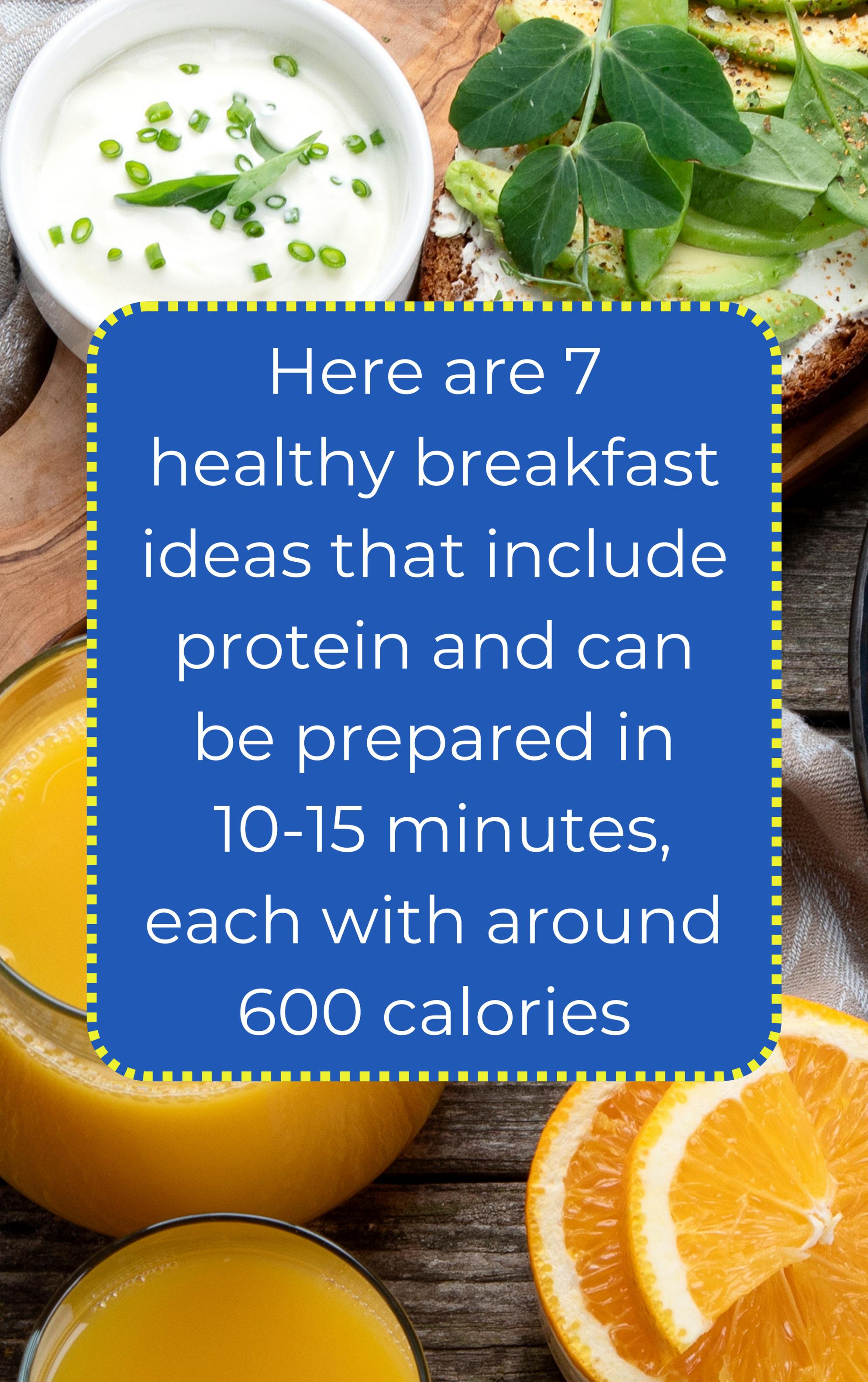


7-Day Meal Plan

Healthy Breakfast



Graham King
Fitness Coach



Here are 7
healthy breakfast
ideas that include
protein and can
be prepared in
10-15 minutes,
each with around
600 calories

Avocado toast with scrambled eggs



Shopping list

1 avocado, 2 slices of whole grain bread, 2 eggs

Recipe

Mash half an avocado onto each slice of toast.

In a small pan, scramble 2 eggs until fully cooked. Top the avocado toast with the scrambled eggs.

Greek yogurt parfait with berries and nuts



Shopping list

1 cup Greek yogurt, 1 cup mixed berries, 1/4 cup nuts (such as almonds or walnuts)

Recipe

In a jar or bowl, layer 1/2 cup Greek yogurt, 1/2 cup mixed berries, and 2 tablespoons nuts.

Repeat the layers.

Overnight oats with chia seeds and fruit



Shopping list

1/2 cup rolled oats, 1/2 cup milk (dairy or non-dairy), 1/2 cup diced fruit (such as apples or berries), 1 tablespoon chia seeds

Recipe

In a jar or bowl, combine the oats, milk, fruit, and chia seeds. Mix well and refrigerate overnight. In the morning, add a drizzle of honey or a sprinkle of cinnamon if desired.

Smoothie bowl with spinach and protein powder



Shopping list

1 cup frozen fruit (such as mango or berries), 1 cup spinach, 1 scoop protein powder, 1 cup milk (dairy or non-dairy)

Recipe

In a blender, combine the frozen fruit, spinach, protein powder, and milk. Blend until smooth. Pour into a bowl and top with additional fruit and nuts if desired.

Egg muffins with vegetables



Shopping list

6 eggs, 1 cup chopped vegetables (such as bell peppers, onions, and spinach), 1/2 cup shredded cheese (optional)

Recipe

Preheat the oven to 350°F (180°C). In a bowl, whisk together the eggs and vegetables. Pour the mixture into a muffin tin lined with muffin cups. Top with shredded cheese if using. Bake for 20-25 minutes, or until the muffins are fully cooked and set.

Whole grain waffles w/ peanut butter and banana



Shopping list

1/2 cup whole grain waffle mix, 1/2 cup water, 1
tablespoon peanut butter, 1 banana

Recipe

Follow the instructions on the waffle mix package to prepare the waffle batter. Cook the waffles according to the instructions on the waffle maker. Top the waffles with peanut butter and sliced banana.

Tofu scramble with vegetables



Shopping list

1 block tofu, 1 cup chopped vegetables (such as bell peppers, onions, and tomatoes), 1 tablespoon oil (such as olive or avocado), spices (such as turmeric, paprika, and cumin)

Recipe

In a pan, heat the oil over medium heat. Crumble the tofu into the pan and add the vegetables. Cook until the vegetables are tender and the tofu is fully heated. Add in your desired spices and mix well. Serve hot.