

How To Make Quick and Easy Healthy Breakfasts

For A Slimmer and Much More Energetic You



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Instant and Simple (these won't keep you going for as long though)



Fruit only – a couple of pieces.

Melon slices (Honeydew, galia or water melon).

Banana with almond, cashew or any other nut butter smeared on it (this will keep you going for longer).

Banana Pancakes made with banana and eggs.

2-5 mins Preparation Time



Home-made muesli (porridge oats, lots of nuts, very small amount of dried fruit, seeds, sliced coconut or sliced almonds, plus coconut or almond milk). Make up a jar of this and keep it handy. Just add the almond or coconut milk and you're good to go.

Overnight oats with raspberries or blueberries (porridge oats soaked overnight. Recipes are easy to find online).

Porridge with cinnamon and apple, or banana, and/or chia seeds. Chopped almonds and/or nut butters can be added also, or serve the porridge on top of natural or Greek yoghurt.

Lizi's Low Sugar Granola (avoid other brands of granola).

Smoothies (ideally only using 1-2x pieces of fruit, and some veg). You can add natural or Greek yoghurt also.

Natural or Greek yoghurt with apple, sliced banana, or mango (or any fruit). Linseed or chia seeds could be added also.

Scrambled eggs. Could add ham, mushrooms, tomato or onions, or avocado.

Rye toast, or as bread or pumpernickel. Can apply nut butters, butter, ghee, avocado, or eggs done in any way.

Cold meat and humous.

Cottage cheese and fruit.

Small fruit salad.

Kallo Rice Cakes/Corn Thins/Rude Health Crackers/oatcakes with humus/avocado and goat's cheese.

5-10 mins Preparation Time



Boiled eggs with avocado and/or tomato, or bacon.

Poached eggs. Can add any veg, fried or steamed.

Grilled tomatoes, green beans, kale and mushrooms.

Stir fry vegetables.

Salmon with salad or scrambled eggs.

Left over roast ham reheated.

Mangetout fried with chilli flakes and garlic too.

King Soba noodles and vegetables (mushrooms, onion, peppers or tomato require minimal heating).

Sweet potato sliced and put in the toaster and a spread applied (butter, ghee, any nut butters, avocado).

Reheated roasted vegetables.

Soups, reheated. (Yes, it is possible to have soup for breakfast. It's all just habit, and habits can be changed).

15 mins Preparation Time



Stuffed peppers.

Stuffed mushrooms.

Omelettes (various – be creative).

Sausage (once or twice per week only) Can use vegetarian alternative (Quorn) too.

Bacon (once or twice per week only) Can use vegetarian alternative (Quorn) too.

Cold meat selection with tomatoes or avocado, or olives.

Black pudding (a couple of times per week only).

Steamed fish (mackerel, salmon, kippers etc) with steamed vegetables.

This list of healthy breakfasts is far from exhaustive. The more open-minded you are, and the more you are willing to try different types of foods, the easier it will be for you to find a whole host of new, healthy options for you to have for breakfast each day. It needn't be as difficult as you might think.

I really hope that this information has proven truly valuable to you and that it really helps you to change your relationship with food and to get more toned and into smaller clothes. If I can be of further help, then by all means, contact me at any time.