



BREAKFAST FOR A WEEK

A week's worth
of breakfast ideas.



MONDAY

PORRIDGE

Scotts oats with slices of banana and a drizzle of agave nectar for sweetness.

TUESDAY

WHOLEMEAL BAGELS

wholemeal bagels topped with raspberry jam or a perserve of your choosing.

WEDNESDAY

GREEN SMOOTHIE

Blended kale, cucumber, spinach, pineapple, apple juice and a few drops of lemon juice.

THURSDAY

PLANTAIN AND MORE

Fried plantain served with baked-beans and a tall glass of orange juice.

FRIDAY

FRUITS

Freshly sliced; apples, bananas, oranges, pineapple with cherries.