
BREAKFAST MENU

NUTRIENT-PACKED SUPERFOOD BREAKFAST

BEAUTY BERRY PROTEIN PANCAKES

SWEET KALE SMOOTHIE

ENERGISING GRANOLA

HOT HONEY FETA EGGS

PERFECT CHIA PUDDING





EASY LIKE SUNDAY MORNING.

BEAUTY BERRY PROTEIN PANCAKES



NUTRITIONAL OVERVIEW (1 serving)

Calories: 448, Carbohydrate: 22 grams, Protein: 27 grams, Fat: 29 grams Fiber 19grams

SERVES: 2

PREP: 3 mins COOK: 5 mins

Ingredients:

- 1/2 cup (60 g) almond flour
- 1/2 banana
- 2 eggs
- 1/2 (2.5 g) tsp baking powder
- Dash of salt
- Dash of cinnamon
- 1 scoop (30 g) protein powder (optional)
- 1 tbsp (12 g) chia seeds
- 1 tbsp (14 g) coconut oil, divided
- 1/2 cup (74 g) berries (your choice!)

Directions:

Step 1: Add all ingredients except for coconut oil and berries to a blender. Blitz until smooth.

Step 2: Warm 1/2 tbsp coconut oil in a large heavy pan. Make sure skillet is coated with the oil, then small circles of batter to the pan (approximately 1/8 cup) making sure there is some space between pancakes. Sprinkle with blueberries.

Step 3: When edges start to crisp up and the pancake easily lifts from the pan, for approximately 3 minutes, flip the pancakes. Cook for an additional 2-3 minutes. Remove from heat and repeat with remaining batter.

SWEET KALE SMOOTHIE



NUTRITIONAL OVERVIEW (1 serving)

Calories: 228, Carbohydrate: 29 grams, Protein: 11 grams, Fat: 10 grams Fiber 12grams

SERVES: 2

PREP: 3 mins COOK: 1 mins

Ingredients:

- 2 cups lightly packed chopped kale leaves stems removed
- 3/4 cup unsweetened vanilla almond milk or any milk you like
- 1 frozen medium banana cut into chunks
- 1/4 cup plain non-fat Greek yogurt
- 1/4 cup frozen pineapple pieces
- 2 tablespoons peanut butter creamy or crunchy
- 1 to 3 teaspoons honey to taste

Directions:

Step 1: Place all ingredients (kale, almond milk, banana, yogurt, pineapple, peanut butter, and honey) in a blender in the order listed.

Step 2: Blend until smooth. Add more milk as needed to reach desired consistency. Enjoy immediately.

ENERGISING GRANOLA



NUTRITIONAL OVERVIEW (1 serving with no additions)

Calories: 205, Carbohydrate: 9.2 grams, Protein: 4.2 grams, Fat: 18 grams Fiber 4 grams

SERVES: 20 ((1/4-cup servings)**

PREP: 5 mins COOK: 25 mins

Ingredients:

- 1/2 cup unsweetened coconut flake
- 2 cups slivered raw almonds
- 1 1/4 cup raw pecans
- 1 cup raw walnuts
- 3 Tbsp chia seeds
- 1 Tbsp flaxseed meal
- 1 1/2 tsp ground cinnamon (optional)
- 2 Tbsp coconut sugar
- 1/4 tsp sea salt
- 3 Tbsp coconut or olive oil
- 1/3 scant cup maple syrup (or sub agave or honey if not vegan)
- 1/4 cup dried fruit (optional)
- 1/4 cup roasted unsalted sunflower seeds (optional)

Directions: Preheat oven to 325 degrees F (162 C) and position a rack in the center of the oven.

Step 1: In a large mixing bowl, combine the coconut, nuts, chia seeds, flax seed, cinnamon, coconut sugar, and salt.

Step 2: In a small saucepan over low heat, warm the coconut oil and maple syrup and pour over the dry ingredients and mix well.

Step 3: Spread the mixture evenly onto a large baking sheet(s) and bake for 20 minutes. Then remove from oven, add dried blueberries and roasted sunflower seeds, and stir.

Step 4: Increase heat to 340 degrees F (171 C) and return to oven for another 5-8 minutes, or until deep golden brown.

Step 5: Once the granola is visibly browned and done cooking (about 25 mins), remove from the oven and let cool completely. Store in a container with an air-tight seal, and it should keep for a few weeks.

Serve alone, over yogurt, or with milk - choice is endless!

HOT HONEY FETA EGGS



NUTRITIONAL OVERVIEW (1 serving)

Calories: 350, Carbohydrate: 40 grams, Protein: 15 grams, Fat: 27 grams Fiber 8 grams

SERVES: 1

PREP: 5 mins COOK: 5 mins

Ingredients:

- 2 tablespoons crumbled feta cheese
- 1 egg
- 1/2 medium avocado
- Handful of cherry tomatoes
- 1 spring onion
- 1 tbsp of chopped fresh parsley
- 1/2 tbsp honey
- 1/4 tsp finely diced chilli or chilli flakes
- Slice of bread of choice (except white bread!) – sourdough or seeded loaf or brown bread.

Directions:

Step 1: Dice the tomatoes and remove the seeds to rid of any excess moisture. Add to a bowl with the avocado, diced spring onion, parsley, honey and chilli. Season with a pinch of salt and pepper and roughly mash. Taste and feel free to add more of any ingredient. Set to one side

Step 2: Toast the bread.

Step 3: In a frying pan on medium heat, sprinkle in a circle of feta, crack the egg into the feta and fry until golden and crisp, I like to cover the pan to cook the top.

Step 4: Spread the avocado mix over the bread, add the egg and season the yolk with an extra pinch of salt and pepper.

PERFECT CHIA PUDDING



NUTRITIONAL OVERVIEW (1 serving)

Calories: 130, Carbohydrate: 25 grams, Protein: 4 grams, Fat: 9 grams Fiber 10 grams

SERVES: 1

PREP: 5 mins

COOK: To get that ultra-creamy pudding-like texture, let it set up in the fridge overnight.

Ingredients:

- 2 tablespoons of chia seeds
- 1/2 cup of milk
- Drizzle honey
- Fruits for topping (optional)

Directions:

Step 1: Add your milk of choice to a jar and sprinkle in the chia seeds.

Step 2: After stirring the milk and seeds together, drizzle in honey or sweetener of choice.

Step 3: Stir again until all the chia seeds have been distributed evenly into the milk. There shouldn't be any clumps left. Wait about 10 minutes and give it one more last stir.

Step 4: Cover and refrigerate the pudding for at least 2 hours or overnight.

You could top this with fruits of your choice.



NOTES

Thank You!

SO WHAT'S NEXT?

This e-book is a call for you to start your journey in perimenopause/menopause wellness. It is your personal journal.

You can get additional support by joining the Fab4050 sisterhood. The FREE app can be downloaded from Apple Apps Store or Google Play Store.

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