



There is no 'RECIPE' for a cooked breakfast but I will give you a few tips!

- Instead of two have 1!
- Sauces are full of chemical sugars - OK if you only have once per week , but introducing flavours like wholegrain mustard / soy sauce / Worcestershire sauce can move you away from these
- Brown Bread instead of white!
- Sliced or mashed avocado is great with toasted sourdough and unsmoked lean bacon. ½ avocado per person – 1 slice of sourdough per person. Add a poached egg for protein. Bulk out with grilled tomato / sauted mushrooms.
- Eggs – try a scramble with mushroom, spinach and a little cheese. Boiled or poached eggs also great.
- Turkey rasher / unsmoked bacon medallions / leanest back rashers you can get
- Choose your favourite items (e.g. I love pudding and rasher so e.g ill have a little more of them and leave out sausages)
- Bulk out with grilled tomato and / or mushrooms
- Grill / bake instead of fry or if you have an AIRFRYER great!
- If you are frying use a good quality cold pressed olive oil
- Beans can have a lot of sugar - choose sugar free and smallest tin (1-2 tbsp = 1 portion)
Serve in a ramekin for portion size
- **HOMEMADE BEANS:** 1 tin of butter beans, 1 tin chopped tomatoes, 1/2 red onion diced, 1 small sweet pepper, 1-2 tbsp of white or red wine vinegar, 1 tbsp of maple syrup (optional). In a sauce pan saute the onion and sweet pepper, wine vinegar, add the chopped tomatoes and simmer / reduce for 10 minutes to bring out flavours. Add the butter beans and maple syrup if using. Reduce and simmer for a further 20 minutes and wala - homemade beans !!
- Choose a smaller plate !
- My weakness is usually homemade brown bread! Personally I have try to have little bread during the week so if I am planning to have a cooked breakfast I will hold off and enjoy then. 1-2 slices of wholegrain brown bread = 1 portion
- **Remember you always have choices with any recipe to make it different based on your personal goals - try to eat more whole foods / trying to maintain weight / trying to lose weight for example.**

