

# Breakfast Builder

Choose one item from the carbohydrate and protein box (& extras if desired) to build your high protein breakfast.

## Carbohydrates

*Choose 1-2 serves*

### **1 serve =**

- 1 slice grain bread - Helga's lower carb, Helga's wholemeal, Burgen Wholemeal and seeds
- 100g sweet potato
- ¼ cup raw rolled oats - traditional or steel cut is best if possible
- ⅓ cup raw oat bran
- ½ cup shredded wheat - Uncle Toby's
- 1 Weetbix or Vitabrit
- ½ cup high fibre cereal - Guardian, Be Natural 5 Grains, Mini Wheats 5 grains, All Bran
- ¼ cup muesli/granola - Carman's Fruit Free or Original, Macro natural untoasted muesli, Jordans low sugar granola
- 1 medium piece of fruit

## Protein

*Choose 1-2 serves*

### **1 serve =**

- 1 whole egg
- 3 egg whites
- ⅓ cup reduced fat ricotta or cottage cheese
- 1 cup milk
- 160-170g yoghurt - Chobani, Jalna low fat Greek, Farmers Union Greek, Rokeby Farms, YoPro, Two Good, Yoplait Zero
- 1 slice (25g) hard cheese
- 50g smoked salmon
- 60g (raw) chicken breast, turkey or lean ham
- 2 shortcut rindless bacon
- 50g lean mince (e.g. savoury mince)
- 1 scoop protein powder (<5g sugar per 100g)

### Extras

*Choose 1 serve from each category if desired*

**1 serve =**

Healthy fats:

¼ small avocado

2 tsp natural peanut butter or other nut butter

1 dessert spoon of nuts

1 tsp olive/flaxseed oil

1 tbsp chia seeds

Fibre:

1 tsp psyllium husk

1-2 cups of vegetables – e.g. spinach, mushroom, tomato

1 medium piece of fruit

**Example breakfast 1:** Snack tub of greek yoghurt, ¼ cup low sugar granola, 1 banana and a drizzle of peanut butter.

**Example breakfast 2:** Two Weetbix, low-fat milk, topped with a handful of blueberries and sprinkle of ground cinnamon.

Now it's your turn! Have a go at creating 3 breakfast options you'd enjoy by using the builder above.

Breakfast option 1:

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Breakfast option 2:

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Breakfast option 3:

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