

EXCLUSIVE GUIDE

HEALTHY GIRL BREAKFASTS

HIGH PROTEIN LOW CALORIE BREAKFAST RECIPES FOR GIRLS WHO
WANT TO FEEL GOOD & LOOK GOOD



RECIPES

- ① BANANA BREAD BAKED OATS
- ② BISCOFF FRENCH TOAST ROLLS
- ③ PROTEIN APPLE CRUMBLE
- ④ PANCAKE TACOS
- ⑤ LOADED AVOCADO
HASHBROWNS

BANANA BREAD BAKED OATS

INGREDIENTS

35g oats
200g whey protein powder (vanilla)
30g fage yoghurt
1 tsp biscoff
1/2 banana
1/2 tsp baking powder



PREP

1. Place the oats, baking powder, yoghurt + shake into a bowl and mix
2. Pour into an oven proof dish and top with chopped bananas
3. Air fry (or bake if you can) for 12 mins approx.
4. Top with BISCOFF

MACROS

Calories 276
Protein 34g

BISCOFF FRENCH TOAST ROLLS

INGREDIENTS

- 6 slices of wholemeal bread
- 30g of whey protein
- 50 ml semi skimmed milk
- 2-3 eggs
- pinch of cinnamon
- 15g biscoff spread



PREP

1. slice your pieces of bread into long quarters and spread with biscoff. roll them up and set to the side
2. make your wet mix with 2 eggs, whey protein and cinnamon
3. Dip your bread into the mix and fry on a frying pan on low heat until golden brown
4. Serve on a plate with extra biscoff on the side

MACROS

(serves 2)
Calories 450
Protein 29g

PROTEIN APPLE CRUMBLE

INGREDIENTS

- 2 x small apples
- 1 tsp coconut oil
- 30g maple syrup
- 30g oats
- pinch cinnamon
- Splash water
- 1 x protein pudding (vanilla)

PREP

1. Chop and dice both apples.
2. Pop into a bowl with 1/2 the (melted) coconut oil, 1/2 maple syrup and cinnamon.
3. Mix together the oats, the rest of the syrup + coconut oil and a splash of water.
4. Layer the apple mix and then the crumble on top.
5. Cook at 180 for 15-20 mins.
6. Serve with protein pudding.

MACROS

Calories 280

Protein 13g



PANCAKE TACOS

INGREDIENTS

- 30g instant oats
- 30g protein powder
- 1 scoop of flav powder
- 1 egg
- 40g greek yog 0%
- 70ml almond milk
- 1/2 tsp baking powder



PREP

1. It's simple, mix the wet with the dry (whisk well)
2. Using oil spray, spray a pan on a low to medium heat
3. Flip once bubbles start forming
4. Fill and serve

MACROS

Calories 330
Protein 38g

LOADED AVOCADO HASHBROWNS

INGREDIENTS

- 3 x hash browns (frozen)
- 50g avocado
- 3 x rashers bacon
- 1/4 red onion
- pinch of garlic granules
- optional chilli flakes



PREP

1. Pop the hash browns them into the oven for 20-25 mins (or as instructed)
2. Chop up the onion and slice up the avocado
3. Mash it together with the garlic granules (+salt n pepper)
4. Grill or fry the bacon until cooked through and serve all together

MACROS

Calories 391
Protein 15g

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