

## Breakfast ideas

People who start the day with a healthy, balanced breakfast are more successful at losing weight than those who don't. If you skip it, you're literally forcing your body to run on empty. Not only does this reduce concentration and lower stamina and energy levels, but you risk craving high ProPoint snacks like doughnuts or cakes later in the morning.

Breakfast is easily made into a nutritious and low ProPoint meal. In just a bowl of cereal, with skimmed milk and topped with fruit, you get fibre, calcium, minerals and vitamin C. But this most important meal of the day doesn't have to be so conventional see below more breakfast ideas.

### Mix and Match

small glass of fruit juice (100ml)	1
Medium slice toast	2
2 teaspoons of low fat spread	1
2 level teaspoons of marmalade	2
medium bowl of cornflakes 30g	3
medium bowl of branflakes 30g	3
puffed wheat 20g	2
2 turkey rashers	1
egg	2
Grilled tomatoes & mushrooms	0
½ tin Baked Beans (200g)	2
½ tin Spaghetti (200g)	4
2 slices Toast	4
1 Poached/Scrambled/Boiled Egg	2
2 Heaped Teaspoons low cal Jam	2
2 Hpd Teaspoons low cal Marmalade	2
2 Turkey Rashers	1
Grilled Mushrooms & Tomatoes	0
3 Egg Omelette with spray light	6
2 Crumpets	4
Low Fat Sausage	2
Tin Sardines in Tomato Sauce	5
4 Teaspoons Peanut Butter	6
Low Fat WW Yogurt	1
Marmite	0
Heaped tablespoon raisins	2
Heaped tablespoon sultanas	2
25g portion dried pears	2
25g portion dried peaches	2
15g chopped dates	1
Small pot low fat plain yogurt	2
Medium croissant	6
Bagel	6
2 heaped tsps reduced sugar jam	1
Heaped teaspoon honey	1
Laughing cow lights x 2	1
2 Ryvita	1
6 Melba toast	2
Crumpet	2

### Cereals

1/4pint skimmed milk = 1pp
Cornflakes, 30g = 3pp
Rice Krispies 30g = 3pp
Oat Bran 30g = 3pp
Oats, Jumbo 30g = 3pp
Oats, Porridge 30g = 3pp
Sultana Bran 30g = 3pp
Bran Flakes 30g = 3pp
Frosted Flakes 30g = 3pp
Sugar Puffs, 30g = 3pp
Shredded Wheat x 2 = 4pp
Weetabix = 3pp
Muesli, 1 tablespoon = 2pp

Serve with ½ pint milk & sweetener = 3pp

Any Zero ProPoint Fruit such as,

Grapefruit, apple, orange, pears, banana, Strawberries, raspberries, kiwi.

Banana smoothie, Serves: 2 (2pp each)  
 Peel 1 medium banana, wrap in plastic wrap.  
 Freeze. Chop banana. Blend with 300ml  
 skimmed milk, 60g low fat vanilla yoghurt and  
 ¼ tsp vanilla extract until smooth. Serve  
 immediately.

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Beans on toast (3tbsp beans on 2 slices  
 medium bread) = 7pp

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Orange or apple Juice (200ml – small glass)

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1 Rasher lean back bacon	1
1 Slice Bread	2
Tin Tomatoes	0
Mushrooms poached	0
<b>Total</b>	<b>5</b>

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1 Rasher lean back bacon	1
1 Reduced fat sausage	2
1 Slice Bread	2
3tbsp baked beans	3
Tin Tomatoes	0
Mushrooms poached	0
<b>Total</b>	<b>8</b>

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21 low fat Cheese Triangles	1
2 Slices Toast	4
1 boiled eggs	2
<b>Total</b>	<b>7</b>

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4 heaped tsps of reduced sugar jam or 2 heaped of regular jam	2
2 Slices Toast	4
<b>Total</b>	<b>6</b>

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Eggs – medium 1 – 2pp, 2 = 4pp, 3 = 5pp  
 Poached, scrambled, dry-fried, omelette

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60g smoked salmon	2
Bagel	6
<b>Total</b>	<b>8</b>

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Bubble and squeak mash together 100g potato and cooked zero pp veg, brown in a pan with low fat spray, 1 serve with	2
3tbsp baked beans and/or tomato	3
<b>Total</b>	<b>6</b>

Whole grapefruit	0
Artificial sugar	
2 slices toast with marmite	4
Tinned tomatoes	0
Mushrooms	0
<b>Total</b>	<b>4</b>

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2 Boiled eggs & 2 slices soldiers	8
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Honeydew melon slice 200g	0
2 slices of toast	3
3tbsp baked beans	3
<b>Total</b>	<b>6</b>

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Tin Sardines in Tomato Sauce	5
2 Slices Toast	4
Tomatoes & Mushrooms	0
<b>Total</b>	<b>9</b>

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Fruit salad made any combination of  
 grapefruit, orange, kiwi,  
 banana, apple, orange, pear, grapes  
 Or use tinned drained of juice  
 with pot of low fat WW yogurt

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3 rice cakes	2
& heaped tsp peanut butter	3
<b>Total</b>	<b>6</b>

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4 low fat cheese slices	4
4 cream crackers with sliced tomato	4
<b>Total</b>	<b>8</b>

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2 ryvita	2
50g low fat soft cheese, Or reduced fat cottage cheese	1
60g smoked salmon or ham & sliced tomato	2
<b>Total</b>	<b>5</b>

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Cheesy scrambled eggs	4
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beat together 2 eggs,  
 2 tbsp milk,  
 4 halved cherry tomatoes  
 & 1 tbsp snipped chives  
 season with salt & freshly ground pepper.  
 Heat a small non-stick pan with low fat cooking  
 spray, add the egg mixture & cook, stirring  
 over a medium heat for 2-3 mins until just set.

**Cereal & fruit = 4pp**

Top 30g branflakes (3pp) with a sliced medium kiwi fruit, strawberries & ¼ pt skimmed milk (1pp). Or use an orange & apple.

**Porridge with fromage frais & raspberries = 6pp**

Make a bowl of porridge with 30g oats (3pp) and 230ml water, then heap 2tbsp low fat plain fromage frais on top (1pp) with 100g raspberries (1pp) (thawed frozen ones are fine) and 2 level tsp golden syrup (1pp).

**Fresh fruit Smoothie = 6pp**

Blend a large banana with 150g pot of strawberry low fat yogurt (3pp), 100g blueberries, 200ml skimmed milk (2pp) and 1tsp honey (1pp).

**Smoked salmon & cherry tomato bagel = 8pp**

Slice a plain 80g bagel (6pp) in half and spread with 28g low fat soft cheese (1pp). Snip 40g smoked salmon (1pp) on top. Add 3 halved cherry tomatoes and sandwich together.

**Healthy cooked breakfast = 5pp**

Grill 2 rashers of lean back bacon (2pp) and a large tomato. Serve with 3tbsp (105g) baked beans (3pp) and as many mushrooms as you like (grilled without fat or simmered in hot stock)

**Tropical All Bran = 4pp**, mix together 40g All Bran (3pp) with 50g sliced strawberries, 1 sliced kiwi, & ½ diced mango, pour over 1/4pt milk (1pp).

**Crumpets x 2 (5pp)**

served with 2 laughing cow low fat cheese triangles (1pp)  
or 2 teaspoons of lemon curd or jam (3pp)  
or with tomato puree & 40g low fat cheese (3pp)

**Banana Pancakes = 5pp** 2 scotch pancakes (4pp) topped with banana & with 1 tbsp maple syrup (1pp)

**Creamy mushroom on toast = 5pp**

Simmer 200g sliced mushrooms in a non-stick frying pan with 6tbsp hot vegetable stock for 4-5minutes, until the liquid has almost evaporated. Stir in 40g low fat soft cheese (1pp) and heat through for a few minutes. Pile on top of two slices of wholemeal toast (4pp) and season with ground pepper. Add some snipped chives.

**Baked eggs with mushrooms = 4pp**

Preheat oven to gas 4, 180oC, spray frying pan with WW oil spray & place over a medium heat. Add 50g chestnut mushrooms, sliced and fry for 3mins. Drain on kitchen paper then spoon into an ovenproof ramekin dish, season with salt & pepper & mix in finely chopped fresh parsley. Crack 1 medium egg into ramekin & bake for 10-15mins until egg is set serves with 2 crispbread.

**Banana & honey yogurt = 3pp**

Slice 1 banana into a 150g pot of 0% fat Greek yogurt (2pp) and drizzle over 1tsp honey (1pp).

### **Smoked salmon & strawberries = 5pp**

Arrange 60g smoked salmon (2pp) and 150g strawberries on a plate. Serve with 1 slice toast (2pp) and 1tsp low fat spread (1pp)

### **Smoothie (4pp)**

Made with 200ml skimmed milk (2pp), 2tbsp 0% Greek yogurt (1pp) & 1tsp honey (1pp). Scrape the seeds from a vanilla pod with the back of a knife (or use vanilla extract) & add to the blender, blend until smooth.

### **Muesli & yogurt 8pp**

50g Muesli (5pp) & 150g vanilla yogurt (3pp) & blueberries. Banana

**4pp power breakfast** - 30g porridge, cooked in water (3pp), Topped with tinned peaches (drained of juice) & ¼ pt skimmed milk (1pp), plus a banana

### **Ham & rice cakes = 3pp**

Spread 2 tsp mustard over 3 rice crackers (2pp), top with 2 lettuce leaves, 1 sliced tomato, 4 slices of cucumber, 40g wafer thin ham (1pp) & 2 sliced gherkins. Serve

**2pp Light start** - tinned pineapple drained of juice, topped with 150g 0% Greek yogurt

### **Croque Monsieur 8pp**

Spread 2tsp low fat spread (1pp) over 2 slices bread (4pp), place 30g wafer thin ham (1pp) on top of 1 slice bread and top with 20g grated low fat cheddar cheese (2pp), and season to taste. Place the other slice of bread on top & cook in a non-stick sandwich toaster for about 5mins or until cooked.

### **Tomato toast 3pp**

Brown 1 medium slice of bread (2pp) under grill. When browned, spread the other side with 1tsp low fat spread (1pp). Slice 1 beef tomato and arrange the slices on top of the toast. Season the tomatoes and grill for 2-3 mins until the tomatoes are warmed through.

**6pp scrumptious** = Poached egg (2pp) & wilted spinach served on an English muffin (4pp)

**Brunch = 6pp** 2 slices back bacon (2pp) & egg (2pp)

1 medium slice bread toasted (2pp)

1 small tomato(s) sliced and grilled or tinned tomatoes

Portion mushrooms sliced and grilled

**Caffeine Smoothie (5pp)** made with 2 bananas, 300g 0% Greek yogurt (4pp), ¼ pt skimmed milk (1pp), 2 tsps coffee, 1 tsp cinnamon.

### **Breakfast - Garlic Mushroom & Chorizo Soufflé Omelette, serves 1, 3pp**

5 spray(s) Cooking Spray, Calorie Controlled

1 clove(s) Garlic, peeled and sliced

150 g Mushrooms, sliced

15 g Chorizo Sausage, sliced

1 medium Egg, Whole, (separated) & 1 individual Egg White

1 teaspoons Thyme, Dried & 1 portion(s) Watercress, (to serve)

Spray a small non-stick frying pan with low fat cooking spray and heat until hot. Add the garlic and stir-fry for 30 seconds. Add the mushrooms and cook over a medium heat for 5-6 minutes until any juices have evaporated. Add the chorizo and cook for 1-2 minutes until golden. Beat the egg yolk with a tbsp of cold water and stir in the thyme leaves. Season with salt and freshly ground pepper. In a separate bowl, whisk the egg whites until stiff peaks form and then carefully fold into the egg yolk. /Pour this mixture into the pan, level the surface and cook for 2-3 minutes until set and golden underneath (lift the edge of the omelette to check the colour). If cooking in an ovenproof pan, cook the top of the omelette under a preheated grill for 1-2 minutes until golden. Alternatively slide the omelette onto a warm plate, invert the frying pan over the omelette and return to the pan with the cooked side down. Cook for a further 1-2 minutes until golden on the bottom. Serve with the watercress

### **On the go breakfast - 2 slices Weetabix loaf (4pp)**

Recipe makes 12 slices – 2pp slice

2 Weetabix

150 ml skimmed milk

100g self-raising flour

1 tsp artificial sweetener, (optional)

100g sultanas

150 ml water

1 tsp Mixed Spice,

1 medium egg, beaten

Preheat oven n to 180C, 350F or gas mark 4. Put Weetabix and sultanas in bowl, pour milk and water over the top and soak up all the liquid. Stir in flour, mixed spice, sweetener and beaten egg. Spoon mixture into (1lb) lined / non-stick loaf tin and bake for 1hr 15m until cooked. Cool on a wire rack before serving, and then cut into slices. It has the texture of bread pudding.

### **French toast with Strawberries & banana & honey drizzle. Serves 4 – 4pp each**

1 egg (2pp)

150ml skimmed milk (1pp)

4 slices crustless bread (6pp)

2 bananas,

2tsp icing sugar (1pp)

1tsp vanilla essence

WW oil spray (1pp)

225g strawberries,

4 tsp clear honey (5pp)

In a shallow bowl, beat together the egg, milk & vanilla essence. Cut the slices of bread into triangles, and then dip in the mixture, leaving them to soak for a few moments, so that the liquid is absorbed. Heat a frying pan & spray with the low fat spray. Add the soaked bread triangles and cook on both sides until browned. Transfer to four warmed plates. Slice the bananas & strawberries over each portion. Sprinkle with icing sugar & drizzle 1tsp of honey over each portion. Serve immediately.