

MUSCLE  
**FUEL** 10WK

# smart KITCHEN

BREAKFAST & SNACKS GUIDE





# BREAKFAST

**They say breakfast is the most important meal of the day...  
And we agree! Whether you're pushed for time or simply don't  
enjoy eating breakfast, this is a habit we're going to kick.**



# Avocado & Feta on Toast

**297 CALORIES | 3 POINTS | 10 mins | Serve 1 (1 peice of toast)**

## INGREDIENTS:

**1 slices whole-wheat bread**  
**0.5 avocado ripe, peeled, pitted, and**  
**mashed**  
**39.43 ml feta cheese crumbled**

## METHOD:

Toast bread slices.

Mash avocado in a bowl with a potato masher or fork, until creamy. Spread an even amount of avocado on each toast and top with feta cheese.

Enjoy!

# Sweet Potato Toast Recipes

**35 CALORIES | 0.4 POINTS (Excluding toppings) | 10 mins | 1 Serve (2 Slices)**

## INGREDIENTS:

**1 large sweet potato, peeled if desired**

**Favorite toppings, such as peanut butter**  
**and banana, nutella and berries, avocado, a**  
**fried egg, etc.**

## METHOD:

Slice sweet potato into 1/4-inch long vertical slices.

Turn the toaster all the way up to high and toast sweet potato slices twice. If yours isn't fully cooked or slightly browned after two times, toast it a third time.

Top with your favorite sweet or savory toppings and enjoy!

## Toppings (Sweet):

Peanut butter, banana and cinnamon (or almond butter)  
Peanut butter and raisins  
Honey butter and cinnamon  
Nutella; you can also add some fresh blueberries or strawberries or banana  
Cream cheese and a fruit jam  
Apple butter  
Drizzle of maple syrup or honey; can also add cinnamon or a sprinkle of chia seeds

## Toppings (Savoury):

Top with a fried egg, salt and pepper; can also add chili powder or hot sauce for a little kick  
Sliced or smashed avocado; can also add sliced tomatoes or a fried egg  
Black beans and cheese: Run under the broiler to melt the cheese if you prefer; can also add a fried egg and/or some salsa and sliced green onions  
Tuna or chicken salad – great for a light lunch  
Grated Parmesan cheese and fresh basil



# Baked Egg & Avocado Cups

**205 CALORIES | 3 POINTS | 20 mins | Serve 1 (1 Avocado)**

## INGREDIENTS:

**1 teaspoon olive oil**  
**1 avocado**  
**2 eggs**  
**½ teaspoon salt**  
**1 teaspoon chopped mint leaves for garnish**

## METHOD:

Cut the avocado in half and scoop out some of the flesh in the center so that there is enough room for the eggs to sit. You can serve that part alongside with the cooked eggs.

Separate the yolks and whites. Put the whites in a bowl, yolks into two different bowls.

Add salt into whites and mix well.

Heat olive oil in a pan and sear the avocado halves, flesh side down for 15-20 seconds until a little golden.

Flip them over and share the egg whites into each. Don't worry if they overflow since it forms a very nice white plate on which avocado halves are set.

Put the lid on, turn the heat down and cook for 5-10 minutes until the whites inside avocados are set.

Slide the yolks into the avocados over the whites.

Put the lid on and cook for 2-3 minutes. You might see a thin white cover on the yolks, but they will go away and the yolks will look really shiny and yellow after about a minute.

Garnish with chopped mint leaves and serve.





# Mango Smoothie Bowl

**296 CALORIES | 3 POINTS | 15 mins | Serve 1**

## INGREDIENTS:

**frozen mango chunks 100g**  
**frozen small banana ½ (approximately 50g)**  
**natural yogurt 100g**  
**whole milk 50ml**  
**cardamom pods 3, seeds only, ground**  
**ground turmeric ¼ tsp**  
**rose water extract 1-3 drops, depending on strength**  
**mango ¼, diced (or a few extra chunks of frozen mango, defrosted and diced)**  
**shelled pistachios ½ tbsp, chopped**  
**chia seeds ½ tsp**

## METHOD:

Put the first six ingredients and a few drops of the rose water in a blender and blend until thick and smooth. If the mixture is too thick to blend, add a splash of water. If you want more of a rose water flavour, add up to a ¼ tsp of the extract.

Pour into a small, deep bowl and top with the fresh mango, pistachios and chia seeds.

# Apple Crisp Breakfast Parfaits

**396 CALORIES | 4 POINTS | 20 mins | Serve 1**

## INGREDIENTS:

**1 apple**  
**½ cup plain Greek yogurt**  
**½ cup granola**  
**Pinch of cinnamon (optional)**

## METHOD:

Peel, core, and dice the apples.

Put the apples in a small pan with 2 tbsp water and the cinnamon, if using.

Cover and simmer over a low heat for about 10 minutes, until the apples are soft.\*

Remove the apples from the heat.

Put ¼ of the stewed apples in a mason jar or serving bowl.

Top with ½ cup Greek yogurt and then ½ cup granola.

Repeat with the remaining ingredients until you have 4 servings.\*\*

Serve and enjoy.

\*Apples can be stewed in advance and stored in an airtight container in the fridge for up to 5 days.

\*\*Although this is delicious when the apples are warm, you can also prepare these in mason jars in advance and store them in the fridge for up to 5 days.



# Breakfast Parfait

**247 CALORIES | 2.5 POINTS | 10 mins | Serve 1**

## INGREDIENTS:

**¾ cup low-fat cottage cheese or low-fat plain yogurt**

**1 cup pineapple chunks, papaya chunks or cling peaches**

**2 teaspoons toasted wheat germ**

## METHOD:

Place cottage cheese (or yogurt) in a small bowl. Top with fruit and sprinkle with wheat germ.

# 3 Ingredient Banana Pancakes

**284 CALORIES | 2.8 POINTS | 25 mins | Serve 1**

**1 1/2 large bananas, ripe to overripe (200g; 7 oz)**  
**2 eggs**  
**1/8 teaspoon baking powder**  
**Maple syrup, butter, or blueberries, to serve**

## METHOD:

In a mixing bowl, crack in the eggs and add in baking powder. And whisk to combine.

In another bowl add in 1 1/2 large bananas. Lightly mash with a potato masher or a fork, but not too much. There should be chunks of bananas to make fluffy pancakes. And use only ripe bananas.

Pour wet mixture into mashed bananas and stir to combine.

In a frying pan, cook mini pancakes over a medium low heat. 1 or 2 tablespoons of batter is enough for each mini pancake. When the baking powder is activated, flip it over and cook for about one minute more.

Serve immediately when hot.





# 3 Ingredient Smoothies

**5 mins | Serve 1**

## **PEACH SMOOTHIE**

**181 CALORIES | 1.8 POINTS**

### **INGREDIENTS:**

1 cup peaches, chopped, frozen  
1 orange, juice of  
1 Tbsp yogurt

## **BANANA BERRY SMOOTHIE**

**151 CALORIES | 1.5 POINTS**

### **INGREDIENTS:**

1 cup frozen berries  
1 banana, medium  
1 cup milk  
cinnamon (optionally)

## **GREEN SMOOTHIE**

**211 CALORIES | 2.1 POINTS**

### **INGREDIENTS:**

1 cup fresh baby spinach  
 $\frac{3}{4}$  cup coconut milk  
1 cup frozen pineapple

## **WATERMELON SMOOTHIE**

**78 CALORIES | 0.8 POINTS**

### **INGREDIENTS:**

2 cups frozen cubed watermelon  
1 cup water  
1 tablespoon of honey or other sweetener to taste  
a few mint and/or basil leaves, if you want to take it to the next level

### **METHOD:**

Add all ingredients to your blender and blend until smooth. If you need to, add some water to make the smoothie less thick.

Enjoy!



# SNACKS

## Snaccident

**A snaccident is when a person accidentally consumes an entire snack when he initially meant to eat just some of it.**

**Common foods that become snaccidents include potato chips, ice cream, cookies (especially Oreos and Girl Scout cookies), and basically any type of candy.**



## Point Values of Basic Snacks

MEAL	SERVING SIZE	CALORIES	MF POINTS
COMMON PANTRY ITEMS			
Almonds (Roasted)	28 g	170	1.7
Cashew Nuts (Unsalted)	1 Handful	116	1.2
Celery Sticks with Cream Cheese	4 Sticks	110	1.1
Celery Sticks with Peanut Butter	4 Sticks	230	2.3
Choc Chip Biscuits (Griffins)	3	134	1.3
Cherry Tomatoes with Mozzarella	100 g	215	2.2
Chia Pudding	1 Cup	143	1.4
Cucumber Slices with Hummus	1 Cucumber, 2 Tbsp Hummus	96	1
Dark Chocolate	2 Pieces (14 g)	75	0.8
Edamame Beans	100 g	122	1.2
Greek Yoghurt with Mixed Berries	3/4 Cup Yoghurt, 1 Cup Berries	120	1.2
Hard Boiled Eggs	2 Eggs	143	1.4
Kale Chips	140 g	129	1.3
Macadamia Nuts	10 Nuts	200	2
Muesli Bar (Flemings)	1	119	1.2
Peanuts (Unsalted)	1/4 Cup	160	1.6
Popcorn (Kettlecorn)	1 Cup	65	0.7
Potato Chips (Bluebird Ready Salted)	27 g (15 Chips)	145	1.5
Rice Cakes	2 Cakes	20	0.2
Rice Crackers & Cottage Cheese	1 Cracker	118	1.2
Salmon (Canned)	185 g	270	2.7
Tuna (Canned)	185 g	215	2.2
Walnuts	1/4 Cup	200	2
Weetbix (Sanitarium)	2 Weetbix	107	1.1
Yoghurt (low-fat)	1 Cup	154	1.54
Yoghurt (non-fat)	1 Cup	110	1.1





# Baked Egg & Tomato Cups

**121 CALORIES | 1.2 POINTS | 20 mins | Serve 1 (1 Cup)**

## INGREDIENTS:

**1 large tomatoe**  
**Pinch Parmesan cheese**  
**1 medium egg**  
**Pinch dried herbs, such as oregano, chervil, basil, or sage**

## METHOD:

Preheat oven to 220°C. Slice tops off tomatoes, and scoop out seeds and pulp. Place tomatoes in shallow baking dish, and sprinkle cavities with salt, pepper, and pinches of cheese.

Crack one egg into each tomato. Sprinkle with salt, pepper, herbs, and remaining cheese. Bake 20 minutes for soft yolks, 30 to 35 minutes for hard yolks. Serve immediately.

# Peanut Butter & Banana Sushi

**270 CALORIES | 2.7 POINTS | 2.7 Points | 5 mins | Serve 1**

## INGREDIENTS:

**3 Tablespoons powdered peanut butter**  
**1 Tablespoon water**  
**1 whole grain flatbread or whole wheat tortilla 80-100 calories**  
**1 medium banana**

## METHOD:

In a small bowl, combine powdered peanut butter and water, stirring and adding water by the  $\frac{1}{4}$  teaspoon until desired consistency is reached.

Spread peanut butter down the middle of the flatbread/tortilla reserving about a teaspoon for later.

Place banana on top of peanut butter and roll up flatbread.

Spread remaining PB on outer edge of flatbread to create a seal.

Slice into pieces resembling a sushi roll and serve.





# Rice Cakes with Cucumbers

**121 CALORIES | 1.2 POINTS | 5 mins | Serve 1 (1 Rice Cake)**

## INGREDIENTS:

**1/4 Cup, (not packed) Cottage Cheese**  
**1 Cakes Rice Cakes**  
**1/2 Cup slices Cucumber**  
**1 Tsp Dill**

## METHOD:

Slice cucumber.

Top rice cake with cottage cheese, cucumber slices, and a sprinkle of fresh dill.

Enjoy!

# Turkey Carrot Roll-Up

**20 CALORIES | 0.2 POINTS | 5 mins | Serve 1 (1 Roll)**

## INGREDIENTS:

**1 slice turkey breast**  
**1 carrot stick**  
**1 teaspoon yellow mustard (Optional)**

## METHOD:

Spread mustard on a slice of turkey breast. Wrap each prepared turkey slice around carrot stick.



# Peanut Butter Fruit Dip

**135 CALORIES | 1.4 POINTS | 5 mins | Serve 1 (1 Rice Cake)**

## INGREDIENTS:

**0.33 (156 ml) containers Vanilla Greek Yo-  
gurt (or 1 slightly heaping cup)  
0.06 cup creamy peanut butter  
0.17 Tbsp honey , or to taste**

## METHOD:

Add all ingredients to a bowl and whisk to blend until smooth. Serve with fruit (recommended bananas, apples, raspberries or strawberries). Store in refrigerator in an airtight container.

# Banana Bread Cookies

**145 CALORIES | 1.5 POINTS | 12 mins | Makes 12 Cookies | Serve 1 (1 Cookie)**

## INGREDIENTS:

**3 large overripe bananas mashed  
2 cups gluten-free rolled oats can sub  
for rolled or quick oats  
1/2 cup peanut butter can sub for any  
nut or seed butter  
1/2 cup chocolate chips of choice op-  
tional**

## METHOD:

Preheat the oven to 180C/350F and line a large baking tray with baking paper and set aside.

In a large mixing bowl, combine the bananas, oats, and peanut butter and mix very well. If batter is too thin, add more oats. Fold through chocolate chips, if using them.

Using your hands or a cookie scoop, form into 12 balls and set on the lined baking tray. Press each ball into a cookie shape and bake for 10-12 minutes, or until slightly firm on the edges and remove.

Allow to cool on the tray completely.



# Lemon Pepper Cucumbers

**24 CALORIES | 0.24 POINTS | 5 mins | Serve 1 (½ Cucumber)**

## INGREDIENTS:

½ large cucumbers, sliced  
Lemon juice  
Ground black pepper

## METHOD:

Drizzle freshly squeezed lemon juice and freshly ground black pepper over the cucumber slices.

# No Bake Cereal Bars

**195 CALORIES | 2 POINTS | 10 mins | Makes 6 Bars | Serve 1 (1 bar)**

## INGREDIENTS:

2 cups dry cereal I used Whole O's-  
Cheerios would work if not strictly  
gluten free  
6 tbsp almond butter can substitute for  
peanut butter or sunflower seed butter  
6 tbsp brown rice syrup can substitute  
for maple syrup or agave nectar

## METHOD:

Line a baking tray with baking paper and set aside.  
In a large mixing bowl, add your dry cereal and set  
aside.

Stovetop or in the microwave, melt your nut butter  
with your sticky sweetener and then pour the  
mixture into the crispy rice cereal and mix well.  
Pour mixture into the lined baking tray and press  
firmly into place.

Refrigerate for at least 30 minutes to firm up.



# Baked Pear with Cinnamon Ricotta & Cottage Cheese

**170 CALORIES | 1.7 POINTS | 20 mins | Serve 1 (1 Pear)**

## INGREDIENTS:

**1 small pear, halved and cored**  
**1/4 cup part-skim ricotta cheese**  
**1/4 teaspoon ground cinnamon**

## METHOD:

Preheat broiler or toaster oven. Place pear on a baking sheet; broil 10 to 12 minutes until tender.

Combine ricotta and cinnamon in a small bowl. Top warm pear with ricotta mixture.

# No-Bake Peanut Butter Bites

**115 CALORIES | 1.2 POINTS | 15 mins | Makes 20-24 Bites | Serve 1 (2 bites)**

## INGREDIENTS:

**1 1/2 cups rolled oats or quick oats**  
**2/3 cup natural peanut butter (may sub any nut or seed butter of choice)**  
**3 Tbsp. honey or maple syrup**

## METHOD:

Add the oats to a food processor or blender. Process or blend until oats reach a flour consistency.

Next add the peanut butter and honey or maple syrup. Process or blend until ingredients are well combined and come together to form a dough ball. May need to scrape sides once or twice.

Roll into round bites – about a scant tablespoon per bite. If dough isn't holding together, add 1-2 Tbsp. more of peanut butter.

If dough starts to stick to hands, oil them with coconut oil or cooking spray.





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LEMON PEPPER CHICKEN  
WITH A WILD RICE BLEND