

# Quick Breakfast Ideas

## OMELETTES

- # eggs, onion, salami, red bell pepper, cheddar cheese, jalapenos
- # eggs, spinach, avocado, salami
- # eggs, ham, red onion, cheddar cheese
- # eggs, spinach, cherry tomatoes, feta, olives
- # eggs, bacon, spring onions, cherry tomatoes, cheddar cheese
- # eggs, fried pork mince, cheddar cheese, red bell pepper, onion
- # eggs, mushrooms, sausage, cheddar cheese, parmesan cheese

## FRIED EGGS

- # shakshuka: onion, bell peppers, passata, chorizo, ham or salami, spices
- # fried eggs + salad choose from: spinach, rocket, lettuce, cherry tomatoes, cucumber, radish, pumpkin seeds, sunflower seeds, nuts, cheddar cheese, mozzarella, feta, camembert, brie, olive oil, apple cider vinegar

## SCRAMBLED EGGS

- # with bacon and spring onions + salad
- # with lots of brown onion + salad
- # with ham and cheddar cheese + salad
- # with smoked sausage and spring onions, sprinkled with parmesan + cherry tomato salad
- # with smoked salmon and spring onions + salad
- # with kale and mozzarella cheese + salad
- # with cherry tomatoes and spring onions + salad

## ALL THE INGREDIENTS YOU CAN PREPARE EARLIER AND STORE IN THE FRIDGE UP TO 2-3 DAYS

- # bell peppers
- # red and white cabbage
- # onion
- # chopped or sliced ham, sausage, bacon, salami, chorizo
- # fried and spiced pork or beef mince
- # grated or chopped cheddar cheese
- # crumbled feta
- # chopped or sliced cucumber
- # chopped celery
- # chopped spring onions
- # sliced mushrooms