SUGGESTIONS FOR BREAKFAST

Porridge with apple





Energy

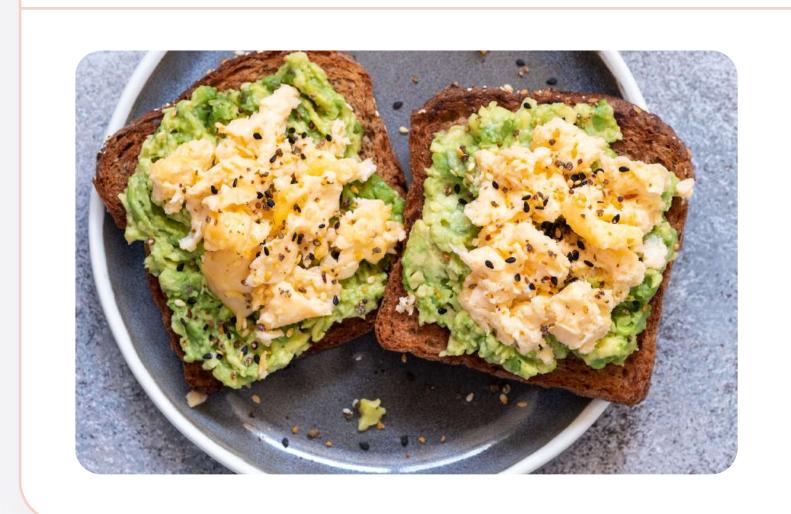


Carbs





Toast with avocado and scrambled egg + orange juice







Carbs

Energy



6 g

Proteins

Fiber

Oatmeal & Yogurt Pancakes

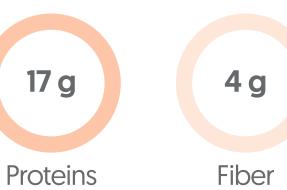




Energy



Carbs



Overnight oats with peanuts and chocolate







Energy

Carbs

22 g



Proteins

Fiber