



Breakfast of Champions



KNOCKOUT SCRAMBLED EGGS



THE REAL DEAL'S PROTEIN PANCAKES



ROCKY'S BREAKFAST BURRITO



SUGAR RAY'S OVERNIGHT CHOCOLATE OATS



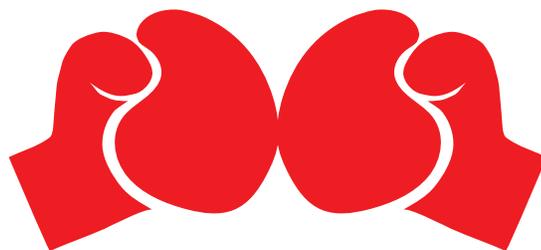
I AM THE GREATEST PROTEIN SHAKE



PAC MAN'S POACHED EGGS



SMOKIN' JOE'S SALMON & AVOCADO





KNOCKOUT SCRAMBLED EGGS

Ingredients:

- 2x whole eggs
- 2x egg whites
- 20g spinach
- 1x medium Tomato
- 1x Green Chilli
- 25g mixed super seeds
- 10g feta cheese
- 2x whole wheat toast



Preparation:

- Dice tomatoes into in to small cubes
- Finley chop chilli
- Wash spinach and drain

Cooking instructions:

Heat one teaspoon of coconut oil in a large frying pan. Whisk whole eggs and egg whites, add black pepper for taste, Add the tomato and chilli to the eggs mixture and pour into the pan, stir continuously to break down the egg mixture, add the super seeds and spinach and fry until mixture is firm. When the scramble eggs are done, place on the plate with the toast and sprinkle the feta cheese on top. Enjoy!





THE REAL DEAL'S PROTEIN PANCAKES

Ingredients:

¼ cup of oats

2 whole eggs

2 egg whites

1 banana,

½ a cup of almond milk

1 scoop of whey protein powder (or however many scoops give you 20 grams of protein)

Coconut oil as needed



Preparation:

Measure ingredients and place to one side

Chop bananas

Separate egg whites

Mush bananas

Cooking instructions:

Place rolled oats into food processor and ground to a flour. Blend eggs, banana until smooth. Place the mix into a large bowl. Stir protein powder and ground oats into the mix.

Heat coconut oil in a skillet over low heat, drop about a ¼ cup per pancake into the skillet and cook for 3 to 4 minutes, flip and cook until brown on both sides. Serve and enjoy!

ROCKY'S BREAKFAST BURRITO:

Ingredients:

1 whole wheat tortilla

2 whole eggs

2 egg whites

1 lettuce leaf

¼ cup of salsa

2 table spoons of black beans.

Coconut oil

Preparation:

Whisk eggs

Wash and shred lettuce

Cooking instructions:

Place a small amount of coconut oil into a skillet, pour in whisked eggs, and scramble the eggs.

Lay out tortilla on a large plate line with the black beans, place the scrambled eggs onto the black beans, add 2 tbsp of salsa, sprinkle with lettuce, roll it up serve and enjoy!



SUGAR RAY'S OVERNIGHT CHOCOLATE OATS

Ingredients:

¼ cup of oats

1 scoop of chocolate protein powder

{20 grams of protein}

1 table spoon of natural peanut butter

1 cup of almond milk

1 ripe banana chopped

Preparation:

Place all the ingredients except the rolled oats into a blender and blend until smooth.

Instructions:

Pour the mixture into the oats and mix well.
Place into a lidded container and the into the fridge for around 8 hours or overnight





I AM THE GREATEST'S PROTEIN SHAKE!

Ingredients:

One large glass almond milk

½ a banana

¼ cup of strawberries

1 scoop of whey protein powder to equal 20 grams of protein

Preparation:

Measure

Wash strawberries

Peel banana

Cooking instructions:

Place the banana, strawberries and almond milk into a blender, blend until smooth , serve and enjoy



PAC MAN'S POACHED EGGS:

Ingredients:

2 whole eggs

2 whole wheat slices of bread

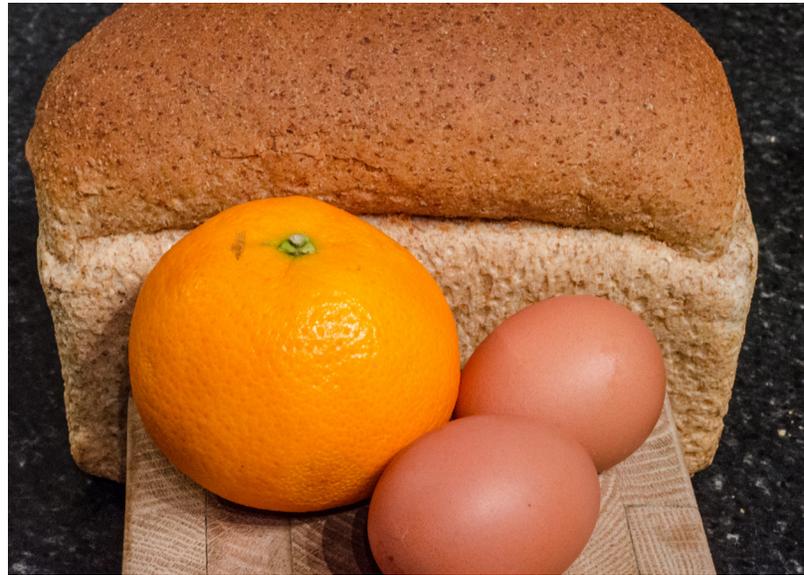
1 orange

Preparation:

Cut up orange into quarters

Cooking instructions:

Place whole eggs into the poacher, toast bread. Place the poached eggs onto the toast, with an orange on a side plate. Serve and enjoy



SMOKIN' JOE'S SALMON AND AVOCADO:

Ingredients:

2 slices of whole wheat bread

100g of smoked salmon

1 avocado,

½ a lemon

Preparation:

No preparation needed

Cooking instructions:

Toast whole wheat bread, cut the avocado into quarters, place the smoked salmon onto the toast, squeeze the lemon onto the smoked salmon and serve with the avocado. Enjoy

