



## HOW HEALTHY IS YOUR BREAKFAST?

All breakfasts in the Lifestyle Plan provide you with slow release energy and will sustain your appetite for longer. With over 50 suggestions you will never be bored, but if you should be tempted to have a quick fix, just look at the calories in the following!

	Cals	Rating
Poached egg on thick slice wholemeal/granary toast	200	10/10
40g bowl of Porridge with blueberries & small yoghurt	250	10/10
Boiled/scrambled egg and wholemeal/granary toast	200	10/10
Grilled Kippers	417	8/10
**2 Protein Weetabix topped with blueberries & s.s milk	204	8/10
Wholemeal Granary toast & Peanut butter	403	8/10
Avocado on toast	460	8/10
Smoked Salmon & Cream cheese Bagel	372	6/10
Homemade Blueberry & Banana Smoothie	153	6/10
Pret a manger Bircher Muesli	308	4/10
1oz/28g Jordan's Super nutty Granola	201	4/10
1oz/28g Corn Flakes with semi skimmed milk	173	3/10
Starbucks Fruit & Spelt Breakfast Muffin	402	3/10
Belvita Strawberry & Yoghurt Duo Crunch	226	3/10
Crumpets with Butter (with 2 tspns sugar reduced jam)	360/200	3/10/8/10
1oz/28g Special K with semi skimmed milk	173	3/10
1oz/28g Shredded Wheat Cherry Bakewell & semi- milk	167	2/10
Croissant	347	2/10
Bacon Roll	351	2/10
McVities Breakfast Fruit & Oat bakes	160	2/10
1 oz/28g Coco Pops	177	1/10
Full English Breakfast	880	1/10
White toast & Jam	358	0/10
Pain au Chocolat	354	0/10

\*\*the extra wheat protein they contain means they have two thirds more than the original Weetabix which is great to curb appetite and at only 72 cals each and only a teaspoon of sugar in two, they are a highly recommended breakfast.





## HEALTHY BREAKFASTS continued

If you visit one of the following for a quick breakfast, be aware! I'm sure you'll find this information very useful to help you make the best choices!

<b>Slimtone Healthy Option</b>	<b>Cals</b>	<b>Belly Bulggers !!!</b>	<b>Cals</b>
<b>McDonalds</b>		<b>Mcdonalds</b>	
Oat so simple plain/with Jam	194/228	Big Breakfast	611
Bacon Roll	319	Breakfast Wrap	605
Tea	12	Tropicana Orange Juice	112
<b>Greggs</b>		<b>Greggs</b>	
Red Berry Porridge	250	Bacon & Sausage Baguette	617
Bacon Roll	360	Steak Bake	404
<b>Costa</b>		<b>Costa</b>	
Porridge	294	Breakfast Bloomer Toastie	564
Toasted Crumpets	210	Bacon Roll	377
<b>Subway</b>		<b>Subway</b>	
Bacon, Egg & Cheese Sub	330	Mega Melt Sub	507
Bacon Sub	271	Sausage, Egg & Cheese Sub	470
<b>Breakfast Bars</b>		<b>Breakfast Bars</b>	
1 grilled Bacon Medallion	33	1 Slice of grilled back bacon	80
1 Quorn Sausage	133	1 Pork Sausage	214
1 Slice of Granary/toast	100	1 Slice of Fried Bread	350
1 medium Egg Scrambled, Boiled or Poached	80	1 Fried Egg	117
1 portion Grilled/tinned Tomatoes	Nil	1 portion of Beans	91
1 Laughing Cow Extra Light/Light and standard Cheese Triangle	20/25/40	1oz Butter	208

Many of our members say the pots of porridge are great when you're on-the-run as you only have to add warm water. Serve with a banana and yogurt for a convenient start to the day. There are lots of toppings for porridge and cereals. Try pomegranate seeds, blueberries or any of the soft fruits (fresh or frozen) – they are delicious and add to your 5-a-day!

©Marie Griffiths 2022

