

BY THEMAKSNOWAK

# HEALTHY EATING

Made Simple!

5 ideas for a perfect breakfast

Macros included



In this PDF I included some of my favourite breakfasts.  
To make it easier for you I added all the macros.  
Remember your diet is a huge component of your health

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# BREAKFAST NO. 1

## *Yogurt with Fruits*

### Ingredients:

- Greek yogurt 250g
- Protein powder 30g
- Apples 150g
- Chia seeds 10g



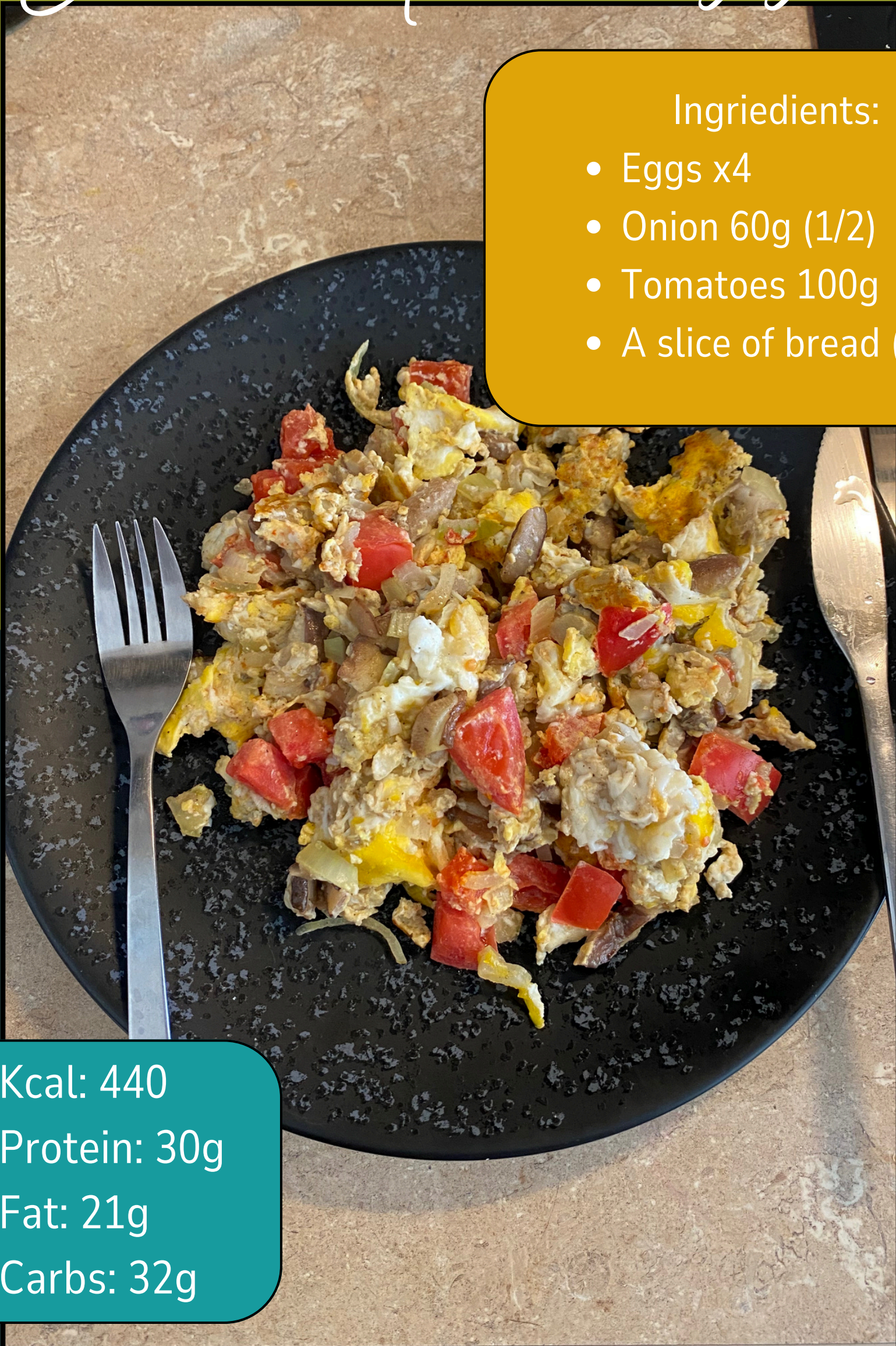
- Kcal: 550
- Protein: 35g
- Fat: 29g
- Carbs: 37

Start with combining greek yogurt with protein powder then add the rest.

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# BREAKFAST NO. 2

## Scrambled Eggs



### Ingredients:

- Eggs x4
- Onion 60g (1/2)
- Tomatoes 100g
- A slice of bread (30g)

- Kcal: 440
- Protein: 30g
- Fat: 21g
- Carbs: 32g

I have an unconventional way of making scrambled eggs

I start steam frying my onions under a lid with some water. After about 7 min I add tomatoes and 2 min later eggs. Serve with a slice of bread.

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# BREAKFAST NO. 3

## *Pancakes*



- Kcal: 650
- Protein: 45g
- Fat: 69g
- Carbs: 21g

### Ingredients:

- Eggs x2
- Oats 40g
- Rape banana 100g
- Protein powder 30g
- Clarified butter 7g
- Maple syrup 25g

Perfect cheat meal doesn't exi...

First warm up your pan and add butter. Next in a mixer blend bananas, eggs, oats and protein powder. Once you have a uniform consistency pour it on a pan. Serve with maple syrup or honey (honey has more kcal)

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# BREAKFAST NO. 4

## Avocado Toast

### Ingredients:

- Eggs x2
- Toasts x2
- Avocado 70g (1/2)
- Fresh chives 5-10g



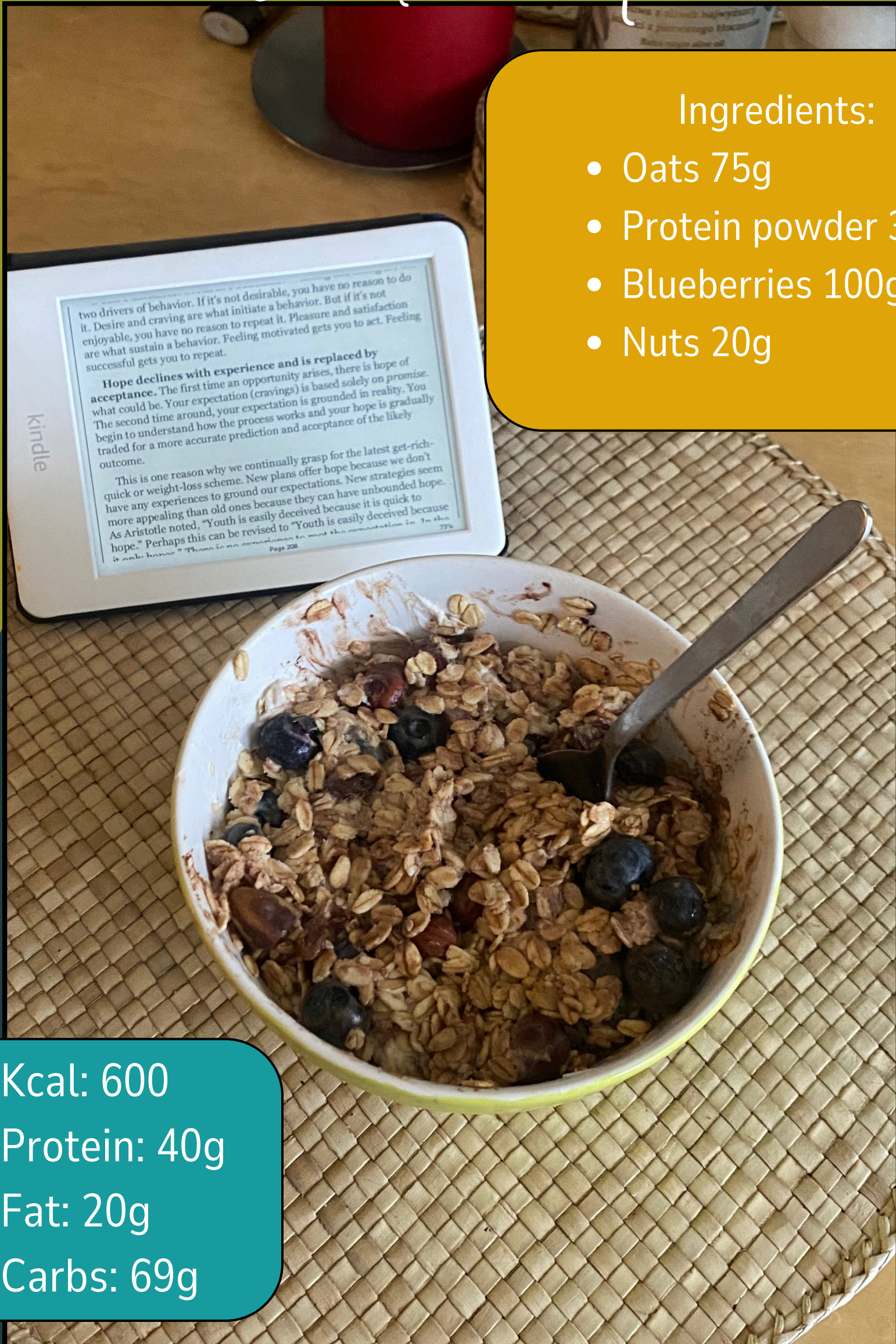
- Kcal: 390
- Protein: 18g
- Fat: 22g
- Carbs: 31g

First boil two eggs, meanwhile make toasts and mash an avocado. At the end sprinkle with fresh chives. If you want more protein you can do this breakfast with 3 eggs

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# BREAKFAST NO. 5

## Oatmeal



### Ingredients:

- Oats 75g
- Protein powder 30g
- Blueberries 100g
- Nuts 20g

- Kcal: 600
- Protein: 40g
- Fat: 20g
- Carbs: 69g

Boil some water and soak the oats in a bowl overnight. In the morning add all the ingredients and mix it. That's probably the quickest breakfast to do and it's delicious!