

LIFT LEAN LIFESTYLE  
JANUARY 2024

# BREAKFASTS



# START YOUR DAY: HOT LEMON AND WATER

This is a wonderful way to start the day and should become your best friend. In Ayurveda, the day is started with a cup of warm lemon water for the many benefits it provides and its balancing effect on the body and digestion, cleansing the liver by flushing out toxins. Its even better on an empty stomach as it helps prime the digestive pathway ready for the day ahead. Try with some slices of ginger / fresh mint, or even a dash of apple cider vinegar (yes!).



# Green Breakfast Smoothie

1/2 cucumber (peeled, if not organic)

1/2 avocado, peeled and stoned

1 apple

1 tbsp chia seeds

1 handful of organic kale (or any other green leaf, celery or broccoli - kale is highly sprayed)

1-2 glasses of coconut water

Topped up with water for desired consistency if needed)

Blend everything in the blender....

Add in any collagen powders or any powders you take here (protein/green) too.

By Amelia Freer

Create your own smoothie in the morning but try and make sure you don't add in too much fruit, one even two items should be enough for sweetness, frozen fruit is an excellent option too, add in lots of veg though (spinach, cucumber, celery, courgette), fresh herbs like parsley and mint, some nut butter, a squeeze of lemon or lime, as well as chia seeds, flaxseeds, hemp, sunflower, pumpkin seeds.

# QUINOA BREAKFAST PORRIDGE

1 cup quinoa (250ml/g)  
2 cups almond milk (yr choice) 500ml  
up to 1tbsp honey (optional & not necessary!)  
1/2 tsp vanilla  
1/2 tsp cinnamon  
1 tbsp flaxseeds (& any others)

Combine all in a small saucepan and bring to a boil then reduce to a simmer. When the quinoa has absorbed all the liquid and is light and fluffy (about 15/20 mins) stir in the flaxseeds and any additional extras you'd like or add them as a topping in your bowl instead.

Extras: nut butter, seeds, apple, berries (& other fruits after week 1), lemon zest, grated carrot, greek yoghurt (after week 1).....

# HOMEMADE TURMERIC GRANOLA

*makes a kilner jar or more*

200g oats (or 400g oats if not using buckwheat)

200g buckwheat groats for crunch optional (if using)

Then add plenty of flaked almonds, chia seeds, hemp seeds, flaxseeds, sunflower and pumpkin seeds, chopped hazelnuts/almonds etc

Turmeric

Cinnamon

Honey or maple syrup

Vanilla Essence

Extra virgin olive oil enough to coat

Add dried fruit/coconut after cooking if you like and mix in

Heat the oven to 180 / 160 fan and line a large baking tray with greaseproof paper (you might need two).

Mix all the dry ingredients together with the spices, then mix in the honey/maple and oil. Cook for about 15 mins then turn the oven off, take out and mix it all up then pop back in and leave in oven for up to an hour to crisp up.

I love mine with greek yoghurt mixed with nut butter and blueberries on top when I'm super hungry!



## BAKED OATS

180g oats  
200ml almond milk (milk of choice)  
2 handfuls of blueberries  
(can of peaches in fruit juice - optional)  
1 egg  
drizzle of maple syrup / honey (optional)  
1 tsp baking powder  
1 tsp cinnamon  
1 tsp vanilla  
1/2 tsp salt

Add or serve with any of the following for extra protein:  
chia seeds, flaxseeds, hemp, sesame, pumpkin, sunflower seeds, nut butter, ginger, cardamom, swap the fruit

Preheat the oven to 180 and mix all your dry ingredients into a baking dish. Crack the egg into the dish and pour in the milk, maple syrup and vanilla extract. Mix everything together before finally adding your fruit. Bake for 20 - 25 minutes. Pop a dollop of Greek yoghurt on top (wk 2 onwards) with some pumpkin seeds and enjoy!



## CHIA BERRIES

What I love about this is that its so versatile. You can eat it on its own, topped with seeds, nuts, more berries or just your turmeric granola. Or you can pop it on top of some Greek yoghurt, or on top of your granola, porridge etc

A couple of handfuls of berries of choice (frozen are fine!)  
1 cup your choice of milk (250ml)  
1 tsp maple syrup (optional)  
3 tbsp chia seeds

Combine the berries, maple syrup and plant-based milk in a blender until smooth. Transfer the berry milk to a bowl, and stir in the chia seeds.

Allow to set in the fridge for at least 2 hours (overnight is a good idea).

There is a knack to stirring in chia so it doesn't go lumpy, just keep stirring until its all covered and no lumps!



# EGGS!

## **Avo & Eggs**

The breakfast of the moment.....half an avocado, an egg or two, lots of green leaves, cucumber/tomatoes/peppers, smoked salmon, any combination is a simple and easy breakfast and a real winner. (Don't forget if using kale, wash thoroughly/use organic but rub in fingers with lemon juice and salt to soften). Have eggs on own or pop on a slice of sweet potato toasted in toaster, or a grilled portobello mushroom for extra nutrients.

## **Kale & Eggs**

Generous handful of Kale  
2 to 2 eggs or swap with tofu/pulses

Pop your kale in your pan with a splash of water and some rock salt, squeeze of lemon and chilli if you like a hit and pop the lid on to steam, just for a few mins. You can boil the eggs at the same time, once cooked, cool in cold water, peel and serve.

Then add in some avocado, tomato, celery, peppers etc

## **3 Minute Breakfast**

2 eggs, dash of milk, spinach, flaxseed

Drizzle of oil in a pan, crack in the eggs, bit of milk to stir together, chuck in some spinach and flaxseed, keep stirring whilst cooking and that's it!



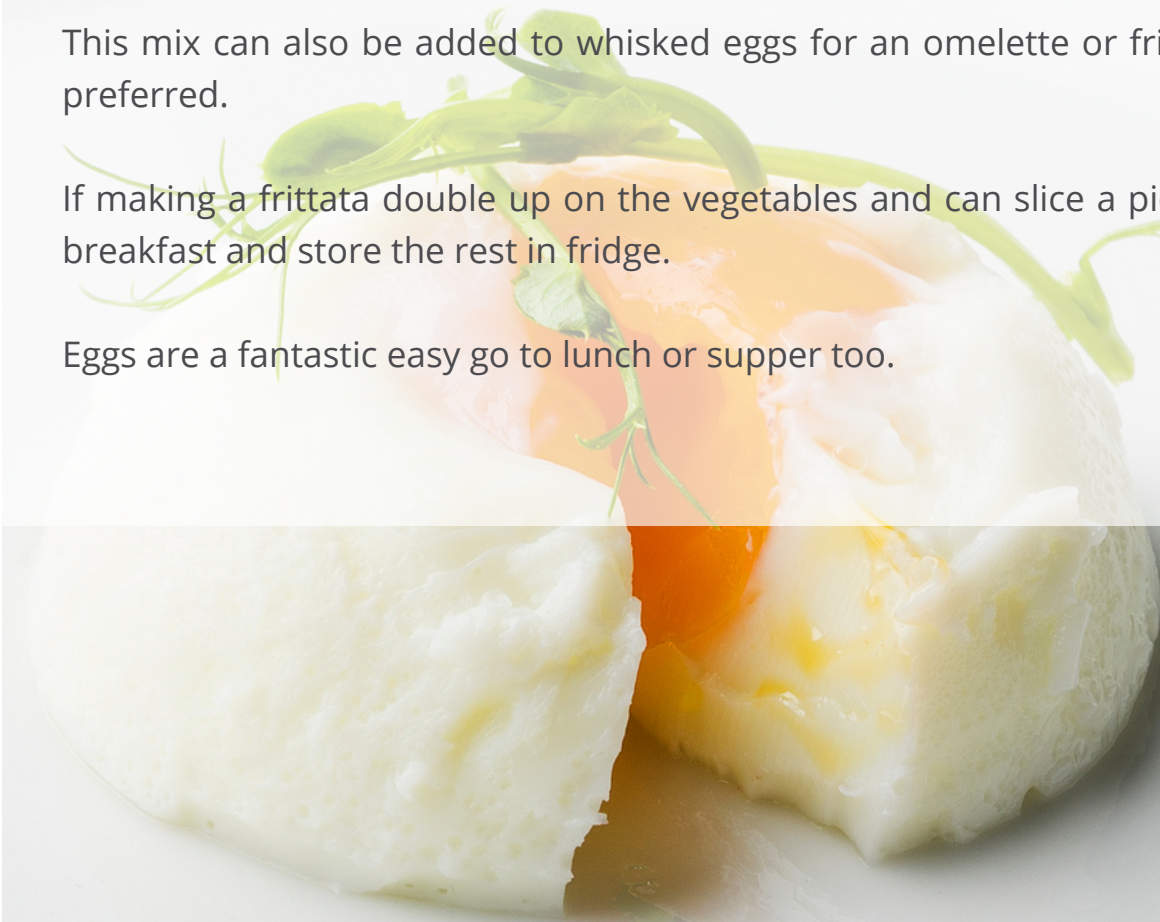
## POACHED EGGS / OMELETTE / FRITTATA

A tasty way to serve your poached egg is on a bed of baby spinach, courgettes, red onion, chopped cherry tomatoes and sliced mushrooms. Chop all the veg, add a little olive oil to a pan and add firstly onions, mushroom, courgettes and tomatoes, once they are a browned turn off heat and stir through a handful of baby spinach. A pinch of cayenne or chilli flakes also gives a lovely kick but a great stimulant to our adrenal glands in the morning. Chuck any fresh herbs on top.

This mix can also be added to whisked eggs for an omelette or frittata if preferred.

If making a frittata double up on the vegetables and can slice a piece for breakfast and store the rest in fridge.

Eggs are a fantastic easy go to lunch or supper too.



## WEEKEND BRUNCH

### BLACK BEANS, AVOCADO & EGGS

Serves 2

2 tsp olive or avocado oil

1 red chilli, thinly sliced

1 garlic clove, sliced

2 eggs

can of black beans

1/2 - 1 can of chopped tomatoes

1/2 tsp cumin seeds

1 avocado sliced

Handful of chopped coriander

1 lime cut into wedges

Heat the oil in a large pan, adding the chilli and garlic to soften. Add the drained beans, tomatoes and cumin seeds. Heat for 5 mins. Then make two holes and break the eggs into each one, cover and cook until the eggs are done. Remove from heat and scatter over the avocado, coriander and lime juice.

Add in any greens or more fresh herbs too.