

# Breakfast Recipe Book

## Introduction

This recipe book provides 25 high-protein breakfast meals for a 20-year-old male in the UK, supporting a 2700-calorie daily goal with 120–150g protein to promote hair health (via biotin, zinc, omega-3s) and muscle recovery from daily gym workouts. Designed for picky eaters avoiding onions, garlic, leeks, and salads, these meals are tasty, easy to prepare (30–45 min), budget-friendly (£2–£4/meal at Tesco/Sainsbury's), and balanced in carbs (40–50

## 1 Meal List

Below are the names of all 25 breakfast meals. Browse to find what looks tasty, then check the corresponding section for the full recipe.

1. Peanut Butter Banana Oat Bowl
2. Greek Yoghurt Berry Parfait
3. Scrambled Egg and Avocado Toast
4. Protein Pancakes with Berries
5. Chocolate Protein Smoothie Bowl
6. Egg and Spinach Muffin
7. Almond Butter Apple Porridge
8. Turkey Bacon and Egg Wrap
9. Cottage Cheese Fruit Bowl
10. Banana Protein Waffles
11. Smoked Salmon Bagel
12. Chia Seed Pudding with Mango
13. Egg and Cheese Croissant
14. Blueberry Protein Muffins
15. Peanut Butter Toast with Eggs
16. Greek Yoghurt with Granola
17. Sweet Potato and Egg Hash

18. Protein Overnight Oats
19. Turkey Sausage Breakfast Bowl
20. Apple Cinnamon Porridge
21. Egg and Veggie Scramble
22. Protein French Toast
23. Mango Smoothie Bowl
24. Cottage Cheese Pancakes
25. Almond Milk Protein Shake

## 2 Breakfast Recipes

Each breakfast recipe (400–600 kcal, 25–35g protein) is designed to kickstart your day with energy and micronutrients like biotin (eggs), zinc (nuts), and omega-3s (chia seeds).

### 2.1 Peanut Butter Banana Oat Bowl

#### Overview

A creamy, filling oatmeal bowl with peanut butter and banana, providing sustained energy and hair-healthy biotin and potassium.

**Calories:** 550 kcal

**Carbs:** 70g (51%)

**Fats:** 20g (33%)

**Protein:** 25g (16%)

#### Ingredients (Serves 1):

- 50g rolled oats
- 200ml almond milk
- 1 medium banana (120g), sliced
- 2 tbsp peanut butter (30g)
- 1 tbsp chia seeds (10g)
- 1 tsp honey
- Pinch of salt

#### Preparation (15 min):

1. In a small pot, combine oats, almond milk, and salt. Cook over medium heat, stirring, for 5–7 min until thickened.
2. Transfer to a bowl. Top with sliced banana, peanut butter, chia seeds, and a drizzle of honey.
3. Serve warm. Prep ahead: Cook oats the night before, reheat with a splash of milk.

## 2.2 Greek Yoghurt Berry Parfait

### Overview

A quick, protein-packed parfait with Greek yoghurt, berries, and granola, rich in protein and antioxidants for hair health.

**Calories:** 500 kcal

**Carbs:** 60g (48%)

**Fats:** 15g (27%)

**Protein:** 30g (25%)

### Ingredients (Serves 1):

- 200g Greek yoghurt (full-fat)
- 100g mixed berries (strawberries, blueberries)
- 50g granola
- 1 tbsp almonds (10g), chopped
- 1 tsp honey

### Preparation (5 min):

1. In a glass or bowl, layer half the Greek yoghurt, followed by half the berries and granola.
2. Repeat layers. Top with chopped almonds and a drizzle of honey.
3. Serve immediately. Prep ahead: Store layers separately, assemble in the morning.

## 2.3 Scrambled Egg and Avocado Toast

### Overview

Hearty wholemeal toast topped with creamy avocado and scrambled eggs, offering protein and healthy fats.

**Calories:** 520 kcal

**Carbs:** 50g (38%)

**Fats:** 25g (43%)

**Protein:** 25g (19%)

### Ingredients (Serves 1):

- 2 large eggs
- 2 slices wholemeal bread (80g)
- 1/2 avocado (70g)
- 1 tbsp olive oil
- Pinch of salt and pepper

### Preparation (10 min):

1. Toast bread slices. Mash avocado with a pinch of salt, spread on toast.
2. Whisk eggs with salt and pepper. Heat olive oil in a pan over medium heat, scramble eggs for 2–3 min until soft.
3. Spoon eggs over avocado toast. Serve warm.

## 2.4 Protein Pancakes with Berries

### Overview

Fluffy pancakes made with protein powder and topped with berries, perfect for a high-protein start.

**Calories:** 560 kcal

**Carbs:** 65g (46%)

**Fats:** 15g (24%)

**Protein:** 35g (30%)

### Ingredients (Serves 1):

- 30g whey protein powder (vanilla)
- 50g rolled oats, blended into flour
- 1 large egg
- 100ml almond milk
- 100g mixed berries
- 1 tsp baking powder
- 1 tbsp olive oil

### Preparation (20 min):

1. Blend oats into flour. Mix with protein powder, baking powder, egg, and almond milk to form a batter.
2. Heat olive oil in a non-stick pan over medium heat. Pour batter to make 3–4 small pancakes, cook 2–3 min per side.
3. Serve with berries on top. Prep ahead: Make batter the night before.

## 2.5 Chocolate Protein Smoothie Bowl

### Overview

A thick, chocolatey smoothie bowl with protein powder and banana, topped with nuts for crunch and zinc.

**Calories:** 530 kcal

**Carbs:** 60g (45%)

**Fats:** 20g (34%)

**Protein:** 30g (21%)

### Ingredients (Serves 1):

- 30g whey protein powder (chocolate)
- 1 medium banana (120g)
- 200ml almond milk
- 1 tbsp peanut butter (15g)
- 10g walnuts, chopped
- 1 tsp cocoa powder

### Preparation (5 min):

1. Blend banana, protein powder, almond milk, peanut butter, and cocoa powder until smooth and thick.
2. Pour into a bowl. Top with chopped walnuts.
3. Serve immediately. Prep ahead: Blend and store in fridge overnight.

## 2.6 Egg and Spinach Muffin

### Overview

A savory muffin with egg and spinach, packed with protein and iron for a nutritious start.

**Calories:** 480 kcal

**Carbs:** 45g (37%)

**Fats:** 20g (37%)

**Protein:** 25g (26%)

### Ingredients (Serves 1):

- 2 large eggs
- 1 wholemeal English muffin (60g)
- 50g spinach
- 1 tbsp olive oil
- 20g cheddar cheese, grated
- Salt, pepper

### Preparation (15 min):

1. Sauté spinach in 1/2 tbsp olive oil for 2 min until wilted.
2. Whisk eggs with salt and pepper, add to pan with spinach, scramble for 2–3 min. Toast muffin.
3. Top muffin halves with egg mixture, sprinkle cheese, drizzle with remaining olive oil. Serve warm.



## 2.7 Almond Butter Apple Porridge

### Overview

Warm porridge with almond butter and apple, offering carbs and healthy fats for energy.

**Calories:** 510 kcal

**Carbs:** 65g (51%)

**Fats:** 20g (35%)

**Protein:** 15g (14%)

### Ingredients (Serves 1):

- 50g rolled oats
- 200ml almond milk
- 1 medium apple (150g), diced
- 1 tbsp almond butter (15g)
- 1 tsp cinnamon
- 1 tsp honey
- Pinch of salt

### Preparation (15 min):

1. In a pot, combine oats, almond milk, diced apple, cinnamon, and salt. Cook over medium heat for 5–7 min, stirring, until thickened.
2. Transfer to a bowl, stir in almond butter, drizzle with honey.
3. Serve warm. Prep ahead: Cook oats and apple the night before.

## 2.8 Turkey Bacon and Egg Wrap

### Overview

A protein-packed wrap with turkey bacon and eggs, perfect for a quick breakfast.

**Calories:** 490 kcal

**Carbs:** 40g (33%)

**Fats:** 20g (37%)

**Protein:** 30g (30%)

### Ingredients (Serves 1):

- 2 large eggs
- 2 slices turkey bacon (40g)
- 1 wholemeal tortilla (60g)
- 1 tbsp olive oil
- Salt, pepper

### Preparation (15 min):

1. Heat 1/2 tbsp olive oil in a pan, cook turkey bacon for 2–3 min per side until crispy. Remove and set aside.
2. Whisk eggs with salt and pepper, scramble in the same pan with remaining olive oil for 2–3 min.
3. Fill tortilla with eggs and bacon, roll up. Serve warm.

## 2.9 Cottage Cheese Fruit Bowl

### Overview

A refreshing bowl with cottage cheese and mixed fruits, high in protein and vitamins.

**Calories:** 450 kcal

**Carbs:** 50g (44%)

**Fats:** 10g (20%)

**Protein:** 30g (36%)

### Ingredients (Serves 1):

- 200g cottage cheese
- 100g mixed fruits (mango, berries)
- 1 tbsp chia seeds (10g)
- 1 tsp honey

### Preparation (5 min):

1. Spoon cottage cheese into a bowl.
2. Top with mixed fruits, sprinkle chia seeds, drizzle with honey.
3. Serve immediately. Prep ahead: Chop fruits in advance.

## 2.10 Banana Protein Waffles

### Overview

Crispy waffles made with protein powder and banana, topped with peanut butter for extra protein.

**Calories:** 570 kcal

**Carbs:** 60g (42%)

**Fats:** 20g (32%)

**Protein:** 35g (26%)

### Ingredients (Serves 1):

- 30g whey protein powder (vanilla)
- 1 medium banana (120g), mashed
- 1 large egg
- 50g rolled oats, blended into flour
- 1 tsp baking powder
- 1 tbsp peanut butter (15g)
- 1 tbsp olive oil

### Preparation (20 min):

1. Blend oats into flour. Mix with protein powder, baking powder, mashed banana, and egg to form a batter.
2. Heat a waffle iron, brush with olive oil. Pour batter, cook for 3–4 min until golden.
3. Serve with peanut butter on top. Prep ahead: Make batter the night before.

## 2.11 Smoked Salmon Bagel

### Overview

A wholemeal bagel with smoked salmon and cream cheese, rich in omega-3s and protein.

**Calories:** 510 kcal

**Carbs:** 60g (47%)

**Fats:** 15g (26%)

**Protein:** 30g (27%)

### Ingredients (Serves 1):

- 1 wholemeal bagel (90g)
- 50g smoked salmon
- 2 tbsp cream cheese (30g)
- 50g cucumber, sliced

### Preparation (5 min):

1. Toast bagel halves.
2. Spread cream cheese on each half, layer with smoked salmon and cucumber slices.
3. Serve immediately.

## 2.12 Chia Seed Pudding with Mango

### Overview

A creamy chia seed pudding with mango, providing omega-3s and fiber for a healthy start.

**Calories:** 460 kcal

**Carbs:** 55g (48%)

**Fats:** 15g (29%)

**Protein:** 15g (23%)

### Ingredients (Serves 1):

- 3 tbsp chia seeds (30g)
- 200ml almond milk
- 100g mango, diced
- 1 tsp honey

### Preparation (5 min + overnight):

1. Mix chia seeds and almond milk in a bowl, stir well. Let sit overnight in the fridge.
2. Stir again in the morning, top with diced mango, drizzle with honey.
3. Serve cold. Prep ahead: Make multiple servings for the week.

### 2.13 Egg and Cheese Croissant

#### Overview

A flaky croissant filled with egg and cheese, offering protein and carbs for energy.

**Calories:** 520 kcal

**Carbs:** 45g (35%)

**Fats:** 25g (43%)

**Protein:** 25g (22%)

#### Ingredients (Serves 1):

- 1 croissant (60g)
- 2 large eggs
- 20g cheddar cheese, grated
- 1 tbsp olive oil
- Salt, pepper

#### Preparation (10 min):

1. Whisk eggs with salt and pepper. Heat olive oil in a pan, scramble eggs for 2–3 min, add cheese to melt.
2. Slice croissant in half, fill with egg mixture.
3. Serve warm.

## 2.14 Blueberry Protein Muffins

### Overview

Soft muffins with protein powder and blueberries, high in protein and antioxidants.

**Calories:** 540 kcal

**Carbs:** 65g (48%)

**Fats:** 15g (25%)

**Protein:** 30g (27%)

### Ingredients (Serves 1, makes 2 muffins):

- 30g whey protein powder (vanilla)
- 50g rolled oats, blended into flour
- 1 large egg
- 50g blueberries
- 1 tsp baking powder
- 100ml almond milk
- 1 tbsp olive oil

### Preparation (25 min):

1. Preheat oven to 180°C. Blend oats into flour, mix with protein powder, baking powder, egg, and almond milk.
2. Fold in blueberries. Pour into 2 muffin cups, bake for 15–20 min.
3. Serve warm. Prep ahead: Bake a batch for the week.



## 2.15 Peanut Butter Toast with Eggs

### Overview

Wholemeal toast with peanut butter and boiled eggs, a quick protein-rich breakfast.

**Calories:** 500 kcal

**Carbs:** 45g (36%)

**Fats:** 25g (45%)

**Protein:** 25g (19%)

### Ingredients (Serves 1):

- 2 slices wholemeal bread (80g)
- 2 large eggs
- 2 tbsp peanut butter (30g)
- Salt

### Preparation (10 min):

1. Boil eggs for 10 min, peel, and slice.
2. Toast bread, spread with peanut butter, top with egg slices, sprinkle with salt.
3. Serve immediately.

## 2.16 Greek Yoghurt with Granola

### Overview

A simple Greek yoghurt bowl with granola and nuts, high in protein and healthy fats.

**Calories:** 480 kcal

**Carbs:** 55g (46%)

**Fats:** 15g (28%)

**Protein:** 25g (26%)

### Ingredients (Serves 1):

- 200g Greek yoghurt (full-fat)
- 50g granola
- 10g walnuts, chopped
- 1 tsp honey

### Preparation (5 min):

1. Spoon Greek yoghurt into a bowl.
2. Top with granola, walnuts, and a drizzle of honey.
3. Serve immediately.

## 2.17 Sweet Potato and Egg Hash

### Overview

A savory hash with sweet potato and eggs, providing carbs and protein for energy.

**Calories:** 510 kcal

**Carbs:** 60g (47%)

**Fats:** 20g (35%)

**Protein:** 20g (18%)

### Ingredients (Serves 1):

- 200g sweet potato, diced
- 2 large eggs
- 1 tbsp olive oil
- Salt, pepper, paprika

### Preparation (20 min):

1. Heat olive oil in a pan, add diced sweet potato, season with salt, pepper, paprika. Cook for 10–12 min until soft.
2. Crack eggs into the pan, cook for 3–4 min until set.
3. Serve warm. Prep ahead: Dice sweet potato in advance.

## 2.18 Protein Overnight Oats

### Overview

Creamy overnight oats with protein powder and berries, a convenient high-protein breakfast.

**Calories:** 490 kcal

**Carbs:** 60g (49%)

**Fats:** 10g (18%)

**Protein:** 30g (33%)

### Ingredients (Serves 1):

- 50g rolled oats
- 30g whey protein powder (vanilla)
- 200ml almond milk
- 50g mixed berries
- 1 tbsp chia seeds (10g)

### Preparation (5 min + overnight):

1. Mix oats, protein powder, almond milk, and chia seeds in a jar. Stir well.
2. Refrigerate overnight. Top with berries in the morning.
3. Serve cold. Prep ahead: Make multiple servings.

## 2.19 Turkey Sausage Breakfast Bowl

### Overview

A hearty bowl with turkey sausage and scrambled eggs, high in protein for muscle support.

**Calories:** 520 kcal

**Carbs:** 40g (31%)

**Fats:** 20g (35%)

**Protein:** 35g (34%)

### Ingredients (Serves 1):

- 2 turkey sausages (80g)
- 2 large eggs
- 50g spinach
- 1 tbsp olive oil
- Salt, pepper

### Preparation (15 min):

1. Heat 1/2 tbsp olive oil in a pan, cook sausages for 5–7 min until browned. Remove and slice.
2. Sauté spinach in the same pan for 2 min. Whisk eggs with salt and pepper, scramble for 2–3 min.
3. Combine in a bowl with remaining olive oil. Serve warm.

## 2.20 Apple Cinnamon Porridge

### Overview

Warm porridge with apple and cinnamon, a comforting breakfast with carbs and fiber.

**Calories:** 470 kcal

**Carbs:** 70g (60%)

**Fats:** 10g (19%)

**Protein:** 15g (21%)

### Ingredients (Serves 1):

- 50g rolled oats
- 200ml almond milk
- 1 medium apple (150g), diced
- 1 tsp cinnamon
- 1 tbsp almonds (10g), chopped
- 1 tsp honey

### Preparation (15 min):

1. In a pot, combine oats, almond milk, diced apple, and cinnamon. Cook over medium heat for 5–7 min, stirring.
2. Transfer to a bowl, top with almonds and honey.
3. Serve warm. Prep ahead: Cook oats and apple the night before.

## 2.21 Egg and Veggie Scramble

### Overview

A protein-rich scramble with eggs and veggies, perfect for a quick breakfast.

**Calories:** 460 kcal

**Carbs:** 30g (26%)

**Fats:** 20g (39%)

**Protein:** 25g (35%)

### Ingredients (Serves 1):

- 3 large eggs
- 50g spinach
- 50g cherry tomatoes, halved
- 1 tbsp olive oil
- Salt, pepper

### Preparation (10 min):

1. Heat olive oil in a pan, sauté spinach and tomatoes for 2 min.
2. Whisk eggs with salt and pepper, add to pan, scramble for 2–3 min.
3. Serve warm.

## 2.22 Protein French Toast

### Overview

Classic French toast with a protein boost, topped with berries for flavor.

**Calories:** 550 kcal

**Carbs:** 60g (44%)

**Fats:** 15g (24%)

**Protein:** 35g (32%)

### Ingredients (Serves 1):

- 2 slices wholemeal bread (80g)
- 1 large egg
- 30g whey protein powder (vanilla)
- 100ml almond milk
- 50g mixed berries
- 1 tbsp olive oil

### Preparation (15 min):

1. Whisk egg, protein powder, and almond milk in a bowl.
2. Dip bread slices in the mixture. Heat olive oil in a pan, cook slices for 2–3 min per side until golden.
3. Serve with berries on top.



## 2.23 Mango Smoothie Bowl

### Overview

A refreshing smoothie bowl with mango and protein powder, topped with nuts.

**Calories:** 500 kcal

**Carbs:** 60g (48%)

**Fats:** 15g (27%)

**Protein:** 25g (25%)

### Ingredients (Serves 1):

- 100g mango, frozen
- 30g whey protein powder (vanilla)
- 200ml almond milk
- 10g almonds, chopped
- 1 tbsp chia seeds (10g)

### Preparation (5 min):

1. Blend mango, protein powder, and almond milk until thick.
2. Pour into a bowl, top with almonds and chia seeds.
3. Serve immediately.

## 2.24 Cottage Cheese Pancakes

### Overview

Fluffy pancakes made with cottage cheese, high in protein and paired with fruit.

**Calories:** 480 kcal

**Carbs:** 50g (42%)

**Fats:** 15g (28%)

**Protein:** 30g (30%)

### Ingredients (Serves 1):

- 100g cottage cheese
- 2 large eggs
- 50g rolled oats, blended into flour
- 1 tsp baking powder
- 50g mixed berries
- 1 tbsp olive oil

### Preparation (20 min):

1. Blend oats into flour. Mix with cottage cheese, eggs, and baking powder to form a batter.
2. Heat olive oil in a pan, pour batter to make 3–4 small pancakes, cook 2–3 min per side.
3. Serve with berries.

## 2.25 Almond Milk Protein Shake

### Overview

A quick protein shake with almond milk and banana, perfect for a fast breakfast.

**Calories:** 450 kcal

**Carbs:** 50g (44%)

**Fats:** 10g (20%)

**Protein:** 30g (36%)

### Ingredients (Serves 1):

- 30g whey protein powder (chocolate)
- 1 medium banana (120g)
- 300ml almond milk
- 1 tbsp peanut butter (15g)

### Preparation (5 min):

1. Blend protein powder, banana, almond milk, and peanut butter until smooth.
2. Serve immediately.