply can't mess with them!"

## 3: POACHED EGGS

This meal is simply the combination of a few epic ingredients that are so good you don't want to mess with them. The combination of poached eggs, smoked salmon, avocado, spinach, tomatoes. Both the salmon and avocado benefit from the lemon juice, so don't forget it!!

PREP TIME: 2 minutes

COOKING TIME: 7 minutes

SERVES: 1

2 medium eggs (50 g each)  
 1/2 a medium avocado  
 2 ounces smoked salmon (50 g)  
 2 handfuls spinach  
 10 cherry tomatoes

~ 400 Cals

Protein 26 g

Total Fat 28 g

Carbs 10 g

Fibre 7 g

**1** Bring some water to the boil in a pan and splash in a little vinegar.

**2** Give your water a swirl and crack your eggs into the pan, making sure to keep the egg as complete as possible

**3** Avoid stirring your eggs, they need to be left alone to let the yolks set on the outside (4-5 minutes)

**4** Pan fry your spinach and tomatoes in a little oil, and remove the pit from your avocado.

**5** Bring each of the separate ingredients together on the plate, adding lemon, salt and pepper

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*"The texture of these hotcakes is really something else"*

## 4: RICOTTA HOTCAKES

Ricotta has a heavenly creamy texture that makes your batter smooth and creamy. The addition of banana here is a classic combination, and they might even be better than the yogurt variety we cover next. Be careful not to add too much milk as you want the mix to hold together when added to the pan.

PREP TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 1

3 ounces Ricotta (80 g)  
 1 medium egg (50 g)  
 1 ounce flour (30 g)  
 2 fluid ounces Milk (50 g)  
 1/2 tsp baking soda  
 1/2 a small banana  
 Cinnamon

~ 400 Cals

Protein 20g

Total Fat 18g

Carbs 39g

Fibre 7 g

- 1** Mix the ricotta, egg and milk together in a bowl until it is a smooth texture.
- 2** In a bowl add the flour and baking soda and mix together (or just use self raising flour). Add the egg and ricotta mix to the dry ingredients and stir well.
- 3** Spoon the mix onto a low/medium heat pan (aim for 4 pancakes). Flip them when they start to bubble (this should be golden brown)
- 4** Add some slice banana, cinnamon and perhaps a little honey if you've got space

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"The best damn protein pancake on the planet"

## 5: GREEK PANCAKES

I had all but given up on the idea of a decent protein pancake when I wondered if anyone had ever used greek yogurt? Two minutes on google and I was delivered to pancake heaven!! These panackes are so simple it's ridiculous. Just make sure the heat is low and oyu patiently wait for bubbles.

PREP TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 1

6 oz fat free greek yogurt (170 g)

1 medium egg (50 g)

1/3 cup flour (40 g)

1/2 tsp baking soda

~ 400 Cals

Protein 28g

Total Fat 6g

Carbs 58g

Fibre 4 g

- 1** Open the yogurt container and give it a stir. Then combine it with the egg until it mixes through.
- 2** In a bowl add the flour and baking soda and mix together (or just use self raising flour). Add the egg and yogurt mix to the dry ingredients and stir well. It will make a super thick batter.
- 3** Spoon the mix onto a low/medium heat pan (aim for 4 pancakes). Flip them when they start to bubble (this should be golden brown)
- 4** Add something fun!! These panackes are just 300 calories, so you've got space for something else. I personally add strawberries and maple syrup.

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