I usually have a pretty big breakfast every day. I start with cereal, usually muesli, with low fat milk, so that’s a pretty healthy option. The kind of muesli I like is called ORAC, I think it has a bunch of antioxidants and stuff like that in it. It comes from the local, erm, what’s it called, er, health food shop, oh Earthy, do you know it? Just down the road. Sometimes I’ll have a piece of fruit with it, usually whatever’s in the fruit bowl. I guess, usually a banana, apple, whatever is there, but I do really like grapefruit, and will have one of those if I remember to buy them. I guess, maybe once a month? Well, I’ll cut it in half and eat one half one day, and the other the next day. My partner doesn’t really like grapefruit, so I wrap one half in cling-film and put it in the fridge.

Then, I usually have toast, we bake all our own bread, so it’s our own sourdough bread. Er, I guess I have at least two slices, sometimes three or four if I’m really hungry, of if I’m going to be playing tennis in the afternoon with some friends. Sometimes I’ll even have some oatcakes if I’m not quite hungry enough for another slice of toast, but just want a little more. Oh yeah, so toast. Er, usually butter, and jam. My mum’s homemade jam, er, I think we have a raspberry one at the moment, but it’s sometimes strawberry or blackcurrant. She makes really good jam, picks all the fruit herself. Haha, and yeah, the other thing I really like on toast is peanut butter, usually with jam. But, er, I also really like to have it with marmite, yeah, hahah, peanut butter and marmite. No! Not with jam! Yeah, there is something about peanut butter and marmite. I think it might be the salt? Oh, we buy this peanut butter by the tub that doesn’t have any salt or oil or anything added. We get through it at such a rate, yeah, it’s not a jar, it’s a real tub of peanut butter, don’t really know how big it is? What it weighs?

Oh, I have tea every morning. A big mug of tea, and milk. Apart from that, I don’t drink anything in the morning, no juice or anything. I have a glass of water by the bed, but that is it. Oh yeah, and sometimes I have a boiled egg, and toast, I guess maybe once a week? No not quite that often.