Start your day with good energy!

Choose the full power of nutritional value, discover our ideas:



Fruit Bowl

Kcal:445 P:8g F:8g C:83g

Natural yogurt	100 g (5 tbsp)
Peach	50 g (3 tbsp)
Grapes	100 g (15–20 pcs)
Dried apricot	25 g (3 pcs)
Shelled sunflower seeds	8 g (¾ tbsp)
Plum	25 g (½ pc)
Banana	50 g (½ banana)
Dried cranberries	25 g (2 tbsp)
Nigella seeds (Black seed)	2 g (¾ tsp)

Oatmeal

Kcal:486 P:18g F:18g C:61g

Rolled oats	50 g (2.5 tbsp dry)
Milk 3.2%	150 ml
Cottage cheese / Quark	20 g (2 small slices)
Peanut butter	10 g (1 level tbsp)
Plum	30 g (½ large pc)
Watermelon	40 g (2 tbsp)
Granola	15 g (½ tbsp)
Natural yogurt	10 g (2 level tsp)





Scrambled Eggs with Guacamole

Kcal:437 P:22g F:26g C:28g

Scrambled eggs	120 g (5 heaping tbsp)
Whole grain bread	45 g (1 slice)
Guacamole	40 g (2 tbsp)
Tomato	80 g (5 slices)
Mixed salad greens	30 g (1 handful)
Pumpkin seeds	10 g (1 tbsp)

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Turkey Sandwiches

Kcal:409 P:34g F:9g C:45g

Whole grain bread	90 g (2 slices)
Roast turkey or poultry cold cuts	80 g (4 slices)
Cottage cheese	60 g (3 tbsp)
Tomato	80 g (5 slices)
Cucumber	25 g (6 thin slices)
Mixed salad greens	30 g (1 handful)
Nigella seeds (Black seed)	2.5 g (½–1 tsp)

Cottage Cheese & Eggs

Kcal:291 P:24g F:18g C:6g

Eggs	110 g (4 halves)
Cottage cheese	60 g (3 tbsp)
Tomato	80 g (5 slices)
Cucumber	25 g (6 thin slices)
Mixed salad greens	30 g (1 handful)
Pumpkin seeds	10 g (1 tbsp)





Mackerel Bowl

Kcal:265 P:12g F:18g C:13g

Hummus	40 g (2 tbsp)
Cottage cheese / Quark	15 g (¾ tbsp)
Roasted beetroot	30 g (2 tbsp)
Roasted carrot	30 g (2 tbsp)
Tomato	20 g (1 large slice)
Chives / Spring onion	2 g (1 tsp)
Cucumber	20 g (4–5 thin half-slices)
Mackerel	30 g (2 small pieces)
Radish	5 g (1 tsp)

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Egg Bowl

Kcal:638 P:37g F:49g C:10g

Egg	250 g (5 halves)
Olives	40 g (10–12 pitted pcs)
Chili oil	12 g (2½ level tsp)
Natural yogurt	100 g (5 tbsp)
Walnuts	10 g (1 tbsp)



Cottage Cheese Bowl

Kcal:416 P:25g F:20g C:32g

Cottage cheese	150 g (7½ tbsp)
Watermelon	50 g (2½ tbsp)
Pumpkin seeds	15 g (1½ tbsp)
Dried prune	25 g (2–3 pcs)
Pineapple	30 g (1½ tbsp)
Peanut butter	10 g (1½ level tsp)
Nigella seeds (Black seed)	3 g (1 tsp)



Fruit Oatmeal & Seeds

Kcal:487 P:17g F:16g C:68g

Rolled oats	60 g (6 tbsp dry flakes)
Raisins	15 g (1 tbsp)
Sunflower seeds	10 g (1 tbsp)
Dried prune	10 g (1 pc)
Orange	60 g (3 segments)