

BREAKFAST CLUB



HELLO THERE

Hey, I'm Linda Lucas!

Nice to meet you!

I started Breakfast Club because it is an integral part of keeping up my energy throughout the day. I was always slim, active, and took pride in how I looked, but in my mid-forties I found I couldn't fit into my favourite clothes. Not only that, I was tired ALL the time.

Fast forward to today, I am 57 years old, I have my energy back, and also my waistline!

Breakfast is the best time to get a stack of nutrients into your body with minimum time and effort. And it's only one small change to your daily routine. When you start your day with a nutritious whole foods breakfast, you may start to notice how much more energetic you feel for the whole day!

If you want to get social and share your breakfast creations, please share on Instagram and tag me [@linda_clucas](https://www.instagram.com/linda_clucas).

Thanks for downloading this book!

Linda

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Smoothie Building Tips

LIQUIDS

Generally speaking you'll need at least 200ml of liquid. Options include water or any non-dairy milk (almond, rice, oat).

Tip: The almond milk option will keep you fuller for longer.

BASIC INGREDIENTS

- A good quality well rounded vegan protein powder that is complete with added nutrients and vitamins ([check here](#) for my favourite low sugar vanilla powder).
- A good quality natural fat, such as avocado and/or nuts or nut butter
- Frozen fruits, berries are the best
- Green leafy vegetables such as spinach or kale, or a good quality greens powder
- A small amount of chia or linseeds for added nutrients

FROZEN IS BEST

Your smoothie bowl will be thicker if your fruit is completely frozen, and you add a couple of ice blocks.

Basic Smoothie Bowl recipe

INGREDIENTS

- 200ml water or non-dairy milk
- 1 Cup (150g) frozen mixed berries
- 1/2 frozen avocado + 2 small pieces frozen banana
- 2 scoops vegan Protein Powder
- 1 scoop Greens Powder
- Good pinch of sea salt
- 1 Tablespoon Flax Seeds

Toppings - granola, fresh berries, seeds, coconut flakes, coconut yoghurt, nuts



Basic Granola Recipe

INGREDIENTS AND METHOD

- Chop (hand or processor) about 2 cups of mixed nuts. I use mainly almonds, with a few pecans and brazil nuts. Add 1 tablespoon maple syrup to coat the nuts.
- Spread the coated nuts onto an oven tray and toast in the oven at 160 C for about 6-8 minutes. Watch them closely as they burn easily.
- Add 1/4 cup sesame seeds and 1/4 cup coconut flakes. Put back in the oven for 2-3 minutes.
- Once the flakes are browned, remove from oven and let cool.
- Store in an airtight jar in the pantry.



Green Smoothie Recipe

INGREDIENTS

- 200ml water or non-dairy milk
- 1/4 cup frozen mango
- 1/2 frozen or fresh avocado
- 1 kiwi fruit -you can include the skin for extra fibre
- 1 good handful of spinach leaves
- 2 scoops vegan Protein Powder
- 1 scoop Greens Powder
- Good pinch of sea salt



Summer Mango Smoothie Bowl

INGREDIENTS

- 200ml water or non-dairy milk
- 1/4 cup frozen mango
- 1/2 frozen banana
- 2 cubes frozen passionfruit
- 2 scoops vegan Protein Powder
- Good pinch of sea salt



Bonus Summer Chia Protein Pudding

INGREDIENTS

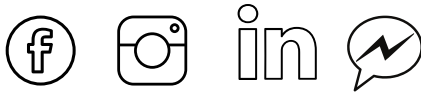
- 1 cup non-dairy milk
- 3 tablespoons chia seeds
- 1 scoop vegan Protein Powder

Using a clean jar, add the non-dairy milk (I use almond milk), then add the chia seeds and protein powder. Put the lid on tightly and give it a good shake. Leave in the fridge for a couple of hours or overnight until it sets. Top with granola and berries.



WANT MORE?

Let's Socialise



Get Help

If you're tired of living with no energy, like I was (and you want to fix it now), I may have a solution for you. If you want to know what worked for me, send me a note to linda@lindaclucas.com

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Shopping List

NUTRITIONAL PRODUCTS

- Vegan Protein Powder, Vanilla and/or Chocolate
- Fibre Powder
- Greens Powder
- A good quality probiotic

EXTRAS

- Non-dairy milk (I prefer almond)
- Frozen Fruit (or freeze yourself)
- Avocado - this can also be frozen, peel and de-seed, then freeze
- Linseeds (buy whole and grind them yourself)
- Chia seeds
- Sea Salt
- Nuts