

VivaVitae

Nutrition

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Fast Fix Breakfasts

Pick and mixavocados

Avocados really are a great way to start the day! Their creamy, smooth texture means they work well as a spread - try toppings such as eggs, salmon, tomatoes or seeds and drizzle with balsamic vinegar or olive oil. Eating protein and beneficial fats at breakfast helps to keep blood sugar levels stable throughout the day, so you shouldn't have to snack your way through the morning!



Packed with monounsaturated fats, which can be helpful for lowering bad cholesterol and supporting heart health, avocados are also a good source of fibre, vitamins B,C, E and K and the minerals iron and magnesium. They also contain some protein, too.



Mix and Match: If you prefer not to eat carbs, or find you become hungry soon after eating them, use the avocado as a base instead of toast. Just fill the centre with an egg then bake for around ten minutes before enjoying with some green leaves or other crunchy veg at the side to add texture.

Following a dairy-free diet? Mashed avocado makes a good spreading alternative to mayonnaise or butter.

Pick and mix.....shakes and smoothies

If you can't really face breakfast first thing, these ideas are definitely for you! They take seconds to blitz and will make an instant, carry along drink that's ready for you just when you need it.

Choose frozen fruit and veg mixes (look in the freezer aisle of your local supermarket) to chill the shake down as you prepare it and be sure to add healthy sources of fat - try natural yogurt, nut butter or soaked seeds - to make it more filling. It's fine to double up quantities as it stores well in the fridge for a couple of days at a time. Blending fruit provides more fibre than juicing. If you like to juice, use veggies with just a small amount of fruit for a touch of sweetness then use up the pulp that remains in soups and stews to ensure you don't miss out on those vital vitamins and minerals!



Avocado, soaked seeds and nut butters: These add beneficial fats to the mix and will keep you fuller for longer.

Nut or plant milks:

Try cashew, almond, hemp, hazelnut, coconut, oat, spelt or quinoa. Look for fortified versions to add vitamins D and B12 as well as calcium to your diet. Coconut water is rich in electrolytes and makes a less creamy smoothie.

Greek-style yogurt:

Choose organic, unsweetened varieties or plant-based alternatives.

Kefir: This fermented milk is rich in calcium and is also a good source of probiotics which help to encourage a diverse mix of health promoting gut bacteria.

Dark, leafy greens: Fresh or frozen, adding these to shakes and smoothies is a good way to get an extra portion of veg into your daily diet. Rich in minerals including iron, calcium, potassium and vitamins B, C, E and K, they also help to support liver function.

Berries: Rich in antioxidant, anti-inflammatory anthocyanins, use frozen or fresh in season.

Fruits: Fresh or frozen mango, pear, pineapple, melon or papaya can add a hint of sweetness but don't use too much, as it may cause a spike in blood sugar, making you feel hungry mid morning.

Herbs and Spices: Try blending parsley in as it acts as a breath freshener, or finish off with a sprinkling of cinnamon, ginger, turmeric or nutmeg to kickstart your morning (adding a tiny amount of black pepper with the turmeric allows it to be absorbed better- you won't taste it!)

Pick and mix...breakfast bowls

A 'buffet-style' muesli bar is speedy to set up and will go down particularly well with younger members of the family. Lay out all the containers, or for a special occasion such as after a sleepover or for a birthday breakfast, fill colourful bowls with mixed nuts, pumpkin seeds, ground hemp, cocoa nibs, fresh compote, flax seeds, quinoa flakes, oats, berries and pomegranate seeds then let everyone help themselves. Stir into yogurt, mixed into nut milk, combine for hot or cold porridge or use as healthy toppings to add beneficial fats, fibre and flavour, as well as vitamins and minerals to your personalised breakfast bowl.

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Nuts and seeds are a good source of protein and healthy fats. Drink a glass of water with flaxseeds as they absorb water during digestion.

Pick and mix...eggs

There's no need to just stick to plain boiled, scrambled or fried eggs – ring the changes and add some veggies to the mix. It's a great way to get one or two of your five a day in early, so why not aim for at least ten over the course of the day? Here are some ideas to get you started:

- *Serve scrambled eggs on a bed of spinach with roasted plum tomatoes and herbs on top.
- *Add red peppers, herbs, onions and cooked potatoes to make a 'Spanish' style omelette.
- *Bake eggs and salmon in individual ramekins and serve on sourdough toast.
- *Sprinkle sunflower and pumpkin seeds onto scrambled eggs to add extra crunch.
- *Make individual egg muffins with different veggie fillings mixed in to take for lunch



Eggs are a complete protein source – containing what's known as HBV protein. This means they contain all the essential Amino Acids we need for growth and repair to our cells.



Pick and mix....on the go

It's important to get the day off to a great start nutritionally – what you eat first in a day will set you up for what else is to come and also sets the tone – healthy or otherwise. Eating protein and beneficial fats first thing will help to keep your blood sugar stable and your mood upbeat, help curb those craving and make sure you feel fuller for longer so won't be tempted to snack mid-morning. The trick is to think ahead a little and assemble or prep any ingredients the night before so you just need to eat it in the morning!



Smoothies can be made up and taken to work or make extra, store in the fridge and save time tomorrow! Overnight breakfast jars can be made up the night before. Combine grains, nuts, seeds and yogurt to enjoy next morning – at home or on the go.



Individual mushroom omelettes, baked in muffin cases and served with raw veg make a fast, fresh 'pack and go' brunch idea.