

NUGGETS FROM TEAM ENERGIZE: WEEKS 1-5

BREAKFAST IDEAS

BEAUTIFUL BREAKFAST

Breakfast is the best way to kickstart our brain and provides energy to start each day!




Developed by Sport Waikato 2017

BREAKFAST IDEAS

EGGS ON TOAST

Eggs-ellent ways to have eggs on toast!

- Soldiers
- Poached
- Scrambled - add herbs for extra flavour
- Microwaved

DID YOU KNOW: Eggs are a great source of protein which helps to grow strong healthy muscles




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EASY OMELETTE

- 2 large eggs
- 2 Tbsp. water
- Pinch of salt and pepper
- 1 Tbsp. low fat spread
- ½ cup filling – eg cheese, tomato, capsicum or your favourite vegetables

In a bowl mix eggs, water, salt and pepper well. Melt spread on medium heat in a medium sized pan. Pour in egg mix covering whole pan. Using a spatula, pull in cooked egg from the outside. Tilt the pan so uncooked egg can fill gaps until the bottom is set and egg looks slightly wet on top. Add fillings on one half of omelette and then gently fold other half on top. Slip on to a plate and enjoy!




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BREAKFAST IDEAS

BREKKY ON THE GO GET CREATIVE

On the run? Late for school or work? Having something to start your day is better than nothing! Try these great options to get your body moving!




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BREAKFAST IDEAS

EGGY BREAD

- 1 egg
- ¼ cup low fat milk
- ½ tsp. of vanilla extract
- 1 tsp. low fat spread
- 2 pieces of wholegrain bread

Beat egg, milk and vanilla in a bowl. Dunk bread into mixture until completely covered. In a pan over a low heat, melt spread. Cook bread on both sides until golden. Enjoy with slices of fruit and a dollop of yoghurt!




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