



Breakfast Recipe Pack

Ham, Cheese and Mushroom Omelette



Serves: 1



Prep Time 5 mins



Cook Time: 10 mins

Carbohydrates: 5 grams **Fat:** 36 grams **Protein:** 32 grams

Ingredients:

- 100g mushrooms
- 2 slices of good quality ham
- 4 tbsp grated cheese
- 3 eggs
- 1 tbsp butter
- Salt and pepper

Instructions:

1. Whisk eggs with salt and pepper.
2. Cook eggs in melted butter on high heat.
3. Add chopped ham, mushrooms, and cheese when eggs firm up.
4. Grill for 5 mins and serve



Tip: Serve with salad and balsamic vinaigrette!



Low Carbohydrate Granola



Serves: 10



Prep Time 5 mins



Cook Time: 30 mins

Carbohydrates: 9 grams **Fat:** 23 grams **Protein:** 13 grams

Ingredients:

- 75g flaked almonds
- 75g crushed hazelnuts
- 75g pumpkin seeds
- 75g sunflower seeds
- 75g walnuts
- 5 tbsp melted coconut oil
- 2 tbsp agave syrup
- 125g Greek yogurt (for serving)

Instructions:

1. Mix all ingredients and bake at 180°C for 30 minutes.
2. Stir occasionally and cool before serving. Stir occasionally and cool before serving.



Tip: When the granola is baking in the oven, make sure you stir every 5–8 minutes to prevent the top layer from burning.



Mushroom Bacon Tomatoes



Serves: 1



Prep Time 3 mins



Cook Time: 10 mins

Carbohydrates: 5 grams **Fat:** 23 grams **Protein:** 16 grams

Ingredients:

- 2 unsmoked rashers
- 1 tomato or 6 cherry tomatoes
- 70g mushrooms
- 2 tsp extra virgin coconut oil

Instructions:

1. Fry mushrooms and tomatoes in coconut oil for 3-6 minutes.
2. Cook rashers in the same pan for 4-6 minutes. Serve immediately.



Greek Yoghurt, Nuts and Berries



Serves: 1



Prep Time 5 mins



Cook Time: 0 mins

Carbohydrates: 12 grams **Fat:** 32 grams **Protein:** 17 grams

Ingredients:

- 125g Greek yogurt
- 40g mixed crushed nuts
- 10 fresh raspberries
- 3 fresh strawberries
- Cinnamon/ low carb sweetener (optional)

Instructions:

1. Layer yogurt, nuts, and berries in a bowl.



Tip: To increase your fat intake, choose higher fat nuts such as pecan, brazil and macadamia.



Scrambled Eggs, Smoked Salmon



Serves: 1



Prep Time 5 mins



Cook Time: 3 mins

Carbohydrates: 2 grams **Fat:** 36 grams **Protein:** 29 grams

Ingredients:

- 80g avocado
- 2 medium eggs
- 60g smoked salmon
- 1 tsp butter
- Salt and pepper

Instructions:

1. Melt butter in a pan and cook beaten eggs until fluffy.
2. Serve with sliced avocado, smoked salmon, and season to taste

