

BALANCE | GLO

# The Breakfast Plan

5 Days of Energy Boosting Recipes







Start your day right with a nutritious breakfast, designed to energise you through to lunch. This plan is made up of 5 easy to create breakfast recipes. Perfect for working families and those with limited time, this plan includes recipes to-go, recipes that can be prepped the night before, and recipes to be enjoyed if working from home. The plan is made up of nutritionally balanced recipes, where 40% of the calories come from carbohydrates, 30% from protein and 30% from fat. This balance is said to be the key to maintaining a healthy weight or supporting weight loss, if this is your goal. The recipes can be flexed for different dietary requirements, and importantly includes an array of recipes designed to show you that breakfast doesn't have to be boring.

*Love Jen + Ev xxx*



# Why breakfast is important...



HANNAH COLEMAN

Hannah has a Masters in Applied Human Nutrition and works 1-2-1 with clients offering nutrition + lifestyle assessments to help guide towards better eating habits and a healthy life. Her ethos is filling our plates with whole foods, and enjoying a diet rich in nutritious foods with a balanced approach to health and optimum living.



We have probably all heard the mantra "*breakfast is the most important meal of the day*" and while I firmly agree with the principle, I also passionately believe that it can look very different for all of us depending on our lifestyle and what works best for our bodies.

For some of us we cannot imagine leaving the house without a meal to kick start our day, for others we just don't feel hungry for breakfast and eating before 10-11am makes us feel sluggish and nauseous.

I encourage you to **listen** to your body, and learn what is **your** optimum breakfast time to give you the best energy to fuel your day.

## Why I believe breakfast is the key meal of the day?

Whether you have it at 6am or 12pm it's the first chance for you to nourish your body since waking. You are literally breaking-the-fast. What you choose to eat for this meal can transform your day, and have a huge impact on your long term health. Make breakfast a pleasure that sets you up for the day...





# Tips for boosting your energy naturally...

## **Make your base complex**

We're talking oats, wholegrain bread (including sourdough and rye) barley and quinoa. Because these are complex carbohydrates they digest slowly in our gut, which means they release energy steadily over several hours. Imagine the cells of your body are like batteries. Complex carbs will fill up the battery bars with glucose unlike unrefined carbs (like white bread, cereals, breakfast bars and muffins) which give us a short burst of energy and leave us hungry an hour later. Carbs are also the main fuel for our brain - feeling sluggish with brain fog? Firstly, when did you last drink a glass of water? Did you include complex carbs in your last meal?



## **Let's talk protein**

Not only does protein give us very valuable energy, it's vital for repairing and healing our cells. When we exercise, we cause micro tears in our muscles - protein enters those cells and works to rebuild them. Want to get stronger in your yoga holds or strength workouts? Try to consciously add a palm sized portion of protein to your breakfast (lunch, and dinner). This could be eggs, salmon, greek yogurt, vegan yogurt or perhaps tofu. Nuts and seeds are also a good source of protein.



## Never skip healthy fats

Healthy fats are the mono and polyunsaturated fats (omega 3 and 6 fatty acids) that we find in avocado, olive oil, oily fish, nuts and seeds (in particular almonds, brazil nuts, cashews, flaxseeds, pecans and chia seeds are fabulous sources.) These fatty acids are vital for brain and heart health (helping regulate a healthy cholesterol level) cell metabolism, and they play a key role in the absorption of fat soluble vitamins such as vitamin A, C, K and E. They also slow the digestion of carbs and protein, helping to keep us fuller for longer. Keep nuts to about a thumb sized portion.



## Taste the Rainbow

We've covered the macronutrients: carbs, protein and fat, now let's save a thought for the vitamins and minerals which make up the micronutrients. Macronutrients are also great sources of minerals and various vitamins, but I'd like to pay special attention to two groups of vitamins.

- Vitamins C and E are powerful antioxidants which protect our cells from the effect of free radicals, guarding us against the effects of ageing and a host of degenerative diseases.
- B vitamins play a key role in energy metabolism.

How do we get these into our breakfasts? By simply eating a range of colourful fruits and leafy green vegetables every day. Dark berries, bananas, citrus fruits and spinach are fab sources. Add them to your porridge, smoothies or savoury breakfast dishes.



# The Breakfast Plan

## 5 Days of Energy Boosting Recipes



### RECIPE MENU

Quinoa Power Porridge

Chickpeas on Toast

Protein Bowl

Carrot Cake Bircher

Blueberry + Banana  
Smoothie

Breakfast is my favourite meal of the day, so I am very excited to be sharing these recipes with you. Easy recipes perfect for working families that can be enjoyed 'on-the-go' and importantly don't compromise on taste. I hope you enjoy them as much as I do, and start your day energised!

*Love Ev xxx*





## QUINOA POWER PORRIDGE (v g)

Servings: 1

Time to create: 10 minutes

Carbs 52g | Protein 18g | Fats 30g

### METHOD

1. Place the frozen fruit, lemon juice, cinnamon and honey in a small saucepan over a medium heat and cook for 8 minutes, stirring occasionally until piping hot, the fruit has started to break down, and the liquid is syrupy (approximately 8 minutes).

2. Meanwhile, prepare the porridge by placing the quinoa, oats, hemp seeds and chia seeds in a small saucepan over a medium heat. Stir regularly until the oat milk has been absorbed and has reached your desired consistency.

3. Pour into a bowl, top with the berry compote and flaked almonds and drizzle with peanut butter.

### TOP TIPS:

*Cook a big batch of quinoa at the weekend to save you time - great for lunches and is also required for Day 3 of this plan.*

*If you're at the office, the porridge can be cooked in the microwave. Cook for a minute at a time (on high), stirring each time until desired consistency is reached. You can either make the compote the night before (and pop in a Tupperware) or top with fresh berries instead.*

### INGREDIENTS

20g cooked quinoa

20g oats

1 Tbsp hulled hemp seeds

100ml oat milk

1 Tbsp peanut/almond butter

1 Tbsp chia seeds

10g flaked almonds

75g frozen berries

1 tsp honey

Juice of 1/4 of a lemon

Pinch of ground cinnamon





## CHICKPEAS ON TOAST (v g)

Servings: 4

Time to create: 30 minutes

Carbs 52g | Protein 22g | Fats 27g

*A great dish to batch cook at the weekend. Enjoy for breakfast and use leftovers for lunch later in the week (see top tips).*

### METHOD

1. Heat the oil in a pan over a medium heat. Add the onions and sauté for 5 minutes, or until softened.
2. Add the garlic and sauté for a further 2 minutes. Sprinkle in the spices and cook for 1 minute whilst continuously stirring.
3. Add the tinned tomatoes and a small pinch of salt. Allow the mixture to simmer on a low-medium heat for 15 minutes, or until thicker.
4. Add the chickpeas and cook for 1-2 minutes so that the chickpeas are warmed through.
5. Season with salt and pepper before serving on toasted bread, sprinkle with parsley and top with the cashews and hemp seeds.

### TOP TIPS:

*Roast the cashews in the oven for an extra crunch. The chickpeas also make a great lunch option - serve on a jacket potato or with quinoa and leaves.*

### INGREDIENTS

1 tin of chickpeas  
(drained)

1 tin of chopped  
tomatoes

1 white onion (diced)

1 tbsp olive oil

4 cloves of garlic  
(minced)

1/2 tsp smoked paprika

1/2 tsp chilli powder

1/2 tsp cumin

Salt and pepper to taste

4 slices wholemeal bread  
(toasted)

100g cashew nuts  
(chopped)

4 tbsp hemp seeds

A handful of fresh parsley  
(chopped)





## PROTEIN BOWL

(v)

Servings: 1

Time to create: Less than 5 minutes (quinoa and egg already prepared)

Carbs 37g | Protein 19g | Fats 44g

*Start your day with this hearty quinoa protein bowl. Adding quinoa to your dishes is a great way to boost your protein consumption (it's one of the few plant sources that contains all 9 amino acids).*

## METHOD

1. Place the spinach in a colander. Pour over boiling water. Drain and use hands to squeeze any excess liquid from the spinach.

2. Arrange quinoa, spinach, egg and avocado in a serving bowl or Tupperware (if enjoying on-the-go). Drizzle over lemon juice and olive oil. Top with almonds to serve.

## TOP TIPS:

*Pre-boil your eggs for speedy breakfast prep (and instant snacks!). In their shells hard boiled eggs can be stored in the fridge for up to one week, as can cooked quinoa. Store both in airtight containers.*

## INGREDIENTS

50g spinach

75g cooked quinoa  
(if enjoying at home can be warmed)

1/4 avocado (sliced)

5 cherry tomatoes  
(halved)

1 hard boiled egg (halved)

2 tbsp roasted almonds  
(unsalted)

1 tbsp olive oil

1 tsp fresh lemon juice





## CARROT CAKE BIRCHER (v g)

Servings: 1

Time to create: 5 minutes

Carbs 51g | Protein 19g | Fats 29g

*This recipe is like having dessert for breakfast, combining all your favourite flavours of carrot cake into a healthy breakfast jar (what's not to love!)*

### METHOD

1. Combine all ingredients (not including the toppings) in a resealable container and mix well. Refrigerate overnight.
2. In the morning top with yogurt and chopped walnuts.

### INGREDIENTS

1 carrot grated

25g porridge oats

80ml almond milk

1 tbsp chia seeds

1 tbsp almond butter  
1/4 tsp ground cinnamon  
and a pinch of nutmeg

A splash of vanilla  
essence

Toppings: 2 tbsp greek  
yogurt

1 tbsp chopped walnuts

### TOP TIPS:

*Make 3-4 days worth in one go saving you even more time - grab your perfectly balanced breakfast as you head out of the door!*





## BLUEBERRY + BANANA SMOOTHIE (v)

Servings: 1

Time to create: 5 minutes

Carbs 54g | Protein 22g | Fats 22g

*In a rush? This recipe takes less than 5 minutes and will ensure you are powered through till lunch. Blitz up and pop in a container to go.*

### METHOD

1. Pop all the ingredients in a blender and blitz until smooth.

### TOP TIPS:

*Use frozen fruit for a thicker smoothie.*

*If vegan, opt for soya yogurt due to it's higher protein content*

*For a hearty smoothie bowl instead of a smoothie, use 50-75ml less soy milk (so the mixture is much thicker), spoon into a bowl and top with 2 tbsp of granola.*

### INGREDIENTS

1 medium banana

60g blueberries

200ml soy milk

100g natural yogurt

1 tbsp chia seeds

1 tbsp peanut butter

1 tbsp oats

1 tbsp hemp hearts

Pinch of cinnamon