

Everyday Breakfast Favourites

12 Delicous Recipes

THE EMBODIED

COLLECTIVE

Disclaimer

READ THIS FIRST

The calorie and macronutrient information provided in this recipe book has been calculated to the best of our ability using commonly used ingredients. However, it is important to note that actual nutritional values may vary depending on factors such as brand names, variations in ingredient types, portion sizes, cooking methods, and other variables.

All recipes have been individually tracked ingredient by ingredient, then saved as recipes to ensure the highest level of accuracy. Every recipe has been reviewed by both a qualified nutritionist and an accredited dietitian before being included in this recipe book. If you save a recipe as a meal in MyFitnessPal rather than recreating it as a recipe or tracking the individual ingredients, you may notice differences in the calorie total. **This is due to inconsistencies within the MyFitnessPal database and the way user generated meal entries are created.**

Barcodes placed on each recipe are generated from the ingredients and quantities provided by the nutritionists. While the barcodes are a useful tool for tracking, it is essential for users to calculate nutritional information using the most up to date ingredients in the manner employed by their coach or nutritionist. Users should also take responsibility for checking the carbohydrate and fibre content of the ingredients used and ensuring it aligns with their specific dietary goals. The NUTTAB (Australian Nutrition Database), USDA, and verified databases are utilised to track whole foods, while nutritional information panels are used for packaged foods.

Please note that in some entries, the calories and macros may not quite add up when scanned into MyFitnessPal. This is because the system uses the calories listed on food labels and tracks fibre and sugar alcohols as calories. For ease of tracking for the general population, the calories listed in this recipe book have been adjusted using the standard calculations of 4 calories per gram of protein, 4 calories per gram of carbohydrates, and 9 calories per gram of fat.

The images included in this recipe book are generated using AI to the best of our ability. While accuracy is the goal, the images may not reflect exactly how the recipe will look once prepared.

While every effort has been made to ensure accuracy, individuals with specific dietary concerns or requirements are encouraged to consult a qualified healthcare professional or nutritionist for personalised advice. Additionally, it is advisable to refer to the nutritional labels on packaged ingredients for the most accurate information.

MyFitnessPal Barcodes

Scan a recipe, log it in MFP, get on with your day.

READ THIS FIRST

Calories will look higher in MFP. That is normal - don't recalculate.

MFP counts the calories in fibre and sugar alcohols. The recipe card doesn't. So the cal number drifts up by a small amount when you scan.

The carbs, fat, and protein are exactly the same on both. Track those.

RECIPE CARD SAYS			MFP SAYS (AFTER SCAN)	
476	cal	≠	~520	cal — slightly higher, that's fine
37g	carbs ✓	=	37g	carbs ✓
12g	fat ✓	=	12g	fat ✓
52g	protein ✓	=	52g	protein ✓

Calories may differ. Macros never do.

How to scan

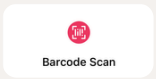
01

Tap +
The plus icon at the bottom of MFP.



02

Pick Barcode Scan
Top-right tile in the menu.



03

Scan or type
Aim at the recipe barcode, or type the number underneath.



04

Save it
Pick the meal slot and tap the tick top-right.



REMINDER

Every recipe in this ebook has been individually tracked and reviewed by a qualified nutritionist and accredited dietitian to ensure the highest level of accuracy.

Each recipe has been created by tracking every ingredient individually and saving it as a recipe. If you log it as a meal in MyFitnessPal instead, the calories may differ due to inconsistencies within the MyFitnessPal database.

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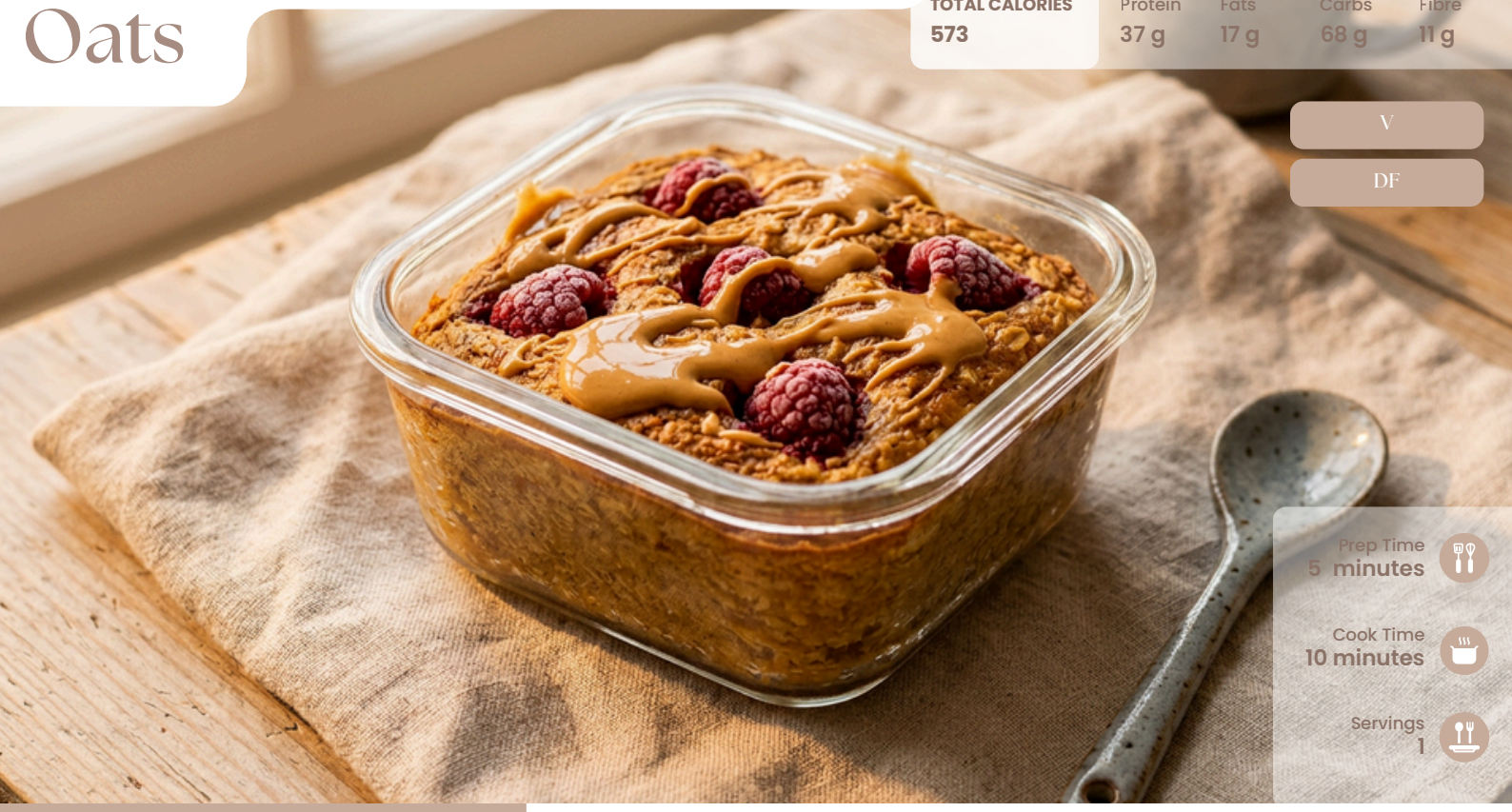
Raspberry & Date Baked Oats

BREAKFAST

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
573	37 g	17 g	68 g	11 g

V

DF



Prep Time
5 minutes

Cook Time
10 minutes

Servings
1

Ingredients

- **60g Instant Oats**
- **100ml Water**
- **30g Vanilla Protein Powder - Reg or Plant-Based**
- **20g Medjool Dates, finely chopped**
- **50g Frozen Raspberries**
- **20g Peanut Butter Smooth**

Cooking Instructions

Step 01.
Add oats and water to a microwave safe glass container.

Step 02.
Microwave for 1½ until thickened.

Step 03.
Stir through vanilla protein powder.

Step 04.
Finely chop the dates and stir through.

Step 05.
Fold through the frozen raspberries.

Step 06.
Top with peanut butter.

Step 07.
Air fry for 10 minutes at 200°C until golden.

Log it in MyFitnessPal
Scan or type the barcode into your app

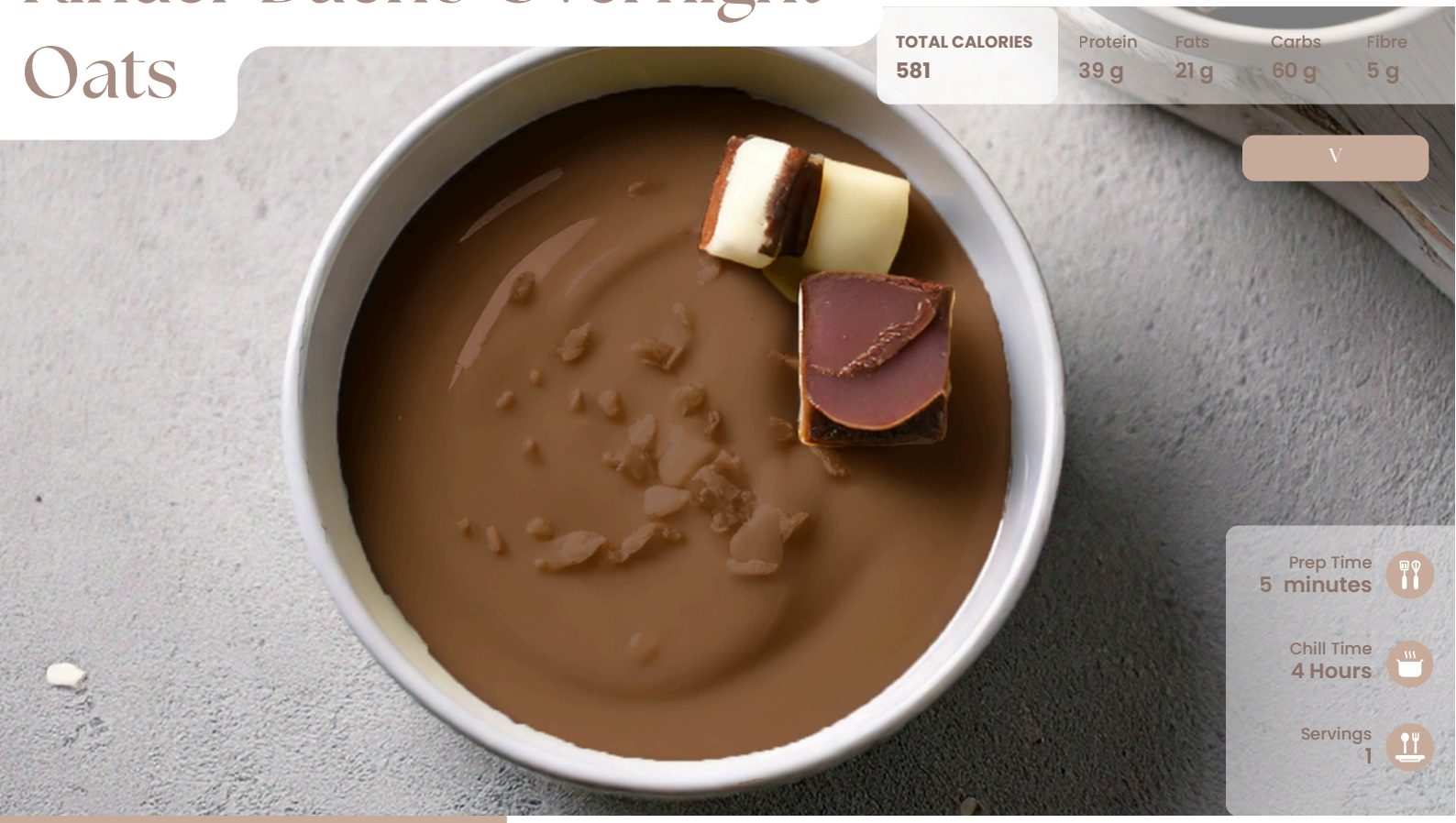
1 61023 10378 6

Kinder Bueno Overnight Oats

BREAKFAST

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
581	39 g	21 g	60 g	5 g

V



Prep Time
5 minutes

Chill Time
4 Hours

Servings
1

Ingredients

- **50g rolled oats**
- **25g White Chocolate/Vanilla protein powder (Reg or Plant-Based)**
- **200ml So Good unsweetened almond milk**
- **80g Chobani Fit vanilla Greek protein yoghurt**
- **20g Nutella hazlenut spread**
- **20g Kinder Bueno white chocolate bar (half the whole bar)**

Cooking Instructions

Step 01.
In a prep container or jar, combine rolled oats, protein powder, vanilla Greek yoghurt, and 150ml of almond milk. Stir until well mixed and creamy.

Step 02.
In a small bowl, add hazelnut spread and 50ml of almond milk. Microwave in 10-second increments until melted.

Step 03.
Pour the Hazelnut spread and almond milk mixture over the oats; once refrigerated, this will create a ganache.

Step 04.
Cover the bowl or jar and refrigerate for at least 4 hours, preferably overnight, to allow the oats to absorb the liquid.

Step 05.
Before serving, top with the Kinder Bueno white chocolate bar.

Log it in MyFitnessPal
Scan or type the barcode into your app

1 61023 60112 1

Vanilla Berry Rice Pudding Pot

BREAKFAST

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
481	38 g	9 g	62 g	4 g

V

GF



Prep Time
3 minutes

Cook Time
5 minutes

Servings
1

Ingredients

- **125g Sunrice Microwave Jasmine Rice Cup**
- **150ml So Good Unsweetened Almond Milk**
- **100g Anchor Protein Plus Vanilla Yoghurt**
- **5ml Vanilla Extract**
- **33g Vanilla Protein Powder**
- **50g Frozen Mixed Berries**
- **5g Honey**
- **1g Cinnamon**

Cooking Instructions

Step 01.
Microwave the **rice cup** according to packet instructions.

Step 02.
Transfer hot rice to a small saucepan. Add the **almond milk** and place over low heat, stirring for 2-3 minutes until creamy and loosened.

Step 03.
Remove from heat. Add the **vanilla extract** and **protein powder**, stirring well until fully smooth (no clumps).

Step 04.
Allow the mixture to cool for 2 minutes, then gently stir through the yoghurt until fully combined.

Step 05.
Spoon into a jar or container.

Step 06.
Top with **frozen berries**, drizzle with **honey**, and sprinkle with **cinnamon**.

Step 07.
Refrigerate for at least 1 hour or overnight to thicken.

Log it in MyFitnessPal
Scan or type the barcode into your app

1 61023 10334 2

Biscoff Protein Oats

BREAKFAST

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
433	30 g	13 g	49 g	5 g

V



Prep Time
2 minutes

Cook TIme
90 Seconds

Servings
1

Ingredients

- 40g quick oats
- 160mL water
- 30g Vanilla Protein Powder
- 15g Biscoff spread
- 7.8g Biscoff biscuit, crushed
- 50g banana, sliced

Cooking Instructions

Step 01.
Add the oats and water to a microwave safe bowl.

Step 02.
Microwave on high for 1 minute 30 seconds, until oats are soft and thickened.

Step 03.
Remove from the microwave, wait for a minute and stir through the protein powder until smooth and creamy.

Step 04.
Dollop the Biscoff spread over the hot oats.

Step 05.
Sprinkle the crushed Biscoff biscuit over the top.

Step 06.
Finish with sliced banana and serve warm.

Log it in MyFitnessPal
Scan or type the barcode into your app

1 61023 10328 1

Lamington Baked Weet-Bix

BREAKFAST

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
446	29 g	22 g	33 g	8 g

V

GF



Prep Time
5 minutes

Cook Time
10 minutes

Servings
1

Ingredients

- **30g Weet-Bix - Reg or GF**
- **100ml Unsweetened Almond Milk**
- **6g Cocoa Powder**
- **5ml Queen Sugar Free Maple Syrup**
- **30g Protein Powder - Reg or Plant-Based**
- **50g Anchor Protein Plus Yoghurt**
- **50g Frozen Raspberries**
- **5g Desiccated Coconut**

Cooking Instructions

Step 01.
Crush the Weet-Bix into a oven proof glass container.

Step 02.
Add milk, cocoa powder, sugar free maple syrup and protein powder.

Step 03.
Mix until combined.

Step 04.
Air fry for 10 minutes at 200°C until golden.

Step 05.
Top with yoghurt.

Step 06.
Scatter over raspberries.

Step 07.
Finish with desiccated coconut and serve.

Log it in MyFitnessPal
Scan or type the barcode into your app

1 61023 10381 6

Strawberry Shortcake Chia Pudding

BREAKFAST

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
334	36 g	11 g	19 g	8 g

V



Prep Time
10 minutes

Chill Time
4 Hours

Servings
5

Ingredients

- **250ml Almond milk unsweetened**
- **100g Black Chia Seeds**
- **150g Vanilla Protein Powder (Reg or Plant)**
- **250g Strawberries**
- **50g Sugar Free Maple Syrup**
- **500g Chobani Fit High Protein Greek Yoghurt Strawberry**
- **50g Arnott's Nice Biscuits**

Cooking Instructions

Step 01.
Dice **strawberries** into small cubes.

Step 02.
In a bowl, whisk **almond milk, protein powder, maple syrup** and **yoghurt.**

Step 03.
Stir through **chia seeds.**

Step 04.
Fold through diced strawberries.

Step 05.
Divide into 5 glass containers.

Step 06.
Place chia puddings in the fridge and chill for 4 hours minimum.

Step 07.
Place **Nice biscuits** in a ziplock bag and crush them with a rolling pin.

Step 08.
Place crushed biscuits on top of chia pudding before serving.

Log it in MyFitnessPal
Scan or type the barcode into your app

1 61023 10349 6

Rocky Road Protein Smoothie

BREAKFAST

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
377	28 g	13 g	37 g	9 g

GF

DF



Prep Time
5 minutes

Servings
1

Ingredients

- 100g Frozen Banana
- 250ml Unsweetened Almond Milk
- 33g Chocolate Protein Powder (Reg or Plant-Based)
- 50g Frozen Raspberries
- 10g Desiccated Coconut
- 10g Mini Marshmallows
- Ice Cubes (optional, for extra thickness)

Cooking Instructions

Step 01.
Add the almond milk, frozen banana, raspberries, protein powder, desiccated coconut, and mini marshmallows to a blender.

Step 02.
Blend on high until smooth and creamy.

Step 03.
Add ice cubes and blend again if a thicker, frostier texture is desired.

Step 04.
Pour into a glass and serve immediately.

Log it in MyFitnessPal
Scan or type the barcode into your app

1 61023 10177 5

Bacon and Avocado Omelette Bowl

BREAKFAST

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
288	33 g	13 g	6 g	3 g

GF



Prep Time
10 minutes

Cook Time
15 minutes

Servings
5

Ingredients

- **1000g Egg Whites**
- **150g Middle Eye Bacon**
- **200g Cottage Cheese**
- **Salt**
- **Pepper**
- **200g Avocado**
- **15g Mingle Everything Bagel Seasoning**
- **5g Olive Oil Spray**

Cooking Instructions

Step 01.
Preheat the oven to 180°C fan forced.

Step 02.
Spray 5 oven proof glass containers with **Olive Oil Spray.**

Step 03.
Dice bacon into small pieces.

Step 04.
Mix **egg whites, cottage cheese, salt and pepper.**

Step 05.
Fold **bacon** through mixture.

Step 06.
Pour into containers.

Step 07.
Bake or air fry at 180°C for 15 mins.

Step 08.
Top each bowl with **avocado and bagel seasoning.**

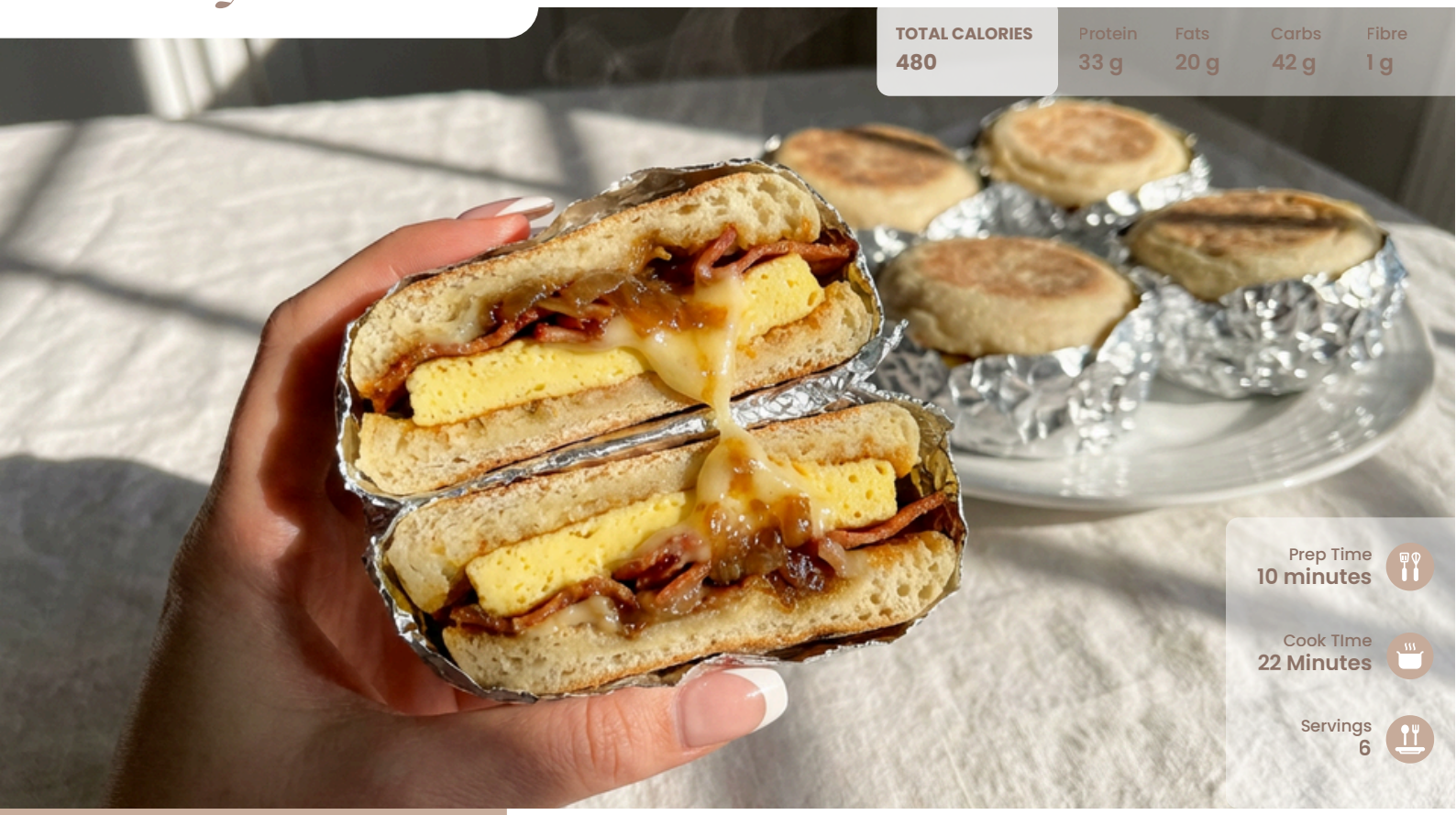
Log it in MyFitnessPal
Scan or type the barcode into your app

1 61023 10352 6

Breaky Muffin

BREAKFAST

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
480	33 g	20 g	42 g	1 g



Prep Time
10 minutes

Cook TIme
22 Minutes

Servings
6

Ingredients

- **250g Whole eggs (approx. 6)**
- **500g egg whites**
- **50g Shoulder bacon**
- **6 Muffin splits**
- **120g cheddar cheese burger slices**
- **180g F Whitlock & Sons caramelised onion relish**
- **2.5g olive oil spray**

Log it in MyFitnessPal

Scan or type the barcode into your app

1 61023 10320 5

Cooking Instructions

Step 01.
Preheat oven to 180°C (fan forced) and spray a rectangle baking dish with olive oil.

Step 02.
Crack **eggs** into a mixing bowl. add the **egg whites**.
Whisk until fully combined and smooth. Pour the mixture into the greased baking dish.

Step 03.
Place baking dish in the oven and bake for 18-22 minutes or until set through the centre.
Once cooked, remove from oven and let cool for 5 minutes.
Slice into 6 even squares.

Step 04.
While the eggs bake, heat a non-stick pan, and cook the **bacon** until golden.

Step 05.
Slice all 6 **English muffins** in half. Place one baked egg square on each muffin base. Top with cooked bacon, add one **cheese slice**, then spread **30g caramelised onion relish** on each muffin lid.

Step 07.
Wrap each muffin tightly in foil so it holds shape and stays soft.
Store in an airtight container in the fridge.

Refrigeration reheat instructions

1. Remove foil.
2. Place muffin on a microwave safe plate.
3. Heat for 60-90 seconds until warm through.
4. Alternatively, you can toast in a sandwich press.

Freezer Meal Prep Instructions (Keep up to 2 months)

1. Let muffins cool completely after assembling.
2. Wrap each in foil, then place into a zip lock freezer bag.
3. Label with date.

To thaw:

1. Place in the fridge overnight.
2. Reheat in the microwave for 60 to 90 seconds in the morning.

Loaded Tofu Breakfast Hash with Smokey Chipotle Sauce



TOTAL CALORIES	Protein	Fats	Carbs	Fibre
480	28 g	20 g	47 g	17 g

GF

V

Prep Time
15 minutes

Cook Time
20 minutes

Servings
1

Ingredients

- 150g Firm tofu, drained and crumbled
- 2 x Hash browns (150g total)
- 75g red capsicum
- 40g red onion
- 5g garlic glove
- 2.5ml olive oil
- 10g Culley's Mexikai chipotle & adobo hot sauce
- 1g smoked paprika
- salt
- 5g fresh coriander, chopped
- 10g Sour cream lite

Cooking Instructions

Step 01.
Cook the hash browns in the air fryer for 10 minutes at 200°C or in the oven for 20–25 minutes at 210°C.

Step 02.
Mince the garlic, crumble the tofu, and dice the capsicum and red onion. Set aside.

Step 03.
Heat olive oil in a pan over medium heat. Add the crumbled tofu, capsicum, garlic, and red onion. Cook for 5–7 minutes.

Step 04.
Stir in the chipotle sauce, smoked paprika and salt, cooking for another minute.

Step 05.
Remove the hash browns from the air fryer and top them with the tofu mixture. Garnish with fresh coriander and light sour cream, then serve.

Log it in MyFitnessPal
Scan or type the barcode into your app

1 61023 10131 7

Bagel with Cottage Cheese, Avocado, Egg & Honey

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
432	26 g	12 g	55 g	7 g

V



Prep Time
5 minutes

Cook Time
10 minutes

Servings
1

Ingredients

- **90g Abe's Bagels Sesame Seed Bagels**
- **80g Light Cottage Cheese**
- **40g Avocado, mashed**
- **50g Egg**
- **10ml SpicyBoys Hot Honey**

Cooking Instructions

Step 01.
Place the egg in a small saucepan and cover with cold water. Bring to a boil over medium-high heat.

Step 02.
Once boiling, reduce to medium heat and simmer for 10 minutes, or until fully hard-boiled. Drain the hot water and immediately place the egg in a bowl of cold water for 1 to 2 minutes. Once cooled, peel the egg.

Step 03.
In a small bowl, mash the hard-boiled egg, mashed avocado, and cottage cheese together until creamy and well combined.

Step 04.
Slice the bagel in half and toast until golden.

Step 05.
Spread the egg, avocado, and cottage cheese mixture evenly over the toasted bagel.

Step 06.
Drizzle hot chilli honey over the top.

Log it in MyFitnessPal
Scan or type the barcode into your app

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