

FITNESS LIFE BREAKFAST

Get your PRE- and POST- WORKOUT Kickstart!

<p>Original Bircher Muesli (Oatmeal) (VO) oats, apple yogurt, raisins, milk, banana, strawberries, almonds, honey Macros: Cal 872 / P 27g / C 159,4g / F 18,4g</p>	55k
<p>Green Dragon Granola (GF, V) quinoa granola, dragon fruit, banana, shredded coconut, spinach, dates, almond milk Macros: Cal 538,9 / P 11,4g / C 86g / F 20,4g</p>	55k
<p>Apple Granola (GF, VO) apple-cinnamon sauce, yogurt, almonds Macros: Cal 644,4 / P 18,8g / C 81g / F 30,2g</p>	55k
<p>Gainer Protein Shake vanilla whey/plant/soy protein, oats, dates, banana, peanut butter, almond milk Macros (whey protein): Cal 948,5 / P 50,4g / C 120,9g / F 34,4g Macros (vegan protein): Cal 935,5 / P 46,5g / C 124,4g / F 33,2g</p>	85k
<p>Banana Peanut Choco Bar (GF, V) Banana, Oats, Soy Protein Powder, Walnuts, Peanut Butter, Vanilla, Coconut Oil, Chocolate Chips Macros: Cal 417,9 / P 14,4g / C 37,1g / F 24,5g</p>	45k
<p>Fitness Breakfast Cake (GF) Almond Flour, Coconut Flour, Banana, Raw Chocolate 70%, Eggs, Vanilla Liquid, Coconut Oil Macros: Cal 483,1 / P 13,9g / C 43,3g / F 31,5g</p>	45k
<p>Blueberry Oatmeal Cake (GF) Blueberries, Oats, Soy Protein Powder, Erythritol, Shredded Coconut, Cinnamon, Almond Milk, Pink Salt, Vanilla, Egg, Coconut Oil Macros: Cal 220,1 / P 10,2g / C 20,7g / F 9,3g</p>	45k

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<p>Avocado & Eggs I 2 scrambled eggs, avocado, cherry tomatoes, feta, choice of bread Macros (without bread): Cal 400 / P 17,6g / C 11,7g / F 32,6g</p>	75k
<p>Avocado & Eggs II 2 poached eggs, avocado, cherry tomatoes, feta, mixed seeds, choice of bread Macros (without bread): Cal 454,2 / P 22,2g / C 13,7g / F 35,9g</p>	75k
<p>Avocado - Pesto Bread V avocado, cherry tomatoes, mushrooms, feta, pesto, choice of bread Macros (without bread): Cal 570 / P 11g / C 25,4g / F 51,3g</p>	65k
<p>Strong Max 2 fried eggs, ham, cheddar, choice of sourdough or whole wheat bread Macros (without bread): Cal 364 / P 31,6g / C 2g / F 24,7g</p>	55k

<p>Paleo Plate 2 poached eggs, 2 sweet potato hash brown, spinach, tomato relish Macros: Cal 518,8 / P 19,6g / C 71,7g / F 19,1g</p>	65k
<p>Paleo Fit & Slim I 3 egg white omelet with spinach, tomato, smoked salmon, seeds and herbs Macros: Cal 125,5 / P 22,2g / C 4,4g / F 1,8g</p>	55k
<p>Paleo Fit & Slim II 3 egg white omelet with spinach, tomato relish, avocado, mushrooms Macros: Cal 205,8 / P 15g / C 18,8g / F 10,4g</p>	55k

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<p>Big Keto Energy</p> <p>2 slices keto bread, butter, cheddar, 2 eggs any style, sauteed spinach, sauteed mushrooms</p> <p>Macros: Cal 825,6 / P 35,2g / C 24g / F 67,5g</p>	85k
<p>Big Vegan Energy</p> <p>2 slices Fitness Bread, scrambled tofu, vegan cheese, sauteed kale, sauteed mushrooms, sliced avocado</p> <p>Macros: Cal 925,7 / P 41,3g / C 56g / F 67,7g</p>	85k
<p>Turkish Breakfast</p> <p>2 eggs any style, olives, feta, cheddar, cherry tomatoes, cucumber, hummus, jam, butter, turkish bread</p> <p>Macros: Cal 1160,6 / P 41,7g / C 123,1g / F 54,7g</p>	75k

<p>Mega Omelette</p> <p>3 eggs omelet with mixed veggies, ham, cheddar, choice of toasted bread</p> <p>Macros (without bread): Cal 476,6 / P 22,9g / C 23,4g / F 28,6g</p>	75k
<p>Mel's Breakfast</p> <p>2 poached eggs, potato hash brown, rocket, olive oil, lemon</p> <p>Macros: Cal 610 / P 22,6g / C 37,4g / F 41,9g</p>	55k
<p>Keto Ham-Zucchini Muffin</p> <p>Parmesan, Ham, Zucchini, Sour Cream, Almond Flour, Eggs</p> <p>Macros: Cal 276,4 / P 18,5g / C 6,6g / Net C 4,2g / Fiber 2,4g / F 20,2g</p>	45k
<p>Spinach Feta Muffin</p> <p>Almond Flour, Coconut Flour, Butter, Zucchini, Spinach, Onion, Eggs, Feta, Parmesan, Nutmeg, Basil, Parsley</p> <p>Macros: Cal 247,4 / P 11,6g / C 13g / F 17,4g</p>	45k

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