

DONFIT

5 EASY TO MAKE BREAKFAST RECIPES

5 Easy recipes 5-15 Minutes Easy to make



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Donfit Kitchen

FIT OVERNIGHT OATS

50g Rolled Oats
250ml Almond Milk
1/2 Banana or 100g of berries
15g Honey
1 scoop Whey protein

This is the simplest of recipes!

Simply add all this together, throw into the fridge over night and you will have the gooey goodness of this protein rich breakfast ready to go.

421 cals
32g Protein
56g Carbs
9g Fat

Add Whole milk and
Gainer whey to up the
calories for a bulk.



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DONS EGG SUPREME

1 slice or 60g Sourdough Bread
2 medium eggs + 1 egg white
15g Strawberry Jam
Salt & pepper seasoning
15g Low fat Cheddar Cheese

A staple in the breakfast arsenal that you can make little alterations to in order to fit your macros and goals.

Brown up that sourdough in the toaster and spread the jam on top. Then scramble or fry your eggs in a spray oil. Add to the toast and then sprinkle with your cheese and voila!

It seems like an odd combo but i promise that sweet and savoury flavour is Moorish.

379 cals
26g Protein
39g Carbs
13g Fat

Add 30g of cheddar cheese
and increase to 4 eggs for
extra cals on a bulk



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MAX REP WRAP

1 Wholemeal tortilla wrap
2 eggs + 1 egg white
1 Bacon Medallion (Low fat/No fat)
Handfull Spinach
20g Ketchup

Start your day the right way with this high protein breakfast wrap.

In low calorie spray oil fry up your bacon medallion in the fashion you like (crispier the better in my book), when ready add your eggs and egg white to the pan with a handful of spinach for extra nutrition and texture. Shove it all in a whole meal wrap and gently seer on both sides for extra crisp and there you have a great start to your training day. Nom!!

415 cals
34g Protein
37g Carbs
13g Fat

Add 2 Bacon Medallions
and increase to 4 eggs
for extra cals on a bulk

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PINK PROTEIN SMOOTHIE

1 scoop Whey Protein (Vanilla)
1/2 cup Ice
150g Frozen or fresh berries
1/2 cup water
Sprinkle of cinnamon powder

Nice and simple this one.

Simply add all the ingredients together, blitz in a blender till you've reached a consistency you like, pour into a glass, (you can more or less water to preference) sprinkle some cinnamon dust on top for an extra kick and enjoy!!

372 cal
30 g Protein
52g Carbs
5g Fat

Add 20g Peanut butter
& 40g Oats for extra cal
on a bulk

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HIGH PROTEIN/LOW CARB BREAKFAST MUFFINS

2 eggs + 1 egg white

2 Bacon Medallion (Low fat/No fat)

1/2 Red pepper

30g Low fat cheddar cheese

Grab yourself a Muffin baking tray and spray with low cal oil to grease.

Chop your medallions into small pieces and then fry using the same spray oil. Once cooked mix into a bowl with your eggs, egg white and cheese. Once fully combined gently pour even amounts into 4 muffin holders and then bake for 10mins - 15min in your preheated oven at 175 C.

Easy food prep for multiple days!

379 cals

50 g Protein

5g Carbs

17g Fat

Add full fat cheese and
4 whole eggs for the
bulk.

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