

~500kcal Breakfast Ideas to Help with Weight Gain (and variable protein)

Flavoured milkshake – (Banana)

280mls (½pt) fortified milk
1 sachet vanilla 'Build Up'
1 ripe banana (mashed)
1 scoop vanilla ice-cream



Place all ingredients in a liquidiser and blend for 15 seconds.
Serve straight away.

Variations: Use different flavoured 'Build Up' e.g. strawberry, banana, chocolate and mix with different fruits.

Per serving: **540kcal and 28g protein**

2 toasted crumpets with butter and jam with a glass of fruit juice

Per serving: **532kcal and 3g protein**

25g porridge oats made up with 100ml of fortified milk with 1 tablespoon thick Greek yoghurt, 1 heaped teaspoon of honey and 3 prunes in fruit juice with 1 slice of bread toasted with butter and marmalade

Per serving: **505kcal 17g protein**



Cereal or muesli served with a third of a pint of fortified milk, 1 small banana, 1 tablespoon thick Greek yoghurt and 1 heaped teaspoon honey

Per serving: **527kcal 21g protein**



Scrambled egg made with 2 eggs, 1 teaspoon butter, 1 tablespoon fortified milk, 1 tablespoon of cream served with 1 slice of bread toasted and buttered with smoked salmon or bacon

Per serving: **576 – 640kcal 25g protein**

1 Sausage, 1 rasher of bacon, 1 tomato, and 1 poached egg, mushrooms and 1 slice of buttered toast

Per serving: **626kcal 24g protein**

1 plain croissant with 1 heaped teaspoon of jam and 3 tablespoons of thick Greek yoghurt with 1 heaped teaspoon of honey and fruit salad

Per serving: **532kcal 19g protein**

