



HIGH PROTEIN BREAKFASTS



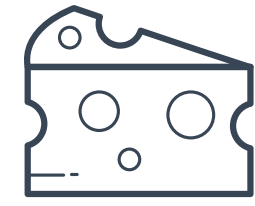
Milk

Cup of milk 9g
(high protein milk 15g)
Cup of soy milk 7g



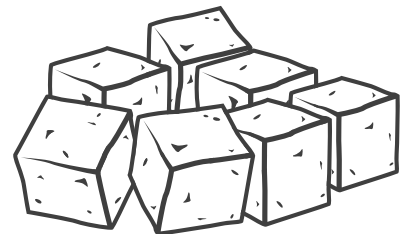
Yoghurt

Pot of yoghurt 5g
(high protein yoghurt 12g)



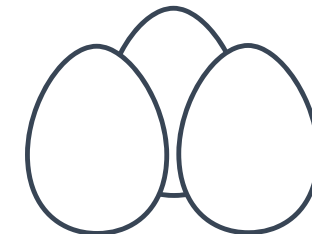
Cheese

40g Cheddar 10g
50g cottage cheese 7g



Tofu & tempeh

100g tofu 14g
100g tempeh 18g



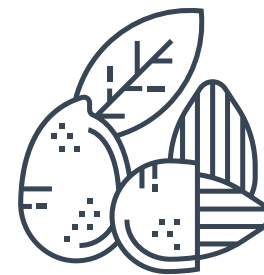
Eggs

2 eggs 14g



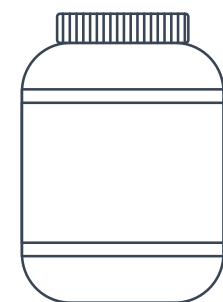
Legumes

1/2 tin baked beans 10g
1/2 cup canned chickpeas 8g



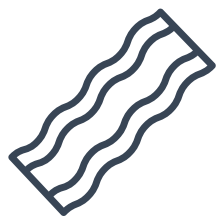
Nuts & seeds

2 Tbsp peanut butter 8g
2 Tbsp pumpkin seeds 7g
2 Tbsp chia seeds 5g



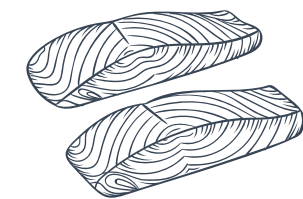
Protein powder

30g powder 25g



Processed meats

2 rashers shoulder bacon 15g
100g sausage 14g



Fish

100g smoked salmon 22g
100g sardines 21g



Grains

1 cup cooked oats 7g
2 slices whole grain bread 8g · 1 cup cooked quinoa 6g

Baked beans on toast · overnight oats · tofu scramble · cheese toasties · omelette · bacon & eggs · Greek yoghurt smoothie · egg fried rice · "proats" (porridge with protein powder) · egg muffins · bircher muesli · sardines on toast · quinoa breakfast bowl · nut butter on whole grain toast · protein pancakes · salmon bagel · shakshuka (Mediterranean egg dish) · granola with Greek yoghurt · poached eggs on avo toast · porridge with milk