

# Building a Breakfast Plate

How hard is your training day?

Body weight



Easy Training Day

Moderate Training Day

Hard Training Day

50 Kg

1/2 cup orange juice 1/2 cup strawberries, nuts, 1/2 cup muesli, cooked 2 hard boiled egg	1/2 cup orange juice 1/2 cup strawberries, nuts, 1 cup muesli, cooked 2 hard boiled egg	1 cup orange juice 1/3 cup strawberries, nut butter, 1 cup muesli, cooked + honey 2 hard boiled egg
--	--	--

60 Kg

3/4 cup orange juice 1/2 cup strawberries, nuts, 3/4 cup muesli, cooked 2 hard boiled egg	1 cup orange juice 1/2 cup strawberries, nut butter, 1 cup muesli, cooked 2 hard boiled egg	1.5 cup orange juice 1/3 cup strawberries, nut butter, 1.25 cup muesli, cooked + honey 2 hard boiled egg
--	--	---

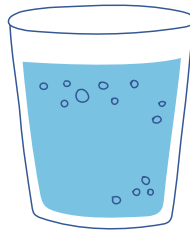
70 Kg

1 cup orange juice 3/4 cup strawberries, nuts, 1 cup muesli, cooked 2 hard boiled egg	1.5 cup orange juice 1 cup strawberries, nut butter, 1 cup muesli, cooked 2 hard boiled egg	1.5 cup orange juice 1.5 cup strawberries, nut butter. 1.5 cup muesli, cooked + honey 2 hard boiled egg
--	--	--

# Building a Breakfast Plate

How hard is your training day?

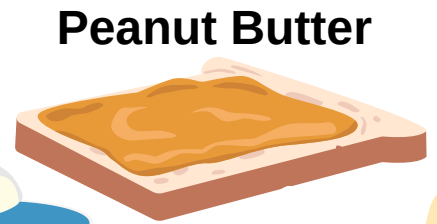
Body weight



Water



Greek Yogurt



Peanut Butter

Toast



Banana

Easy Training Day

Moderate Training Day

Hard Training Day

50 Kg

1 cup Greek yogurt  
2 slices of whole grain toast  
1 TBSP nut butter  
1/2 banana

1 cup Greek yogurt  
2 slices of whole grain toast  
1 TBSP nut butter  
1 banana

1 cup Greek yogurt  
2 slices of toast  
1 TBSP nut butter,  
2-3 TBSP jam,  
1 banana

60 Kg

1 cup Greek yogurt  
2 slices of whole grain toast  
1 TBSP nut butter  
1 banana

1/2 cup Greek yogurt  
2 slices of whole grain toast  
1 TBSP nut butter,  
jam  
1 banana

1 cup Greek yogurt  
3 slices of toast  
1 TBSP nut butter,  
2-3 TBSP jam,  
1 banana

70 Kg

1 cup Greek yogurt  
3 slices of whole grain toast  
1 TBSP nut butter  
1 banana

1 cup Greek yogurt  
3 slices of whole grain toast  
1 TBSP nut butter,  
1 TBSP jam,  
1.5 banana

1 cup juice  
1 cup Greek yogurt  
3 slices of toast  
1 TBSP nut butter,  
3 TBSP jam,  
1 banana