



No Burnout **BREAKFAST**

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thethrivecourse.com





Super Granola

NO SUGAR HEALTHY FATS

» Shop-bought granola is full of sugar, which inflames your body and brain, increasing your risk of burnout. This delicious and inexpensive granola has no sugar, but you'd never know, given the taste. It's packed with healthy fats and fibre, fuelling your body until lunchtime.



SHOPPING LIST

- Organic porridge oats (200g)
- Coconut oil (2 heaped tablespoons)
- One organic egg white
- Vanilla essence (Half tablespoon)
- 15 Pitted dates
- Dried apricots (100g)
- Pumpkin seeds (50g)
- Almonds (50g)
- Walnuts (50g)
- Cashews (50g)

DIRECTIONS

1. First of all, don't worry about getting the measurements spot on and you can adjust them to suit your palette.
2. Turn on your oven to 100°C (fan oven)/120°C (non-fan) & let it heat up whilst you prepare the ingredients.
3. Finely chop the dates & place them in a blender along with the coconut oil, vanilla essence & egg white, then blitz!
4. Slice the apricots and in a large bowl, mix them up with the oats, pumpkin seeds and all of the different nuts.
5. Into this bowl, pour the blitzed date mixture and give everything a good stir so that it's nice and evenly spread.
6. Pour the contents of the bowl into a shallow baking tray and using a spatula, spread it all out so it's nice and flat.
7. Put the baking tray in the preheated oven for 27 minutes (a minute or two either side won't hurt).
8. Once the 27 minutes are up, switch off the oven, keep the oven door closed & let the granola cool inside the oven.
9. After an hour or so, nibble away at your creation, or break it up and place in an airtight jar, ready for brekkie.

SNEAKY TIP - It serves as a delicious dry snack too, replacing inflammatory biscuits or crisps anytime of the day!

★ ★ ★
LEVEL OF DIFFICULTY

Healthy Fry Up



ANTI-INFLAMMATORY
WITH GOOD FATS

» Yes, you can have a healthy fry up & thank goodness! Anti-inflammatory sweet potato instead of bread, organic eggs fried in olive oil and providing an extra shazam is the fried green banana, rich in resistant starch, not sugar.

SHOPPING LIST

- 1 green banana halved lengthways
- 2 organic eggs
- 3 tablespoons extra virgin olive oil
- 100g mushrooms, sliced
- 50g pancetta, cubed
- 5 or 6 small plum tomatoes
- 100g finely chopped green cabbage or kale
- 1 teaspoon of turmeric
- 1 small sweet potato
- Parmesan
- Pinch of salt & pepper

DIRECTIONS

1. Buy green bananas (organic if you can) and keep them in the fridge, so that the starch doesn't convert into sugars.
2. Preheat your oven to 200°C (fan oven), 220°C (non-fan).
3. Cut the sweet potato in half, lengthways & place in the oven for 12-15 mins (20 mins for a large sweet potato).
4. Place a frying pan on medium heat, add the pancetta & fry for 5 mins (no oil required), then set it aside.
5. Put 3 tablespoons of extra virgin olive oil into the frying pan over a medium heat, add the mushrooms & banana and cook for 3 minutes or until you see them beginning to brown.
6. Make a space in the pan, add a little olive oil and crack in the eggs. Turn the banana to cook on both sides.
7. Whilst the eggs are still cooking, add the finely chopped greens, tomatoes and teaspoon sprinkle of turmeric.
8. Once the greens have softened and the eggs have cooked to your liking, serve the sweet potato on a warm plate, followed by the contents of the frying pan. Grate some parmesan cheese, then season with salt & pepper.





Refuel Smoothie

FULL 'TIL LUNCH
BREAKFAST

» Typically, breakfast involves cereal or toast, as you're rushing out of the door to work. Both are packed with carbohydrates, which convert to sugars. Your body needs healthy fats to fuel your mitochondria, the power generator of your body's cells. This Refuel Smoothie is the answer.

SHOPPING LIST

- 300ml of filtered water
- 1 egg yolk (organic preferable)
- 1 tablespoon of almond or peanut butter (containing no palm oil)
- 2 tablespoons of coconut oil
- 2 tablespoons of raw cocoa powder
- 1 tablespoon of ghee
- 10-15 frozen cherries or blueberries
- 2 tablespoons of collagen hydrolysate

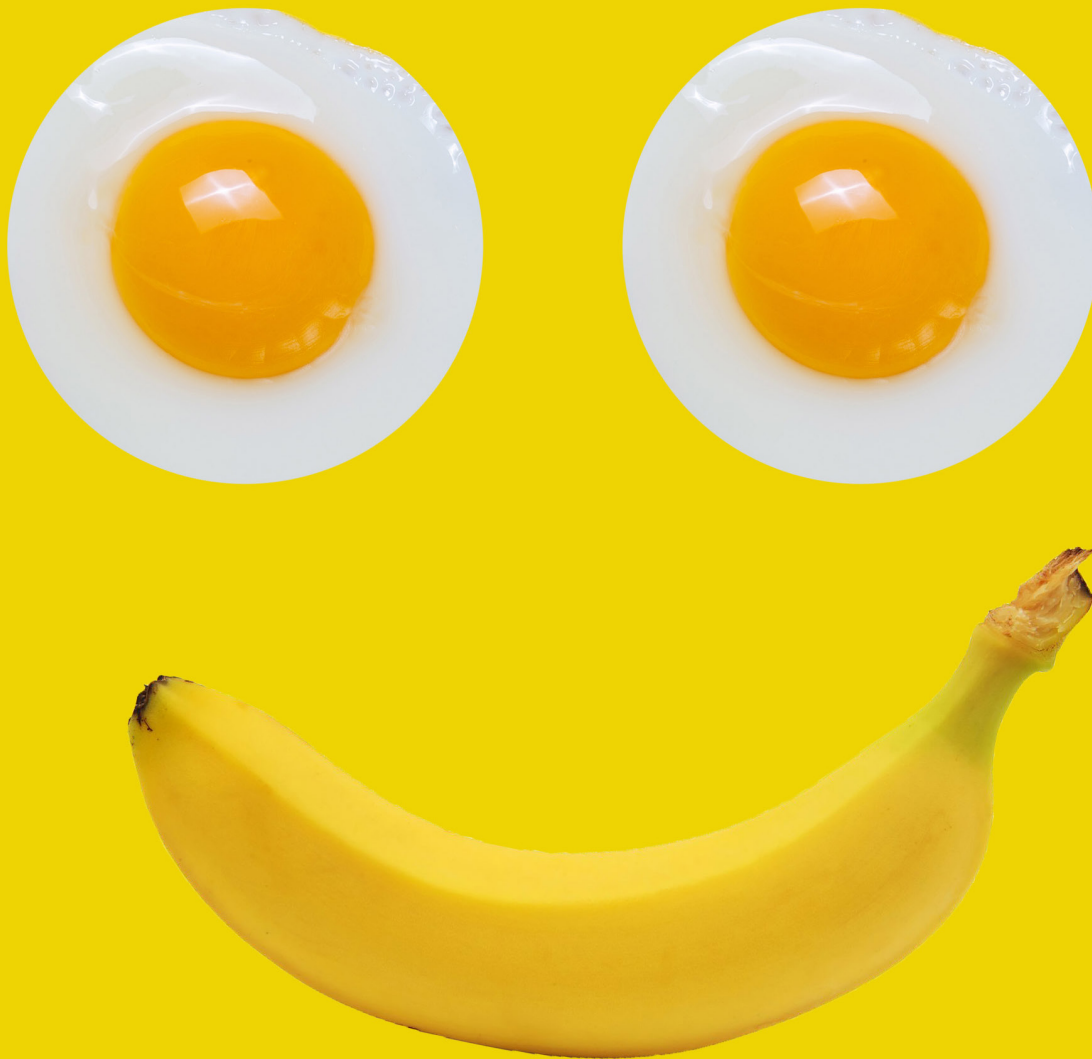


DIRECTIONS

1. This Refuel Smoothie keeps my hunger away for a good 6 hours, so you should easily get through until lunchtime.
2. Don't worry, this smoothie won't make you put on weight. It's packed with healthy fats, which your body converts into ATP, which literally powers you through the day.
3. This recipe is a doddle to make and simply involves putting all of the ingredients into a blender. I start with the water, since it allows me to use the measurement scale on the blender jug to get the correct amount.
4. You can vary the quantity of ingredients to tailor the smoothie to your taste and to change the consistency.
5. If you find it difficult to source any of the ingredients, Amazon carries good quality, organic raw cocoa powder (Sevenhills) and collagen hydrolysate (Great Lakes), which is a great source of protein. Both last ages so represent good value over the medium term. Most supermarkets now carry organic coconut oil.
6. Substitute any fruit juices for this smoothie, since it'll eliminate the inflammatory effects of the sugar.

★ ★ ★
LEVEL OF DIFFICULTY

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