



The Full English

A fried breakfast isn't so good for us, but we can still enjoy a fantastic English breakfast without ruining a healthy diet.

Method:

- 2 organic, free range eggs – scrambled in minimal butter, sprinkle a few bay leaves or parsley on top if you have any. (150 calories) (protein 12g)
- 2 slices 100% wholemeal toast – with a tiny bit of butter (200 calories) (protein 6g) (fibre 6g)
- 1 or 2 tomatoes baked in their skins – halve the tomatoes, place face-up on an over proof dish, sprinkle with sea salt and dry bake in a low oven for 1 hour, or microwave, uncovered, for 1 minute (the oven baking makes a far tastier dish) (40 calories) (fibre 2g)
- Handful of fresh mushrooms stewed in 1 tsp olive oil or butter, and 1 tbs water. Season, add freshly grated nutmeg and a drop or two of tamari sauce (50 calories).
- 1 small rasher (8g) of grilled or fried bacon, (50 calories) (protein 3g)
OR
- Mini veggi sausage, such as Quorn cocktail sausage – fried or grilled (50 calories) (protein 2g) (<1g fibre)

Protein	●●
Carbohydrate	●●●
Vegetables	●
Fruit	●
Dairy	
The rest ...	●

Health Count:

490 calories, 20-21g protein, 8-9g fibre.

Note that bacon as a fatty protein, not a lean protein, counts as half a portion of 'the rest'.

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