



THE FRESH WEEK

The Fresh Breakfast Week

Five make-ahead breakfasts with the grocery list — free.

Five breakfasts

Grocery list

Free

A4

Educational information, not medical advice. This plan describes a way of structuring a week of meals. It is not medical, nutritional or dietetic advice, and it is not a substitute for care from a qualified professional.

Talk to a qualified professional before changing how you eat if you have a medical condition, are pregnant or breastfeeding, take medication, or have a history of disordered eating. Named eating patterns are not suitable for everyone.

Check every ingredient against your own needs, including allergies and intolerances. Where a recipe offers a gentler variation, it is a cooking suggestion, not a clinical one.

Questions or corrections: hello@thefreshweek.com

Five breakfasts

THE FRESH WEEK

Breakfast	
Day 1	Overnight Oats with Berries and Toasted Seeds
Day 2	Grab-and-Go Spinach and Feta Egg Cups
Day 3	Mango-Coconut Chia Pudding Jars
Day 4	Thick Berry-Almond Smoothie Bowl
Day 5	Almond-Flour Banana Pancakes

The full weekly plans — breakfast to dinner, with the prep hour — are at thefreshweek.com.

PANTRY

- ☐ 1 cup / 90 g rolled oats
- ☐ 1 tbsp maple syrup or honey
- ☐ 3 tbsp mixed seeds (pumpkin, sunflower, sesame), toasted in a dry pan
- ☐ 1 tbsp olive oil, plus more for the tin
- ☐ ¼ cup / 40 g chia seeds
- ☐ 1 tbsp maple syrup

DAIRY & EGGS

- ☐ 1 cup / 250 ml milk of choice
- ☐ ½ cup / 120 g plain yogurt
- ☐ 3 oz / 85 g feta, crumbled
- ☐ 1 cup / 250 ml canned light coconut milk
- ☐ ½ cup / 125 ml almond milk or water
- ☐ ½ cup / 120 g plain Greek yogurt
- ☐ 1 tbsp almond butter
- ☐ 3–4 tbsp dairy or almond milk — start small
- ☐ butter or coconut oil for the pan

PRODUCE

- ☐ 1 cup mixed berries (fresh or frozen)
- ☐ 3 big handfuls baby spinach, roughly chopped
- ☐ 1 red bell pepper, finely diced
- ☐ salt and black pepper
- ☐ 1½ cups / 200 g frozen mixed berries
- ☐ ½ frozen banana
- ☐ toppings: fresh berries, sliced almonds, pumpkin seeds, coconut flakes
- ☐ 1 ripe banana
- ☐ berries or maple syrup to serve

SPICES

- ☐ pinch of salt
- ☐ 2 tbsp coconut flakes, toasted in a dry pan
- ☐ ½ tsp cinnamon

OTHER

- ☐ 10 eggs
- ☐ 2 scallions, green tops only, sliced
- ☐ ½ tsp vanilla extract
- ☐ 1 ripe mango, diced
- ☐ 2 eggs
- ☐ ¾ cup / 75 g almond flour
- ☐ ½ tsp baking powder



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VEGGIE · GENTLE

Overnight Oats with Berries and Toasted Seeds

Five minutes tonight, breakfast for two mornings. Oats soaked in milk with yogurt, layered with berries and a crunchy seed topping you make in batches.

SERVES 2 **10 MIN** **390** kcal **14** g protein **53** g carbs **14** g fat **8** g fiber

estimated · computed from the ingredients

INGREDIENTS

- 1 cup / 90 g rolled oats
- 1 cup / 250 ml milk of choice
- ½ cup / 120 g plain yogurt
- 1 tbsp maple syrup or honey
- 1 cup mixed berries (fresh or frozen)
- 3 tbsp mixed seeds (pumpkin, sunflower, sesame), toasted in a dry pan
- pinch of salt

METHOD

- 1 Stir oats, milk, yogurt, syrup and salt in a jar or bowl.
- 2 Cover and refrigerate at least 4 hours or overnight.
- 3 Top with berries and the toasted seeds just before eating.

COOK'S NOTE Keeps two days. Frozen berries thaw on top overnight and make their own sauce.

✓ Rolled oats are a whole grain with soluble fiber, including beta-glucan. ✓ Plain yogurt contributes protein, calcium and live cultures. ✓ Mixed berries contain vitamin C and polyphenols. ✓ Pumpkin, sunflower and sesame seeds bring plant protein, magnesium and unsaturated fats.



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KETO · LOW-CARB · HIGH-PROTEIN

Grab-and-Go Spinach and Feta Egg Cups

A dozen baked egg cups from one bowl and one muffin tin — spinach, feta and red pepper in every one. Make them on Sunday and breakfast walks out the door with you all week.

SERVES 6 **35 MIN** **170** kcal **13** g protein **3** g carbs **11** g fat **1** g fiber

estimated · computed from the ingredients

INGREDIENTS

- 10 eggs
- 3 oz / 85 g feta, crumbled
- 3 big handfuls baby spinach, roughly chopped
- 1 red bell pepper, finely diced
- 1 tbsp olive oil, plus more for the tin
- 2 scallions, green tops only, sliced
- salt and black pepper

METHOD

- 1 Heat the oven to 350°F / 180°C. Oil a 12-cup muffin tin generously — these stick to a dry tin.
- 2 Soften the pepper in the oil, 3 minutes; add the spinach until it just wilts. Cool a few minutes.
- 3 Whisk the eggs with salt and pepper. Stir in the vegetables, scallions and most of the feta.
- 4 Divide between the cups, top with the last feta, and bake 18–20 minutes until just set in the middle.
- 5 Cool five minutes, then run a knife around each cup before lifting it out.

COOK'S NOTE Fridge for four days or freezer for a month; 30 seconds in the microwave brings one back.

✓ Eggs bring complete protein — the whole cup is built on them. ✓ Spinach brings folate, vitamin K and iron. ✓ Feta is a source of calcium and protein. ✓ No flour and no filler — every cup is naturally gluten-free.



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PLANT-BASED · VEGGIE · GLUTEN-FREE

Mango-Coconut Chia Pudding Jars

Chia soaked in coconut milk until it turns to pudding, topped with golden mango and toasted coconut. Five minutes of stirring tonight buys you two ready-made mornings.

SERVES 2 **250 MIN** **510** kcal **8** g protein **37** g carbs **40** g fat **10** g fiber

estimated · computed from the ingredients

INGREDIENTS

- ¼ cup / 40 g chia seeds
- 1 cup / 250 ml canned light coconut milk
- ½ cup / 125 ml almond milk or water
- 1 tbsp maple syrup
- ½ tsp vanilla extract
- pinch of salt
- 1 ripe mango, diced
- 2 tbsp coconut flakes, toasted in a dry pan

METHOD

- 1 Whisk the chia, coconut milk, almond milk, maple, vanilla and salt in a bowl or straight in two jars.
- 2 Wait ten minutes and whisk again — this breaks up the clumps before they set.
- 3 Cover and refrigerate at least 4 hours or overnight.
- 4 Top with mango and the toasted coconut just before eating.

COOK'S NOTE Keeps four days in jars; frozen mango works — set it on the counter to thaw while the coffee brews.

✓ Chia seeds bring plant protein, fiber and omega-3 fats. ✓ Mango is a source of vitamin C and carotenoids. ✓ Coconut milk makes it rich without any cream. ✓ Naturally dairy-free and gluten-free from top to bottom.



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VEGGIE · GLUTEN-FREE

Thick Berry-Almond Smoothie Bowl

Blended thick enough to hold a spoon upright: frozen berries, banana, Greek yogurt and almond butter under crunchy toppings. The trick is less liquid than feels right.

SERVES 1 **10 MIN** **450** kcal **19** g protein **53** g carbs **21** g fat **11** g fiber

estimated · computed from the ingredients

INGREDIENTS

1½ cups / 200 g frozen mixed berries

½ frozen banana

½ cup / 120 g plain Greek yogurt

1 tbsp almond butter

3–4 tbsp dairy or almond milk — start small

toppings: fresh berries, sliced almonds, pumpkin seeds, coconut flakes

METHOD

- 1 Put the berries, banana, yogurt, almond butter and 3 tbsp milk in the blender.
- 2 Blend in short bursts, scraping down between them. Add milk one spoonful at a time only if it truly will not turn over — it should mound on a spoon, not pour.
- 3 Scrape into a shallow bowl and lay the toppings in neat rows.

COOK'S NOTE No frozen banana on hand? Use extra frozen berries and one more spoon of yogurt — the texture stays thick.

✓ Berries are among the most concentrated everyday sources of polyphenols. ✓ Greek yogurt brings protein and live cultures. ✓ Almond butter adds vitamin E and monounsaturated fat.



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VEGGIE · GLUTEN-FREE

Almond-Flour Banana Pancakes

Small, golden, banana-sweet pancakes from almond flour and eggs — no regular flour anywhere. Keep them silver-dollar size and they flip without drama.

SERVES 2 **20 MIN** **345** kcal **15** g protein **22** g carbs **24** g fat **5** g fiber

estimated · computed from the ingredients

INGREDIENTS

- 1 ripe banana
- 2 eggs
- ¾ cup / 75 g almond flour
- ½ tsp baking powder
- ½ tsp cinnamon
- ½ tsp vanilla extract
- pinch of salt
- butter or coconut oil for the pan
- berries or maple syrup to serve

METHOD

- 1 Mash the banana smooth; whisk in the eggs and vanilla.
- 2 Stir in the almond flour, baking powder, cinnamon and salt.
- 3 Heat a little butter in a nonstick pan over medium-low. Drop 2-tablespoon rounds — small is the rule.
- 4 Cook 2–3 minutes until the edges set and bubbles show, then flip gently and give them 2 more.
- 5 Serve warm with berries or a thread of maple syrup.

COOK'S NOTE The batter thickens as it sits — a splash of milk loosens it for the second round.

✓ Almond flour is simply ground almonds — vitamin E, fiber and monounsaturated fat. ✓ Eggs hold the pancakes together and bring complete protein. ✓ Sweetened mostly by the banana, a source of potassium.



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