



JAMIE | FITNESS &
WELLBEING
MCKAGAN

Grab & Go

Discover 10 grab & go recipe's perfect for those early starts
and days in the office.

www.jamiemckaganfitness.co.uk

Welcome to Jamie Mckagan Fitness' Grab n Go Breakfast Recipes!



Hello and welcome!

My name is Jamie Mckagan, and I'm a certified personal trainer, group exercise expert, life coach, fitness program designer, and nutrition coach. With years of experience in the fitness industry, I've dedicated my career to helping individuals like you achieve their health and wellness goals through effective workouts, balanced nutrition, and mindset coaching.

Benefits of Eating Well at Breakfast

Eating a nutritious breakfast is essential for fuelling your body and mind, jumpstarting your metabolism, and maintaining stable energy levels throughout the day. By choosing balanced and healthy breakfast options, you're setting yourself up for success in all areas of your life.

Perfect for Busy Lives

I understand that in today's fast-paced world, finding time to prepare a nutritious breakfast can be challenging. That's why I've curated this collection of grab n go recipes that are not only healthy but also quick and easy to make. Whether you're rushing out the door in the morning or need a convenient option for busy weekdays, these recipes have got you covered!

Nutritious and Balanced

All the recipes in this pack are crafted using single ingredient foods, ensuring that they are not only delicious but also healthy and balanced. You'll find a variety of options, including high-protein and vegetarian recipes, catering to different dietary preferences and nutritional needs.

MyFitnessPal Integration

For those of you who track your nutrition, I've included handy MyFitnessPal barcodes with each recipe. Simply scan the barcode directly into the app to effortlessly track your meals and stay on top of your health and fitness goals.

I hope you enjoy these grab n go breakfast recipes and that they make your mornings a little brighter and your days a lot more energised. Here's to starting each day on a delicious and nutritious note!



Contents & Key

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| 7 | Chunky Monkey Overnight Oats | DF | Dairy Free |
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| 11 | Cheesy Broccoli Muffins | MP | Meal Prep/Freezer Friendly |
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| 15 | Mango Vanilla Protein Power Smoothie | V | Vegetarian |
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Protein Overnight Oats

Serves 2

3 oz. (90g) rolled oats
2 oz. (60g) vanilla protein powder
2 tbsp. chia seeds
1 tsp. ground ginger
1 tsp. ground cinnamon
¼ tsp ground. nutmeg
¼ tsp. ground cloves
8.5 fl oz. (250ml) almond milk, unsweetened
1 tbsp. shredded coconut

What you need to do

In a medium bowl, combine the rolled oats, vanilla protein powder, chia seeds, ginger, cinnamon, nutmeg and cloves. Mix until everything is evenly combined.

Add the almond milk to the dry ingredients and stir until the mixture becomes smooth.

Divide the mixture evenly between 2 jars or glasses and place it in the refrigerator to chill for at least 4 hours, or preferably overnight.

The next morning, top the oats with the shredded coconut and serve.

| GF | MP | HP | V | N |
|----|----|----|---|---|
|----|----|----|---|---|

| Prep | Chill | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|-------|------|---------|----------|------------|----------|
| 5 mins | 4 hrs | 323 | 7 | 36 | 31 | 8 |

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Chunky Monkey Protein Overnight Oats

Serves 2

For the oats:

1.8 oz. (50g) rolled oats
1 scoop vanilla protein powder
0.7 oz. (20g) 85% dark chocolate
2 tbsp. chopped walnuts
½ banana, chopped
8.5 fl oz. (250ml) almond milk

Toppings:

1 tbsp. walnuts
1 tbsp. cocoa nibs
½ banana, chopped

What you need to do

Place all the ingredients for the oats into a large bowl and stir to combine.

Divide the mixture between 2 serving bowls/jars and set it aside to rest in the refrigerator for a few hours, ideally overnight.

When ready to serve, top the oats with walnuts, cocoa nibs and chopped banana.

| MP | HP | V | Q | N |
|----|----|---|---|---|
|----|----|---|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|-------|------|---------|----------|------------|----------|
| 5 mins | 0 min | 374 | 15 | 40 | 21 | 6 |

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Strawberry Coconut Protein Smoothie

Serves 1

5.8 oz. (165g) frozen strawberries
8 fl oz. (240ml) coconut milk, carton
1 oz. (30g) vanilla protein powder
2 tsp. honey
1 tsp. vanilla extract
1 tsp. ground flax seed

What you need to do

Place all the ingredients into a high-speed blender and blend until smooth. Pour into a glass and serve.

Optional: Top with coconut flakes and fresh strawberries.

| | | | |
|----|----|---|---|
| GF | HP | V | Q |
|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|-------|------|---------|----------|------------|----------|
| 5 mins | 0 min | 273 | 6 | 24 | 28 | 4 |

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.





Cheesy Broccoli Muffins

Makes 12

6.3 oz. (180g) whole wheat flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. garlic powder
1 tsp. onion powder
7 oz. (200g) finely chopped broccoli florets
4 oz. (115g) shredded cheddar cheese, divided
6 fl oz. (180ml) milk
4.4 oz. (125g) ricotta cheese
2 eggs
6 tbsp. olive oil

What you need to do

Preheat the oven to 425°F (220°C). Line a 12 hole muffin pan with liners, or prepare a silicone muffin pan.

In a medium bowl, combine the whole wheat flour, baking powder, baking soda, garlic powder, and onion powder. Add the broccoli, and 3 oz. (90g) of cheddar cheese and toss to coat.

In a separate bowl, combine the milk, ricotta cheese, eggs and olive oil. Pour into the flour mixture and stir until just combined.

Fill each muffin cup about $\frac{2}{3}$ full with batter. Sprinkle the remaining cheddar cheese on top of each muffin.

Place the muffin pan into the hot oven and bake for about 15 minutes, until a toothpick inserted into the center of the muffin comes out clean.

Remove the muffins from the oven and place on a wire rack to cool.

Store the muffins in an airtight container on the counter top for 3-4 days.

| | | | |
|----|----|---|---|
| LC | MP | V | Q |
|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 10 mins | 15 mins | 194 | 13 | 14 | 7 | 2 |

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Chocolate Zucchini Oat Muffins

Serves 8 muffins

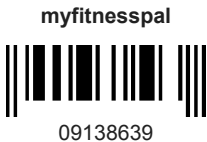
- 5.3 oz. (150g) rolled oats
- ½ tsp. ground cinnamon
- 1 tsp. baking powder
- 1 large egg
- 4 tbsp. honey
- 8 fl oz. (240ml) almond milk, unsweetened
- 5.6 oz. (160g) shredded zucchini, moisture squeezed out
- 4 tbsp. chocolate chips

What you need to do

- Preheat the oven to 350°F (180°C). Line a muffin tray with paper or silicone liners.
- Place all the ingredients into a large bowl and mix to form a muffin batter. Spoon the muffin batter equally into each of the 8 muffin liners.
- Place the tray into the hot oven and bake for 20-25 minutes, until lightly golden.
- Remove the muffins from the oven and place on a wire rack to cool completely before serving.
- Store the muffins in an airtight container.

| | | | |
|----|----|----|---|
| GF | DF | MP | N |
|----|----|----|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 10 mins | 25 mins | 163 | 5 | 26 | 4 | 2 |



*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Mango Vanilla Protein Power Smoothie

Serves 1

4 fl oz. (120ml) unsweetened
almond milk
4.2 oz. (120g) Greek yogurt
5.8 oz. (165g) frozen mango
chunks
1 scoop vanilla protein powder
¼ tsp. vanilla extract

What you need to do

Place all the ingredients into a high speed blender and blitz until smooth. Pour into a glass and serve immediately.

| | | | |
|----|----|---|---|
| GF | HP | V | N |
|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|-------|------|---------|----------|------------|----------|
| 5 mins | 0 min | 303 | 5 | 32 | 36 | 3 |



*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Egg, Carrot & Kale Muffins

Makes 6

For the muffins:

4 eggs
1 garlic clove, minced
½ tsp. ground turmeric
2 tbsp. chives, chopped
1 cup (70g) kale, chopped leaves
1 cup (110g) carrots, grated
¼ cup (40g) feta, crumbled
salt & pepper

For the sauce:

¾ cup (180g) Greek yogurt
2 tbsp. chives, chopped

What you need to do

Preheat the oven to 360°F (180°C). Prepare a muffin tin lined with muffin paper cases or use silicone muffin cases.

In a bowl, beat the eggs with the garlic, turmeric, salt, pepper and chives. Add the kale, carrots, crumbled feta and mix with a fork.

Fill 6 muffin cases with the mixture and place in the hot oven to bake for 15 minutes.

Meanwhile, mix together the yogurt and chives and season with salt and pepper.

Serve the egg muffins with the yogurt sauce.

| GF | LC | MP | V | Q |
|----|----|----|---|---|
|----|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 15 mins | 98 | 5 | 4 | 8 |

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*Nutrition per serve



Lemon Blueberry Breakfast Yogurt Cake

Serves 12

11.2 oz. (330g) white whole wheat flour
1½ tsp. baking powder
¾ tsp. baking soda
½ tsp. salt
3 tbsp. freshly grated lemon zest
1 tbsp. coconut oil, melted
3 egg whites, room temperature
1 tbsp. vanilla extract
1 tsp. stevia
6.3 oz. (180g) non-fat Greek yogurt
4 fl oz. (120ml) freshly squeezed lemon juice
5 fl oz. (150ml) unsweetened almond milk
7.4 oz. (210g) blueberries

What you need to do

Preheat the oven to 350°F (180C). Line a loaf tin with baking paper.

Add the flour, baking powder, baking soda, salt and lemon zest into a medium sized bowl and stir to combine.

In a separate bowl, whisk together the coconut oil, egg whites, vanilla extract and stevia. Now add the Greek yogurt to this mixture and stir until there are no large lumps. Next, incorporate the lemon juice and 2 tablespoons of the almond milk.

Alternating, add the flour mixture and the remaining milk to the wet ingredients, starting and ending with the flour mixture. Stir until just combined, ideally adding the flour mixture in three equal portions.

Reserve 2 tablespoons of blueberries and gently fold the remaining berries into the batter using a spatula.

Spread the batter evenly into the prepared tin and delicately press the reserved blueberries into the top.

Bake the cake in the hot oven for 45-55 minutes or until the top is firm to the touch, and a toothpick inserted into the center comes out clean.

Remove from the oven and allow the cake to cool in the pan for 10 minutes, before transferring it to a wire rack to cool completely.

Store the cake in an airtight container on the countertop for up to 5 days.

| | | |
|----|---|---|
| MP | V | N |
|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 15 mins | 55 mins | 154 | 3 | 27 | 5 | 5 |

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Mexican Cacao Chia Yogurt Pudding

Serves 4

2 oz. (60g) chia seeds
4 fl. oz. (120ml) boiled hot water
3 tbsp. honey
2 tsp. vanilla extract
pinch of salt
13.2 oz. (375g) Greek yogurt
12 fl oz. (360ml) almond milk, unsweetened
3 tbsp. raw cocoa powder
1 tsp. ground cinnamon
½ tsp. chili powder
2 bananas, sliced
2 tbsp. cacao nibs
2 tbsp. walnuts

What you need to do

Place the chia seeds and hot water into a bowl and set aside to cool for 5 minutes.

Stir in the honey, vanilla extract and a pinch of salt. Now add the yogurt, almond milk, cocoa powder, cinnamon, chili powder, and whisk to combine.

Prepare 4 glasses or jars and fill them up almost half way with the chia pudding. Next layer with sliced banana, before covering with the remaining pudding. Top the puddings with the remaining banana, cocoa nibs, and walnuts.

Set aside in the refrigerator to chill for 1 hour before serving.

These puddings can be stored in the refrigerator for 4-5 days.

| | | | |
|----|----|---|---|
| GF | MP | V | N |
|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 10 mins | 10 mins | 300 | 10 | 42 | 14 | 10 |

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Cinnamon Granola

Serves 16

2 cups (160g) rolled oats
1 cup (115g) walnuts, chopped
1 tbsp. cinnamon
4 tbsp. almond butter
½ cup maple syrup
salt

What You Need To Do

1. Preheat the oven to 325°F (160°C) and line a baking tray with baking paper.
2. Mix the oats, walnuts and cinnamon in a large bowl, adding a pinch of salt.
3. Next, add the almond butter and maple syrup, mix until well combined and sticky.
4. Spread the mixture evenly over the baking tray and bake for 15 minutes on the middle shelf in the oven. Remove the tray, stir the mixture to break it up a little and place back in the oven to cook for a further 10-12 minutes until golden brown.
5. Remove the tray from the oven and place on a wire rack to cool. Once cooled down store in an airtight container for up to one week.



| DF | LC | MP | V | N |
|----|----|----|---|---|
|----|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 30 mins | 136 | 8 | 15 | 3 |

*Nutrition per serving

Extra Time, Extra Flavour: Weekend Treats

Bonus Recipe





High-Protein Gingerbread Pancakes

Serves 2

3 large eggs
7.9 oz. (225g) cottage cheese
1 tbsp. honey
1 tsp. vanilla extract
2 oz. (60g) oat flour
1 tsp. baking powder
1 tsp. ground ginger
½ tsp. ground nutmeg
½ tsp. ground cinnamon
¼ tsp. ground allspice
¼ tsp. ground cloves
pinch of salt
1 tbsp. chia seeds
1 tsp. olive oil, for greasing
the skillet
2 tbsp. Greek yogurt, for
serving
1 orange, segmented, for
serving
2 tsp. maple syrup, for serving

What you need to do

In a blender, combine the eggs, cottage cheese, honey, vanilla extract, oat flour, baking powder, the ground spices and salt. Blend until the mixture is well combined.

Pour the batter into a medium bowl and fold in the chia seeds.

Heat the olive oil in a large skillet over medium-high heat. Pour ¼ cup of the batter into the pan and cook for about 3 minutes, or until bubbles start to form on the surface, and the edges become golden brown. Flip the pancake and cook for an additional 3 minutes, or until cooked through and golden. Repeat this process with the remaining batter.

To serve, top the pancakes with Greek yogurt, orange segments and drizzle with maple syrup.

This recipe makes 8 pancakes, allowing 4 pancakes per serving.

| MP | HP | V | Q |
|----|----|---|---|
|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|---------|------|---------|----------|------------|----------|
| 5 mins | 25 mins | 483 | 19 | 50 | 30 | 7 |

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

Enjoy!

Stay connected with me for health and fitness inspiration, tips and updates!
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