

NUTRITION FAULT 1

BUILD A BETTER BREAKFAST



REPLACE BOX CEREAL WITH

NUTRITION FAULT 2

PROTEIN PACKED BREAKFASTS

EGGS

Breakfast scrambled, fried, baked, omelette, frittata...

NUTRITION FAULT 3

BREAKFAST SUGGESTIONS

SPINACH & PEPPER FRITTATA

Ingredients

3 large eggs
100g full-fat fat natural cottage cheese
1 garlic clove, finely chopped
10g finely grated parmesan (or vegetarian alternative)
200g frozen leaf spinach, thawed, squeezed and finely chopped
2 roasted red peppers (not to jelly form) finely sliced
generous grating of nutmeg
100g whole cherry tomatoes

Or make your frittata by just using whatever you have left in the fridge!

Method

PREP 1 Heat oven to 180C/350C Fan/gas 5/STEF. Line a 20cm sandwich tin with a single sheet of baking parchment if your tin has a loose bottom.

Pc Build Protein Breakfast Guide

**Food and Nutrition Information and
Educational Materials Center (U.S.)**

Pc Build Protein Breakfast Guide:

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