

MENOFIT™

Breakfast ideas

HEALTHY NUTRITIOUS BREAKFASTS FOR MENOPAUSAL WOMEN

Avocado toast with egg

Ingredients:

1. Whole grain bread (2 slices)
2. Avocado (1 medium)
3. Eggs (2 large)
4. Salt and pepper to taste
5. Optional: Chopped parsley or red pepper flakes for garnish

Macronutrient Breakdown (approximate):

- **Calories:** 360
- **Carbohydrates:** 26g
- **Protein:** 17g
- **Fat:** 22g
- **Fiber:** 9g

Instructions:

1. Toast the whole grain bread slices.
2. Mash the avocado in a bowl and season with salt and pepper.
3. Spread the mashed avocado evenly onto the toasted bread slices.
4. In a pan over medium heat, fry the eggs to your desired doneness (fried, scrambled, or poached).
5. Place the cooked eggs on top of the avocado toast.
6. Season with additional salt and pepper if desired, and garnish with chopped parsley or red pepper flakes if using.
7. Serve immediately.



MENOFIT™

Breakfast ideas

HEALTHY NUTRITIOUS BREAKFASTS FOR MENOPAUSAL WOMEN

Greek yoghurt parfait

Ingredients:

1. Greek yogurt (200g)
2. Mixed berries (such as strawberries, blueberries, raspberries - 100g)
3. Honey or maple syrup (1 tablespoon)
4. Granola (¼ cup)
5. Optional: Chia seeds or sliced almonds for added texture and nutrition

Macronutrient Breakdown (approximate):

- **Calories:** 280
- **Carbohydrates:** 36g
- **Protein:** 18g
- **Fat:** 7g
- **Fiber:** 4g

Instructions:

1. In a serving glass or bowl, layer half of the Greek yogurt.
2. Add half of the mixed berries on top of the yogurt.
3. Drizzle half of the honey or maple syrup over the berries.
4. Sprinkle half of the granola on top.
5. Repeat the layers with the remaining ingredients.
6. Optionally, sprinkle chia seeds or sliced almonds on top for added nutrition and texture.
7. Serve immediately or refrigerate for a few hours for a chilled parfait.



Meno
Fit™

MENOFIT™

Breakfast ideas

HEALTHY NUTRITIOUS BREAKFASTS FOR MENOPAUSAL WOMEN

Banana oat pancakes

Ingredients:

1. Ripe bananas (2 medium)
2. Rolled oats (1 cup)
3. Eggs (2 large)
4. Baking powder (1 teaspoon)
5. Optional: Cinnamon or vanilla extract for flavour

Macronutrient Breakdown (approximate):

- **Calories:** 380
- **Carbohydrates:** 58g
- **Protein:** 16g
- **Fat:** 10g
- **Fiber:** 8g

Instructions:

1. In a blender or food processor, combine the ripe bananas, rolled oats, eggs, baking powder, and optional flavourings such as cinnamon or vanilla extract.
2. Blend the ingredients until you have a smooth batter.
3. Heat a non-stick pan or griddle over medium heat.
4. Pour small portions of the batter onto the pan to form pancakes.
5. Cook the pancakes for 2-3 minutes on each side, or until golden brown.
6. Once cooked, serve the pancakes immediately.
7. Optionally, top with additional sliced bananas, a drizzle of honey or maple syrup, or a dollop of Greek yogurt for added flavour and nutrition.



MENOFIT™

Breakfast ideas

HEALTHY NUTRITIOUS BREAKFASTS FOR MENOPAUSAL WOMEN

Vegetable omelette

Ingredients:

1. Eggs (3 large)
2. Mixed vegetables (such as bell peppers, onions, spinach - 1 cup diced)
3. Olive oil or cooking spray
4. Salt and pepper to taste
5. Optional: Grated cheese for topping

Macronutrient Breakdown (approximate):

- **Calories:** 230
- **Carbohydrates:** 8g
- **Protein:** 18g
- **Fat:** 14g
- **Fiber:** 2g

Instructions:

1. In a bowl, beat the eggs until well mixed. Season with salt and pepper to taste.
2. Heat a non-stick pan over medium heat and add a small amount of olive oil or cooking spray.
3. Add the diced vegetables to the pan and sauté until they are tender.
4. Pour the beaten eggs over the vegetables in the skillet, ensuring they are evenly distributed.
5. Allow the omelette to cook undisturbed for a few minutes until the edges start to set.
6. Once the edges are set, gently lift them with a spatula and tilt the skillet to let the uncooked eggs flow to the bottom.
7. Continue cooking until the eggs are fully set and the bottom is golden brown.
8. Optionally, sprinkle grated cheese on top of the omelette and fold it in half.
9. Slide the omelette onto a plate and serve hot.



MENOFIT™

Breakfast ideas

HEALTHY NUTRITIOUS BREAKFASTS FOR MENOPAUSAL WOMEN

Overnight oats

Peanut Butter Banana Overnight Oats but you can choose the flavourings you prefer

Ingredients:

1. Rolled oats (1/2 cup)
2. Milk (or almond milk, soy milk, etc. - 1/2 cup)
3. Peanut butter (2 tablespoons)
4. Banana (1 medium, mashed)
5. Optional: Honey or maple syrup for added sweetness

Macronutrient Breakdown (approximate):

- **Calories:** 430
- **Carbohydrates:** 58g
- **Protein:** 14g
- **Fat:** 17g
- **Fiber:** 8g

Instructions:

1. In a jar or container, combine the rolled oats, milk, peanut butter, and mashed banana.
2. Stir until well mixed. If desired, add honey or maple syrup for extra sweetness.
3. Cover the jar or container and refrigerate overnight, or for at least 4 hours, to allow the oats to soften and absorb the liquid.
4. In the morning, give the oats a good stir and add more milk if desired to reach your preferred consistency.
5. Optionally, top with additional sliced banana, a sprinkle of cinnamon, or a drizzle of extra peanut butter before serving.

