

10 High-Protein Breakfasts in Under 10 Minutes

Fuel your day the Recipe For **Results** way



RECIPE
FOR **RESULTS**
PERSONAL TRAINING

Fuel. Train.
Break Limits.

I'm Martyn, founder of *Recipe For Results.*

Our mission is simple: to help busy professionals **fuel their bodies, train smarter, and conquer their goals** — without overcomplicating things.

Breakfast sets the tone for your whole day. Get it right, and you'll feel energised, fuller for longer, and ready to take on whatever life throws at you. Get it wrong, and you're fighting hunger and low energy before lunch.

This guide gives you 10 of our favourite quick, **protein-packed breakfasts** that anyone can make **in under 10 minutes**. They're simple, tasty, and designed to keep you on track whether your goal is fat loss, muscle gain, or just feeling healthier.

Remember: these recipes are just a small taste of what we do at Recipe For Results. If you'd rather not think about meal prep at all, we can deliver fresh, high-protein meals straight to your door every week.

Let's get started — your mornings just got a whole lot easier.



Protein Overnight Oats

Time to Make: 5 minutes (prep the night before).

Ingredients:

- 40g rolled oats
- 150g Greek yoghurt (0% or low-fat)
- 1 scoop vanilla whey protein
- Handful of mixed berries
- Splash of milk (dairy or non-dairy)

Method:

1. Mix oats, protein powder, yoghurt, and milk in a jar.
2. Leave in the fridge overnight.
3. Add berries before serving.



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~43–45g protein per serving

Scrambled Egg & Smoked Salmon

Time to Make: 6 minutes

Ingredients:

- 2 whole eggs + 2 egg whites
- 50g smoked salmon slices
- Handful of spinach
- Pinch of black pepper

Method:

1. Whisk eggs and cook in a pan (or microwave) until softly scrambled.
2. Stir in spinach until just wilted.
3. Top with smoked salmon and season with pepper.



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~33–35g protein per serving

High Protein Smoothie

Time to Make: 3 minutes

Ingredients:

- 1 scoop vanilla whey protein
- 1 banana
- 1 tbsp peanut butter
- Handful of spinach
- 250ml almond milk (or regular milk)

Method:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Drink immediately or take on the go.



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~30–32g protein per serving

Greek Yoghurt Power Bowl

Time to Make: 5 minutes

Ingredients:

- 200g Greek yoghurt (0% or low-fat)
- 30g granola (high protein)
- 1 tbsp Chia seeds
- Handful of fresh berries
- Drizzle of honey

Method:

1. Add Greek yoghurt to a bowl.
2. Top with granola, chia seeds, and berries.
3. Drizzle lightly with honey.



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~28–30g protein per serving

Cottage Cheese & Fruit Bowl

Time to Make: 3 minutes

Ingredients:

- 200g low-fat cottage cheese
- 80g pineapple chunks
- Handful of berries
- 10g of chopped walnuts or almonds

Method:

1. Add cottage cheese to a bowl.
2. Top with pineapple and blueberries.
3. Sprinkle with chopped nuts for crunch.



~30–32g protein per serving

Protein Pancakes

Time to Make: 8 minutes

Ingredients:

- 1 medium ripe banana
- 1 scoop vanilla whey protein
- 1 large egg
- 1 tsp coconut oil
- Handful of fresh fruit

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Method:

1. Mash banana, then mix with protein powder and egg to form a smooth batter.
2. Heat a non-stick pan with coconut oil, pour small rounds and cook until bubbling, then flip.
3. Serve with Greek yoghurt (optional) and fresh fruit.



~28-30g protein per serving

Turkey & Egg Wrap

Time to Make: 7 minutes

Ingredients:

- 1 wholemeal wrap
- 2 eggs, scrambled
- 50g sliced turkey breast
- 1 tbsp salsa
- Handful of rocket and spinach

Method:

1. Scramble eggs in a pan until just set.
2. Layer turkey, scrambled eggs, salsa, spinach and rocket onto the wrap.
3. Roll tightly and serve.



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~32–34g protein per serving

Avocado & Poached Egg on Rye

Time to Make: 8 minutes

Ingredients:

- 1 slice of rye bread (or wholemeal)
- 1/2 avocado mashed
- 2 poached eggs
- Pinch of chilli flakes
- Salt & pepper to serve

Method:

1. Toast rye bread
2. Poach the eggs in a pan of boiling water
3. Spread mashed avocado and top with the poached eggs.
4. Sprinkle with salt, pepper and chilli flakes



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~27–29g protein per serving

Protein Porridge Pot

Time to Make: 5 minutes

Ingredients:

- 40g rolled oats
- 1 scoop vanilla whey
- 1tsp almond butter
- 160ml coconut milk or water
- Fresh berries for garnish

Method:

1. Add oats and protein powder to a bowl
2. Mix coconut milk or water and heat in the microwave for 2 minutes
3. Top with almond butter and fresh berries



~28–30g protein per serving

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Quark & Berry Pot

Time to Make: 3 minutes

Ingredients:

- 200g quark (or Skyr yoghurt)
- Handful of berries
- 10g of chopped walnuts, almonds or seeds

Method:

1. Add quark to a bowl.
2. Top with berries.
3. Sprinkle with chopped nuts or seeds.



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~24–26g protein per serving

Want more than just breakfast?

These 10 recipes are just a taste of what we do at *Recipe For **Results***. If you'd rather not think about meal prep at all — or you want **expert guidance on training and accountability** — we've got you covered.

Our Services:

- ✓ Fresh, high-protein meals delivered twice weekly across Essex.
- ✓ Personal training at home, outdoors, or in your workplace.
- ✓ Simple, sustainable plans that fit around your lifestyle.

Next Step: Try our **3-Day Taster Pack** for just £59.

- ✓ A mix of breakfasts, lunches, and dinners.
- ✓ Delivered fresh in our refrigerated vans.
- ✓ The easiest way to see how much simpler healthy eating can be.

➡ Message us today on WhatsApp: **07850577819**
Or visit: **www.recipeforresults.co.uk**

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