



27 October 2021

**Aiden Masi - Week 3 (of 6)**

**1. Reducing sugar**

**2. Breakfast Ideas**

- Porridge (made with rolled oats, water or milk, berries)
- Overnight Oats
- Smoothies (fresh fruit, milk/coconut yoghurt, oats, chia)
- Fruit, Granola & Coconut Yoghurt - [granola recipe](#)
- Chia puddings
- Muffins e.g. [Savoury Muffins](#), Savoury Sun-dried tomato & olive muffins (printed recipe),
- Leftovers

Also see [Well Nourished Breakfast ebook](#) - for ideas. You'll need to check ingredients carefully/substitute as required.

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