Xercise ZONE

ONLINE COACHING • PERSONAL TRAINING • GROUP TRAINING

PROTEIN

Breakfasts

15 quick, high-protein breakfasts. Each one has 25 g+ protein per serve.*

REVISED EDITION · NOVEMBER 2026

15

recipes · most ready in about 10 minutes
sweet & savoury · vegetarian options
macros for every serve

*Calculated estimates using the ingredients specified in each recipe, including high-protein yoghurt and whey protein with about 24 g protein per 30 g scoop. See page 19.

What's inside

I've put together these 15 breakfasts to make hitting your protein easy, even on busy mornings. Every recipe makes 1 serve with at least 25 g of protein, and most are on the table in about 10 minutes.

Two shopping tips that matter: choose a **high-protein plain Greek-style yoghurt** (about 10 g protein per 100 g) and a **high-protein firm tofu** (about 15 g per 100 g). Ordinary versions can have half the protein, and some recipes would drop below 25 g.

Macros are estimates based on the Australian products named in each recipe. Check your own labels, especially protein powder, as brands vary. The photos give you an idea of each meal. They're close, but won't always match exactly.

	RECIPE	TIME	PROTEIN	KCAL	PAGE
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04	**Egg, Spinach & Feta Wrap**	8 min	30 g	440	6
05	**Banana Protein Pancakes**	11 min	42 g	485	7
06	**Ham, Cheese & Egg Mug**	5 min	29 g	270	8
07	**Choc-Peanut Protein Smoothie**	3 min	42 g	475	9
08	**Tofu Scramble on Toast**	10 min	35 g	495	10
09	**Mushroom & Feta Omelette**	10 min	32 g	275	11
10	**Whipped Cottage Cheese & Berry Toast**	7 min	29 g	415	12
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01 Berry Protein Porridge

Sweet · Vegetarian · Prep 2 min · Cook 4 min · Serves 1

37 g	43 g	6 g	385 kcal
PROTEIN	CARBS	FAT	ENERGY · 1620 kJ

Nutrition per serve (estimate) · Sodium about 140 mg

INGREDIENTS

- 40 g (½ cup) rolled oats
- 200 ml skim milk
- 1 scoop (30 g) vanilla whey protein
- 100 g frozen mixed berries
- Pinch of cinnamon

METHOD

1. Microwave the oats and milk in a large bowl (at least 500 ml, so it doesn't boil over) for 2 minutes, stirring halfway.
2. Let it cool for 30 seconds, then stir the protein powder through until smooth. Adding it off the heat stops it going lumpy. Add a splash of water or milk if it's too thick.
3. Top with the berries (microwave them for 30 seconds first if you like them jammy) and a pinch of cinnamon.

STORAGE & PREP

Make it the night before as overnight oats: mix the oats, milk and protein in a jar and refrigerate. Eat cold or microwave until hot. Eat within 24 hours.

ALLERGENS

Milk, gluten (oats)

COACH'S TIP

Add a splash more milk if the protein powder makes it too thick.



02 Cottage Cheese Scramble on Toast

Savoury · Vegetarian · Prep 2 min · Cook 5 min · Serves 1

30 g	24 g	15 g	355 kcal
PROTEIN	CARBS	FAT	ENERGY · 1480 kJ

Nutrition per serve (estimate) · Sodium about 710 mg

INGREDIENTS

- 2 eggs (59 g size)
- 100 g reduced-fat (97% fat-free) cottage cheese
- Handful (30 g) baby spinach
- 1 slice (about 47 g) wholegrain bread, toasted
- Cooking spray
- Cracked pepper and chives

METHOD

1. Whisk the eggs with the cottage cheese and a good crack of pepper.
2. Lightly spray a non-stick pan. Wilt the spinach over medium heat, then pour in the egg mix.
3. Gently fold for 2 to 3 minutes until set, with no runny egg left. Serve on the toast with chives.

STORAGE & PREP

Best eaten fresh. Keep cottage cheese in the fridge and use within 5 days of opening.

ALLERGENS

Egg, milk, gluten/wheat. Bread may contain sesame and soy.

COACH'S TIP

Cottage cheese makes the eggs extra fluffy and adds about 12 g protein.



03 Greek Yoghurt Power Bowl

Sweet · Vegetarian · Prep 3 min · Cook No cooking · Serves 1

33 g	22 g	11 g	335 kcal
PROTEIN	CARBS	FAT	ENERGY · 1400 kJ

Nutrition per serve (estimate) · Sodium about 110 mg

INGREDIENTS

- 250 g high-protein plain Greek-style yoghurt (about 10 g protein per 100 g, e.g. YoPRO Plain)
- 100 g fresh or thawed berries
- 1 tbsp (about 12 g) chia seeds
- 1 tbsp (about 12 g) pepitas (pumpkin seeds)
- 1 tsp (about 7 g) honey

METHOD

1. Spoon the yoghurt into a bowl.
2. Top with the berries, chia seeds and pepitas.
3. Drizzle with honey and eat straight away, or pack it in a jar for later.

STORAGE & PREP

Can be packed the night before and kept in the fridge. Add the pepitas in the morning so they stay crunchy. Keep it cold (with an ice brick) if you take it to work.

ALLERGENS

Milk

COACH'S TIP

Check the label: aim for a yoghurt with about 10 g protein per 100 g. An ordinary Greek-style yoghurt drops this bowl to about 19 g protein and adds about 18 g fat.



04 Egg, Spinach & Feta Wrap

Savoury · Vegetarian · Prep 3 min · Cook 5 min · Serves 1

30 g	31 g	21 g	440 kcal
PROTEIN	CARBS	FAT	ENERGY · 1830 kJ

Nutrition per serve (estimate) · Sodium about 1110 mg

INGREDIENTS

- 2 eggs (59 g size)
- 50 ml liquid egg whites (or 1½ fresh egg whites)
- 1 wholegrain wrap (about 70 g, e.g. Mission Wholegrain)
- Handful (30 g) baby spinach
- 20 g reduced-fat feta, crumbled
- Cooking spray
- Chilli flakes (optional)

METHOD

1. Whisk the eggs and egg whites together.
2. Lightly spray a non-stick frying pan (about 24 cm) and heat over medium. Pour in the egg and swirl to make a thin omelette. Cook for about 2 minutes until the top is set.
3. Lay the wrap on top of the omelette for 30 seconds to warm it. Then slide a flat spatula underneath and flip everything onto a board, so the wrap is on the bottom.
4. Scatter with spinach, feta and chilli. Roll up tightly and cut in half.

STORAGE & PREP

To take it to work, wrap it in foil and keep it in the fridge or an insulated bag with an ice brick. Eat within 4 hours if it's not refrigerated, or by the next day if refrigerated.

ALLERGENS

Egg, milk, gluten/wheat. The wrap may contain soy.

COACH'S TIP

Wrap it in foil and it travels well for an after-training breakfast.



05 Banana Protein Pancakes

Sweet · Vegetarian · Prep 3 min · Cook 8 min · Serves 1

42 g	42 g	15 g	485 kcal
PROTEIN	CARBS	FAT	ENERGY · 2020 kJ

Nutrition per serve (estimate) · Sodium about 190 mg

INGREDIENTS

- 1 ripe banana (about 120 g peeled)
- 2 eggs (59 g size)
- 1 scoop (30 g) vanilla whey protein
- 20 g (¼ cup) rolled oats
- Cooking spray
- 50 g berries, to serve (included in nutrition)
- Optional: 2 tbsp high-protein yoghurt (adds about 4 g protein, 25 kcal; not included)

METHOD

1. Blend or mash the banana, eggs, protein powder and oats into a smooth batter. Let it stand for 2 minutes to thicken slightly.
2. Lightly spray a non-stick pan and heat over medium-low. Pour in ¼-cup (60 ml) amounts. The batter makes about 4 pancakes.
3. Cook for 1½ to 2 minutes until bubbles appear and the edges look set, then flip and cook for 1 minute more.
4. Stack them up and top with the berries, and yoghurt if you like.

STORAGE & PREP

Cooked pancakes keep in the fridge for 2 days or the freezer for 2 months. Reheat in the toaster or microwave until hot.

ALLERGENS

Egg, milk, gluten (oats)

COACH'S TIP

Keep the heat low, as protein batters brown quickly. If they seem dry, add 1 to 2 tbsp milk to the batter.



06 Ham, Cheese & Egg Mug

Savoury · Prep 2 min · Cook 2–3 min · Serves 1

29 g PROTEIN	4 g CARBS	15 g FAT	270 kcal ENERGY · 1120 kJ

Nutrition per serve (estimate) · Sodium about 810 mg

INGREDIENTS

- 2 eggs (59 g size)
- 50 g lean shaved ham (97% fat-free), chopped
- 20 g grated light (50% less fat) cheddar
- Small handful (20 g) baby spinach and 3 cherry tomatoes (40 g), chopped
- Cooking spray
- Salt and pepper

METHOD

1. Spray a large microwave-safe mug (at least 350 ml). Add the eggs and whisk well with a fork.
2. Stir in the ham, cheese, spinach and tomato.
3. Microwave on HIGH for 60 seconds, then stir. These times suit a 1000–1100 W microwave. For an 800 W microwave, add about 30%.
4. Microwave in 15-second bursts (usually 30 to 60 seconds more) until the egg is completely set all the way through, with no runny or wet egg.
5. Let it stand for 1 minute before eating. The mug will be very hot.

STORAGE & PREP

Best eaten fresh. Keep opened ham in the fridge and use it by the use-by date, or within 3 days of opening.

ALLERGENS

Egg, milk

COACH'S TIP

Ready in less time than it takes to make a coffee.



07 Choc-Peanut Protein Smoothie

Sweet · Vegetarian · Prep 3 min · Cook No cooking · Serves 1

42 g	43 g	13 g	475 kcal
PROTEIN	CARBS	FAT	ENERGY · 1990 kJ

Nutrition per serve (estimate) · Sodium about 260 mg

INGREDIENTS

- 300 ml skim milk
- 1 scoop (30 g) chocolate whey protein
- 1 frozen banana (about 120 g peeled)
- 1 tbsp (about 20 g) peanut butter
- 1 tsp cocoa powder
- A few ice cubes

METHOD

1. Add everything to a blender.
2. Blend on high for 30 to 45 seconds until thick and smooth.
3. Pour and go.

STORAGE & PREP

Drink straight away, or keep it in a sealed bottle in the fridge or an insulated bottle and drink within 2 hours.

ALLERGENS

Milk, peanuts

COACH'S TIP

Freeze peeled, chopped bananas in a bag so they're always ready.



08 Tofu Scramble on Toast

Savoury · Vegan · Prep 3 min · Cook 7 min · Serves 1

35 g	41 g	19 g	495 kcal
PROTEIN	CARBS	FAT	ENERGY · 2070 kJ

Nutrition per serve (estimate) · Sodium about 370 mg

INGREDIENTS

- 150 g high-protein firm tofu (about 15 g protein per 100 g, e.g. Soyco Hi-Protein Firm)
- 1 tsp (5 ml) olive oil
- 1 tbsp (about 5 g) nutritional yeast flakes
- ¼ tsp each ground turmeric and garlic powder
- Pinch of salt
- Handful (30 g) baby spinach
- 50 g cherry tomatoes, halved
- 2 slices (about 47 g each) wholegrain bread, toasted

METHOD

1. Pat the tofu dry with paper towel. Heat the oil in a non-stick pan over medium heat and crumble in the tofu with your fingers.
2. Add the nutritional yeast, spices and salt. Cook for 3 to 4 minutes, stirring. If it looks dry, add 1 to 2 tbsp water.
3. Toss through the spinach and tomatoes until the spinach wilts. Pile onto the toast.

STORAGE & PREP

Leftover scramble keeps in the fridge for 2 days. Reheat until piping hot.

ALLERGENS

Soy, gluten/wheat. Bread may contain sesame.

COACH'S TIP

Tofu varies a lot. Some "firm" tofu has only about 7 g protein per 100 g, which would drop this breakfast to about 22 g. Check for about 15 g per 100 g on the label.



09 Mushroom & Feta Omelette

Savoury · Vegetarian · Prep 2 min · Cook 8 min · Serves 1

32 g	2 g	15 g	275 kcal
PROTEIN	CARBS	FAT	ENERGY · 1140 kJ

Nutrition per serve (estimate) · Sodium about 560 mg

INGREDIENTS

- 2 eggs (59 g size)
- 100 ml liquid egg whites (or 3 fresh egg whites)
- 100 g mushrooms, sliced
- Handful (30 g) baby spinach
- 20 g reduced-fat feta, crumbled
- Cooking spray
- Fresh herbs

METHOD

1. Lightly spray a non-stick pan. Sauté the mushrooms over medium-high heat for 3 minutes until golden, then add the spinach to wilt. Tip onto a plate.
2. Whisk the eggs and egg whites. Respray the pan, pour in the egg and cook over medium heat, pulling the edges in, until the egg is set with no runny egg on top.
3. Add the mushroom mix and feta to one half, fold over and slide onto a plate. Scatter with herbs.

STORAGE & PREP

Best eaten fresh. Liquid egg whites keep in the fridge for the time on the carton once opened (usually 3 to 5 days).

ALLERGENS

Egg, milk

COACH'S TIP

Low in carbs, so add a slice of toast on heavy training days (adds about 4 g protein and 18 g carbs).



10 Whipped Cottage Cheese & Berry Toast

Sweet · Vegetarian · Prep 5 min · Cook 2 min · Serves 1

29 g	55 g	7 g	415 kcal
PROTEIN	CARBS	FAT	ENERGY · 1740 kJ

Nutrition per serve (estimate) · Sodium about 1000 mg

INGREDIENTS

- 175 g reduced-fat (97% fat-free) cottage cheese
- 2 slices (about 47 g each) wholegrain bread, toasted
- 50 g berries
- 1 tsp (about 7 g) honey
- Pinch of cinnamon

METHOD

1. Blitz the cottage cheese in a small blender or with a stick blender until silky smooth.
2. Spread thickly over the hot toast.
3. Top with berries, a drizzle of honey and cinnamon.

STORAGE & PREP

Whip a full tub at once and keep it in a sealed container in the fridge. Use it within 3 days, or by the tub's use-by date if that's sooner.

ALLERGENS

Milk, gluten/wheat. Bread may contain sesame and soy.

COACH'S TIP

Thin sandwich slices have less protein, so stick with a dense wholegrain bread or add a little more cottage cheese.



11 Apple Pie Protein Yoghurt

Sweet · Vegetarian · Prep 4 min · Cook No cooking · Serves 1

35 g	22 g	9 g	315 kcal
PROTEIN	CARBS	FAT	ENERGY · 1320 kJ

Nutrition per serve (estimate) · Sodium about 100 mg

INGREDIENTS

- 200 g high-protein plain Greek-style yoghurt (about 10 g protein per 100 g, e.g. YoPRO Plain)
- ½ scoop (15 g) vanilla whey protein
- 1 small apple (about 120 g), grated
- ½ tsp cinnamon
- 10 g walnuts, crushed

METHOD

1. Stir the protein powder into the yoghurt until smooth.
2. Fold through the grated apple and cinnamon.
3. Top with crushed walnuts.

STORAGE & PREP

Can be made the night before and kept covered in the fridge. Add the walnuts in the morning. Keep it cold if you take it to work.

ALLERGENS

Milk, tree nuts (walnuts)

COACH'S TIP

Tastes like apple pie, with about 35 g of protein. Most of it comes from the yoghurt (about 21 g) and the half scoop of whey (about 12 g).



12 Smoky Beans, Eggs & Feta

Savoury · Vegetarian · Prep 2 min · Cook 8 min · Serves 1

28 g	37 g	17 g	435 kcal
PROTEIN	CARBS	FAT	ENERGY · 1810 kJ

Nutrition per serve (estimate) · Sodium about 900 mg

INGREDIENTS

- 150 g reduced-salt baked beans (about half a 300 g tin, e.g. Heinz Salt Reduced)
- ½ tsp smoked paprika
- 2 eggs (59 g size)
- Cooking spray (if frying)
- 20 g reduced-fat feta, crumbled
- 1 slice (about 47 g) wholegrain bread, toasted

METHOD

1. Warm the beans with the paprika in a small pan over low heat until steaming.
2. Meanwhile, poach the eggs, or fry them in a lightly sprayed non-stick pan, until the whites are completely set and the yolks begin to thicken.
3. Spoon the beans over the toast, top with the eggs and crumble the feta over.

STORAGE & PREP

Put leftover beans in a covered container in the fridge and use within 3 days.

ALLERGENS

Egg, milk, gluten/wheat

COACH'S TIP

Beans add fibre as well as protein, which keeps you full until lunch.



13 Smoked Salmon Bagel

Savoury · Prep 5 min · Cook 2 min · Serves 1

31 g	54 g	12 g	460 kcal
PROTEIN	CARBS	FAT	ENERGY · 1930 kJ

Nutrition per serve (estimate) · Sodium about 1280 mg

INGREDIENTS

- 1 wholemeal bagel (about 90 g), halved and toasted
- 80 g reduced-fat (97% fat-free) cottage cheese
- 50 g smoked salmon
- A few slices of cucumber and red onion (about 40 g)
- 1 tsp capers, fresh dill and a squeeze of lemon

METHOD

1. Spread the cottage cheese over both bagel halves.
2. Top with the salmon, cucumber and onion.
3. Finish with capers, dill and a squeeze of lemon.

STORAGE & PREP

Keep smoked salmon at 5°C or below and use it by the use-by date, or within 2 days of opening. If you are pregnant, or have low immunity, avoid cold smoked salmon unless it's heated until steaming hot.

ALLERGENS

Fish, milk, gluten/wheat. Bagels may contain sesame and soy.

COACH'S TIP

A café-style breakfast for a fraction of the price. It's on the salty side, so balance it with lower-salt meals for the rest of the day.



14 Berry Protein Smoothie Bowl

Sweet · Vegetarian · Prep 5 min · Cook No cooking · Serves 1

35 g	20 g	8 g	305 kcal
PROTEIN	CARBS	FAT	ENERGY · 1270 kJ

Nutrition per serve (estimate) · Sodium about 110 mg

INGREDIENTS

- 150 g frozen mixed berries
- 150 g high-protein plain Greek-style yoghurt (about 10 g protein per 100 g)
- ½ scoop (15 g) vanilla whey protein
- About 50 ml skim milk
- 1 tbsp (about 12 g) pepitas, to top

METHOD

1. Blend the berries, yoghurt, protein and milk until thick. Start with half the milk and add more only if the blender gets stuck.
2. Scrape into a bowl.
3. Top with pepitas and any extra fruit you have.

STORAGE & PREP

Eat straight away, as it melts quickly. Not suitable to make ahead.

ALLERGENS

Milk

COACH'S TIP

Use the berries straight from the freezer. Frozen fruit and very little milk keep it thick enough to eat with a spoon.



15 Aussie Brekkie Roll

Savoury · Prep 2 min · Cook 5 min · Serves 1

28 g	38 g	12 g	380 kcal
PROTEIN	CARBS	FAT	ENERGY · 1600 kJ

Nutrition per serve (estimate) · Sodium about 1090 mg

INGREDIENTS

- 1 wholemeal roll (about 68 g)
- 1 egg (59 g size)
- 50 g lean shaved ham (97% fat-free)
- 1 slice (about 20 g) light (50% less fat) cheese
- 2–3 slices tomato
- 2 tsp (about 15 g) BBQ sauce
- Cooking spray

METHOD

1. Lightly spray a non-stick pan and fry the egg over medium heat until the white is completely set. Warm the ham alongside it for the last minute.
2. Split and toast the roll.
3. Layer the cheese, ham, egg and tomato. Add the BBQ sauce and close.

STORAGE & PREP

To make one for tomorrow, cool it, wrap it and refrigerate within 1 hour. Eat within 24 hours, cold or reheated until piping hot. Keep it cold if you take it to work.

ALLERGENS

Egg, milk, gluten/wheat. The roll may contain sesame and soy.

COACH'S TIP

Make two and wrap one for tomorrow. Ham, cheese and sauce make this a higher-salt breakfast.

High-protein pantry staples

Keep these on hand and you can make almost every recipe in this booklet. Protein amounts are approximate and match the values used in the recipes.

FRIDGE

Eggs	**6.5 g each (59 g egg)**
Liquid egg whites	**11 g / 100 ml**
Greek yoghurt (high-protein)	**About 10 g / 100 g**
Reduced-fat cottage cheese	**12 g / 100 g**
Reduced-fat feta	**4 g / 20 g**
Lean shaved ham	**8 g / 50 g**
Smoked salmon	**12 g / 50 g**
Firm tofu	**7–15 g / 100 g (choose ~15 g)**
Skim milk	**9 g / 250 ml**

PANTRY

Whey protein powder	**~24 g / 30 g scoop**
Rolled oats	**5 g / 40 g**
Peanut butter	**5 g / tbsp (20 g)**
Chia seeds	**2 g / tbsp (12 g)**
Pepitas	**3.5 g / tbsp (12 g)**
Reduced-salt baked beans	**7 g / 150 g**
Nutritional yeast	**2.5 g / tbsp (5 g)**
Wholegrain bread, wraps, rolls	**Bread 4 g / 47 g slice · wrap 6 g · roll 6 g**

FREEZER

Frozen mixed berries	**1 g / 100 g**
Peeled frozen bananas	**1.5 g / banana**
Spare wholegrain bread or bagels	**Bread 4 g / slice · bagel ~10 g / 90 g**

Yoghurt: an ordinary Greek-style yoghurt has about 5 g protein per 100 g. Tofu: check the label, as "firm" tofu ranges from about 7 to 15 g per 100 g.

Measuring, food safety & nutrition

MEASURING

- Australian measures: 1 tablespoon = 20 ml, 1 teaspoon = 5 ml, 1 cup = 250 ml.
- Eggs are 59 g size. 1 medium banana ≈ 120 g peeled; 1 small apple ≈ 120 g. Wholegrain bread ≈ 47 g a slice, wraps ≈ 70 g, rolls ≈ 68 g, bagels ≈ 90 g.
- Protein powder: 1 scoop = 30 g powder, which gives about 24 g protein. It's not 30 g of protein.
- Cooking spray counts. We've allowed about 1 g of oil per spray, and 1 tsp oil where a recipe uses it.

FOOD SAFETY

- Cook eggs until the whites are completely set with no runny egg. Pregnant women, older adults and anyone with low immunity should cook eggs until the yolks are firm.
- Keep yoghurt, cottage cheese, feta, ham, smoked salmon and egg whites in the fridge at 5°C or below. Use them by the use-by date and within the "use within" time on the pack once opened.
- Cold smoked salmon and sliced deli ham can carry listeria. If you're pregnant or have low immunity, avoid them unless they're heated until steaming hot.
- Taking breakfast to work: pack it cold with an ice brick and eat it within 4 hours, or keep it in the fridge.
- Cool leftovers and refrigerate them within 1 hour. Reheat until piping hot, and reheat only once.

ALLERGENS

These recipes include **milk**, **egg**, **gluten/wheat** (bread, wraps, rolls, bagels; oats contain gluten), **peanuts**, **tree nuts** (walnuts), **soy** (tofu, and often bread and wraps), **fish** (smoked salmon) and possibly **sesame** (some breads and bagels). Each recipe lists its main allergens, but always check your own labels.

SALT

Ham, cheese, feta, smoked salmon, bread and baked beans all add salt. The Salmon Bagel, Egg & Feta Wrap and Brekkie Roll each have about 1,100–1,300 mg sodium, more than half of a suggested daily target of 2,000 mg. Choose reduced-salt products and enjoy these alongside lower-salt meals.

ABOUT THE NUTRITION FIGURES

Every recipe was recalculated in November 2026 from each ingredient's weight. Values come from Australian product labels where available (named in the audit report), and typical Australian food-composition values otherwise. Energy uses the Food Standards Australia New Zealand (FSANZ) factors (protein and carbs 17 kJ/g, fat 37 kJ/g, fibre 8 kJ/g). Carbohydrate is "available carbohydrate", as on Australian labels; fibre is counted separately.

Disclaimer: Nutrition values are estimates. They vary with brands, the size of your eggs and fruit, how you measure and how you cook. The recipes have been reviewed and calculated, not laboratory-tested. This booklet is general information, not personal dietary advice. If you have a medical condition, food allergy or specific dietary needs, please speak with your GP or an Accredited Practising Dietitian.

Recipe photos: Unsplash (unsplash.com).

Fuel the work.

I'd love to see what you cook. Snap a photo of your favourite and show me at your next session. If you have questions about how much protein you need, just ask me.

See you at the park!

Gideon

Xercise ZONE

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