

Fuel up with a high-protein breakfast

Forget nutritiously defunct cereals and pastries for breakfast. You want something that is going to balance your blood glucose levels and satisfy your needs in the morning. Here are some tasty suggestions to change how you will feel through the day.





The Importance of Protein-Packed Mornings

- 1 Sustained Energy**
Protein takes longer to digest, providing steady energy instead of an insulin spike and crash.
- 2 Muscle Maintenance**
Protein helps repair and build muscle, keeping your body strong and fit.
- 3 Appetite Control**
Protein-rich meals keep you feeling full for longer, preventing mid-morning cravings.
- 4 Hormones, Enzymatic processes, Neurotransmitters**
Protein is not just about muscle! It's involved in thousands of processes in the body many that influence our mental health.

Dispel the breakfast myth

Cut the sugar

Unfortunately, the image of breakfast in most households is still toast and jam or sugary cereals. These breakfasts are setting you up for failure and will make your blood glucose levels spiral out of control which we don't want (especially for breakfast!).

Anything goes and got no time?

If you had a delicious healthy, protein rich dinner and there are leftovers in the fridge, why not have them for breakfast? Remember: it doesn't have to be toast or cereal or just coffee!!

Other macros

Include other essential macros on your plate to compliment the protein. These include healthy fats and complex carbs. Think avocado, nuts, seeds, olive oil, wholegrains, vegetables and some fruit.

Greek (soya)Yogurt with Berries and Nuts

* If going for a soya yogurt (sorry oat or coconut do not cut it for protein), then find a brand that doesn't have any extra added rubbish. SOJADE is a great French brand I highly recommend.

Protein-Rich

Greek yogurt contains twice the protein of regular yogurt, keeping you full and satisfied.

Antioxidants

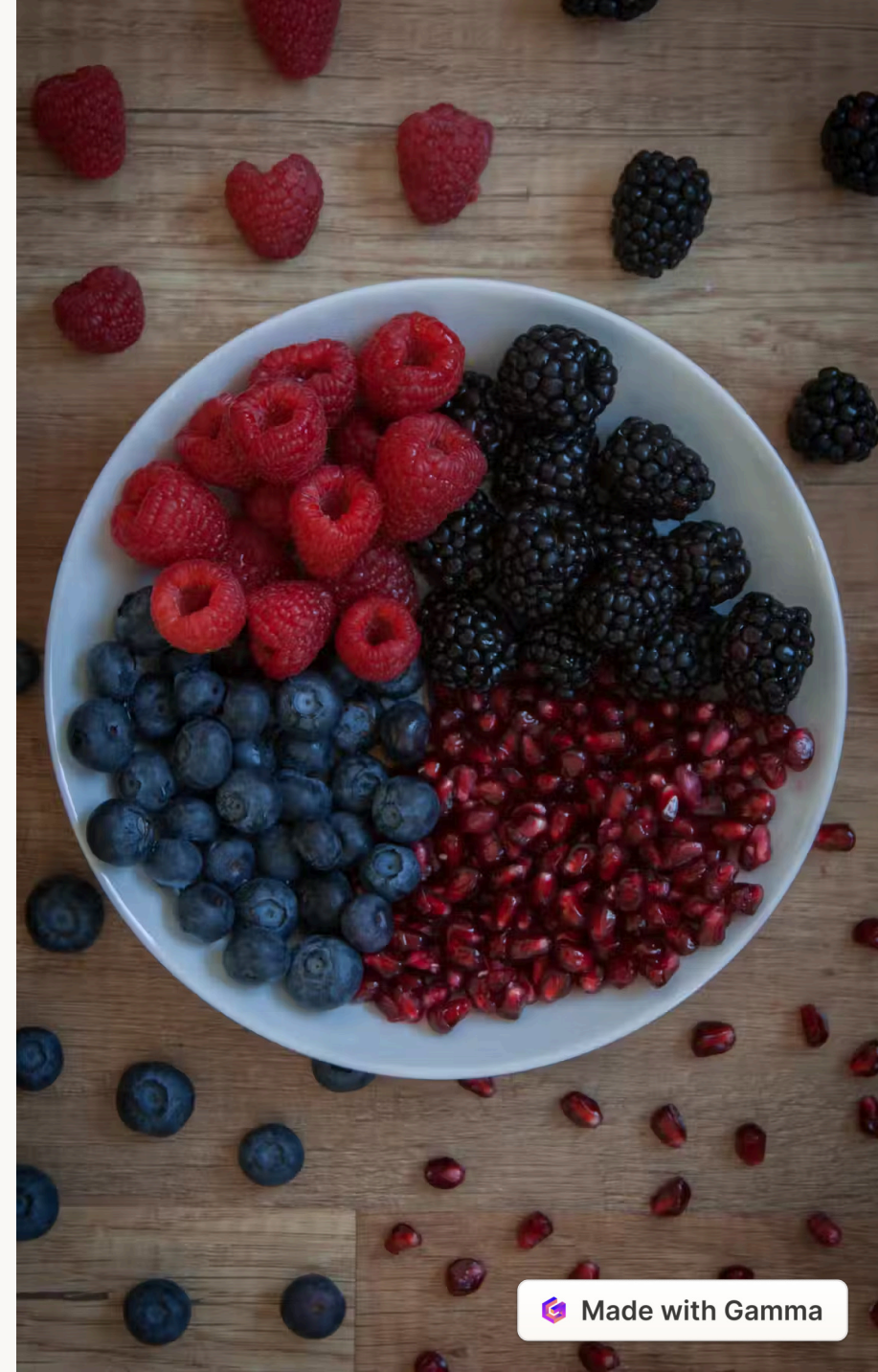
Berries are loaded with essential vitamins, minerals and antioxidants for overall health.

Healthy Fats

Nuts provide a boost of healthy fats, fibre and additional protein.

Probiotic Benefits

The live cultures in yogurt support gut health and digestion.





SHAKSHUKA

Shakshuka, a Middle Eastern dish made with poached eggs simmered in a flavourful tomato sauce, is another protein-rich breakfast option. Add chickpeas for some plant based protein and fibre. Pair it with a slice of wholegrain sourdough bread for some more complex carbs and you have a satisfying and balanced breakfast.



Avocado and Poached Eggs on sourdough with spinach and tomatoes



Healthy Fats

Boost heart health with avocado's healthy monounsaturated fats.



Protein Powerhouse

Enjoy a simple protein boost from perfectly poached eggs. Remember though, eggs only contain 6g of protein each so go for three.



Whole Grains

Get sustained energy and added nutrients from whole grain toast.



Choose ethically

Please choose kind eggs from reputable suppliers. The red tractor is not a good indicator. Please check my website for kind eggs.



Black Beans, Avocado and Sweet Potato

Black Beans

High in protein and fibre, black beans are a nutritious base for this meal.

Avocado

Creamy avocado adds healthy fats, fibre and a delicious creaminess.

Sweet Potato

Roasted sweet potato provides complex carbs, vitamins and minerals.

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Protein Smoothies with Spinach and Almond Milk

1

Leafy Greens

Spinach and other greens add vitamins, minerals, and antioxidants. Try and always use organic spinach/kale as non-organic sadly soak up all the pesticides.

2

Protein Powder

Boost the smoothie's staying power with a scoop of protein powder. You can also add other powders such as maca, cinnamon, cacao, acai, mushrooms, turmeric. Aim for organic brands that have been tested for toxins (it's a thing).

3

Nut Milk

Unsweetened almond milk creates a creamy, dairy-free base. Try and buy more ethical brands that are organic and the almonds are grown in Europe. Plenish is a good option with no other added nonsense and good ethics.



Chickpea Pancake with Tofu and vege

This recipe is a great source of protein and fibre.

The chickpea pancake is a delicious and satisfying base for all kinds of toppings.

Load up on some delicious filling tofu and your favourite vegetables for a nutritious and vibrant meal.





Conclusion: Start Your Day the High-Protein Way

1 **Fuel Your Body**
High-protein breakfasts give you sustained energy and nourishment to tackle your day.

2 **Support Your Health**
Protein-rich meals support muscle maintenance, appetite control and overall wellbeing.

3 **Endless Possibilities**
From classic eggs to creative smoothie bowls, the options for a high-protein breakfast are endless.