



SUGGESTIONS FOR BREAKFAST

Porridge with apple



439
kcal

Energy

48 g

Carbs

19 g

Proteins

9 g

Fiber

Toast with avocado and scrambled egg + orange juice



333
kcal

Energy

39 g

Carbs

11 g

Proteins

6 g

Fiber

Oatmeal & Yogurt Pancakes



365
kcal

Energy

57 g

Carbs

17 g

Proteins

4 g

Fiber

Overnight oats with peanuts and chocolate



390
kcal

Energy

50 g

Carbs

22 g

Proteins

6 g

Fiber