

Slimfast®

BREAKFAST RECIPES

PORRIDGE



Food	Qty	Description	Calories	Carbs	Protein	Fat
Maple syrup	12.6g	2 tpsps	32.8kcal	8.1g	0g	0.03g
Mixed berries - frozen	30g	1 tbsp	9kcal	1.9g	0.26g	0.06g
Greek yogurt - Low Fat, Plain	90g	2 tbsp	51kcal	3.1g	9.2g	0.18g
Flax seed (milled or whole)	9g	1 tbsp (milled)	46kcal	0.14g	2g	4.2g
Milk - semi-skinned	200g	1.25 instant	95kcal	9g	7g	3.4g
Oat flakes - rolled	40g	1/2 cup	149kcal	25.7g	4.4g	3.2g
Totals			382kcal	48g	22.8g	11.1g

EGGS ON TOAST



Food	Qty	Description	Calories	Carbs	Protein	Fat
Tomatoes - raw	130g	1 average sized	19.4kcal	3.9g	0.65g	0.13g
Wholegrain bread	66g	2 small slices	147kcal	20.7g	7.9g	3.7g
Chicken eggs - fried in sunflower oil	120g	2 average portions	240kcal	0g	17.6g	18.8g
Totals			407kcal	24.6g	26.1g	22.7g

AVOCADO EGGS



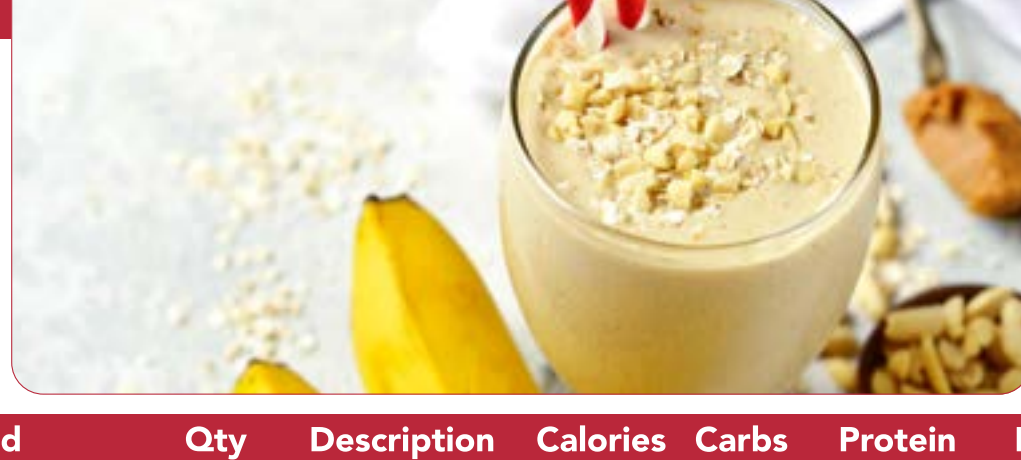
Food	Qty	Description	Calories	Carbs	Protein	Fat
Egg - fried in olive oil	60g	1 average portion	123kcal	0g	7.5g	10.3g
Bread - wholemeal	74g	2 medium slices	158kcal	28.3g	7g	1.9g
Avocado - flesh only	70g	1/2 avocado	133kcal	1.3g	1.3g	13.7g
Totals			414kcal	29.7g	15.8g	25.8g

OATABIX



Food	Qty	Description	Calories	Carbs	Protein	Fat
Mixed seeds	15g	1 tbsp	83kcal	2.3g	3.2g	6.8g
Bananas - flesh only	80g	1 small	69kcal	16g	0.96g	0.08g
Milk - semi-skimmed	135g	30-35g portion	64kcal	6.1g	4.7g	2.3g
Oatibix	48g	2 biscuits	187kcal	32.2g	6g	3.8g
Totals			403kcal	57g	14.9g	13g

BREAKFAST SMOOTHIE



Food	Qty	Description	Calories	Carbs	Protein	Fat
Whey protein powder	15g		57kcal	0.78g	12.2g	0.5g
Bananas - flesh only	80g	1 small	69kcal	16g	0.96g	0.08g
Milk - semi-skimmed	250g	1 cup/ serving	118kcal	11.3g	8.8g	4.3g
Peanut butter - smooth	14g	1 heaped teaspoon	85kcal	1.7g	3.2g	7.3g
Oat flakes - rolled	20g	2 tbsp	75kcal	12.9g	2.2g	1.6g
Totals			403kcal	43g	27.3g	13.7g

SLIMFAST BREAKFAST SMOOTHIE



Food	Qty	Description	Calories	Carbs	Protein	Fat
Mixed seeds	15g	1 tbsp	83kcal	2.3g	3.2g	6.8g
Mixed berries - frozen	140g	1 cup	42kcal	8.7g	1.2g	0.28g
Bananas - flesh only	80g	1 small	69kcal	16g	0.96g	0.08g
SlimFast chocolate flavour shake	325ml	1 per pack	192kcal	21.5g	15g	5.2g
Totals			386kcal	48g	20.3g	12.3g

HEALTHY FRY



Food	Qty	Description	Calories	Carbs	Protein	Fat
Tomatoes - raw	130g	1 average sized	19.4kcal	3.9g	0.65g	0.13g
Baked beans - canned in tomato sauce	40g	1 tbsp	32kcal	5.6g	2g	0.2g
Bread - wholemeal, toasted	32g	1 medium slice	80kcal	14.4g	3.6g	0.93g
Egg - fried in olive oil	60g	1 average portion	123kcal	0g	7.5g	10.3g
Bacon rashers, grilled	50g	2 pieces	144kcal	0g	11.6g	10.8g
Totals			398kcal	23.8g	25.3g	22.4g

Plan Total: 2792kcal 274g 153g 121g