



the

BREAKFAST
reboot

ob
OLGA BONDE
INTEGRATIVE NUTRITION

If you're waking up feeling like you've already run a marathon (without the medal or the cute outfit), you're not alone.

You're in good company - lots of wonderful women are riding this hormone rollercoaster right alongside you (with varying levels of grace, snacks, and stretchy pants).

For women over 40, especially those managing inflammation, autoimmunity, and general life overload - breakfast isn't just a meal, it's medicine.

When done right, breakfast becomes a powerful tool - it helps steady your mood, supports your nervous system, makes your body feel safe, and keeps those mid-morning and afternoon cravings at bay.

This guide is here to take the guesswork out of what to eat in the morning so you can keep blood sugar steady, calm inflammation, and give your gut and liver the support they've been quietly begging for.

No trendy powders, no fussy prep - just real food, doable combos, and a dash of flavour. I hope you enjoy!



STEP 1: CHOOSE YOUR PROTEIN

(aim for 25-30g of protein per meal)

10g of protein look like:

- 2 small eggs
- 100g Greek yoghurt 0%
- 200g sheep's milk yoghurt
- 100g cottage cheese
- 40g cooked chicken breast
- 1 standard sausage
- ½ tin sardines or mackerel
- 50g smoked salmon
- 50g haloumi cheese
- 40g cheddar cheese
- 60g prawns (peeled)
- 70g tofu
- 50g mixed seeds (omega mix)
- 1 generous slice of sourdough
- 1 slice of Seedful bread
- 3 tbsp hemp seeds
- 100g edamame beans (shelled)
- 170g green peas
- 120g cooked blackbeans
- 130g hummus
- 110g cooked chickpeas
- 100g cooked green lentils

PS: fruit&veg have some protein too and everything adds up!

STEP 2: CHOOSE YOUR CARBS/FIBRE

Vegetables: broccoli, carrots, peppers, tomatoes, green beans, courgettes, etc)

Fruit & berries: go for seasonal/frozen

Bread: sourdough, rye

Grains: rice, quinoa, oats, buckwheat, amaranth

Beans/legumes: black beans, kidney, chickpeas, cannellini beans, lentils

Potatoes: sweet or regular



(aim for 8-10g of fibre per meal)

5g of fibre look like:

- 150g mixed berries
- 150g apple with skin (1 medium)
- 150g pear with skin (1 large)
- 140g banana (1 large)
- 15g/1 tbsp chia or hemp seeds (not shelled)
- 1 tbsp flaxseeds
- 35g almonds (1/4 cup)
- 150g broccoli or green beans, about 1½ cup
- 130g carrots (skin on) , about 2 medium
- 150g sweet potato (with skin, baked), about 1 medium
- 100g cooked lentils or chickpeas, about ½ cup
- 75g cooked beans, about ½ cup
- 100g frozen peas
- 50g dark rye or seeded sourdough bread
- 60g rolled oats
- 100g hummus



STEP 3: WHERE IS FAT?

(essential for your hormonal health, also helps you keep your energy stable till the next meal)

You may already have some good fat from the protein part of your plate: eggs, salmon, full fat dairy, etc. You only need a thumbsize/1 tbsp of fat.

Otherwise, choose from:

- avocado
- olives
- extra virgin olive, walnut or linseed oil
- coconut oil
- nuts (walnuts, almonds, brazil nuts, cashews)
- seeds (pumpkin, sunflower, sesame)
- tahini
- grass fed butter

FINAL CHECKLIST

When you look at your plate, good questions to ask are:

1 - WHERE DOES MY PROTEIN COME FROM, IS IT ENOUGH?

2 - DOES MY PLATE LOOK COLOURFUL?

Different colours of plants offer different types of vitamins and minerals to your body, aim for a rainbow on your plate.

3 - CAN I SPOT ANY GOOD FAT HERE?

4 - HAVE I HIT MY FIBRE GOAL?

IF THE ANSWER IS YES TO ALL THE ABOVE - MANY CONGRATULATIONS, YOU ARE DOING AN AMAZING JOB!

And if you feel like more inspiration is needed - I've included a handful of recipes for you to play and experiment with. Hope you enjoy!



BANANA & ALMOND PANCAKES

2 portions, 27g protein and 12g fibre each

These are very delicious & filling pancakes, and the smell of caramelised bananas is just what one's soul needs on an early morning.

Ingredients

- 1 large mashed up banana
- 2 medium eggs
- 100g ground almonds
- 2 tbsp protein powder
- 1 tsp Ceylon cinnamon (any cinnamon will do, but Ceylon cinnamon is best for blood sugar regulation)
- 1 tsp baking powder (or a tiny pinch of soda bicarbonate)
- tiny pinch of sea salt
- 300g of mixed berries to serve with

Method

Just mix everything together and shallow fry in a hot dry pan or in a tiny bit of coconut oil/ghee on medium heat, a minute or so each side, till only lightly golden. Serve with a dollop of yoghurt, fresh/frozen berries, cacao nibs (optional).



LEEK, FETA & GREEN PEA OMELETTE

1 portion, 30g protein, 10g fibre

Ingredients

- 1 cup of thinly sliced leeks (any part)
- 150g green peas (defrosted a bit)
- small pinch of salt
- 1 tbsp of olive oil
- 2 eggs
- 50g of feta cheese
- any fresh herbs, if you like
- leek can be swapped for / mixed with mushrooms, sun dried tomatoes, or even any frozen veg mix

Method

In a pan warm up a tbsp of oil and sautee leeks with a pinch of salt for a couple of minutes. Break the eggs on top of leeks, gently stir and leave to cook for another couple of minutes. Crumble feta and scatter peas on top, cook another minute. Enjoy!

OVERNIGHT OATS

1 portion, 25g protein and 20g fibre

Ingredients

- 1/4 cup oats
- 3 tbsp chia seeds
- 1/3 cup soy milk
- 120 g Greek yoghurt 0%
- 1 sweet medium apple, grated
- small handful mixed seeds or 1 teaspoon peanut butter
- 150g mixed berries

Method

Mix everything together(except for berries, leave in a fridge overnight. In the morning take out of the fridge(you may need to add a bit more milk if it became too thick to your liking) and top up with a generous handful of berries (frozen or fresh). If you want it slightly sweeter – grate a bit of a medjool date on top (if you keep your dates frozen, grating becomes much easier in smaller quantities).



VEGETABLE&CHICKPEA FRITTATA

2 portionS, 27g protein and 10g fibre each

Ingredients

- 1 tin of chickpeas, drained, rinsed, lightly mashed
- 4 eggs
- 250g cooked veg (I use frozen Mediterranean Grilled Veg M&S)
- 120g crumbled feta
- small handful of herbs you like, chopped (basil, thyme or dill work great)
- pinch of salt

PS: when eating it cold, try topping up with some anchovies, totally next level experience.

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Method

Preheat the oven to 185C/fan. Lightly grease or line with paper your frittata dish(any oven dish it is). Literally mix everything together: eggs, chickpeas, vegetables, feta cheese, herbs, salt. Transfer into your baking dish, forget in the oven for 25 mins. Enjoy on its own or with a tablespoon of kimchi/kraut.

TROPICAL COLADA BREAKFAST SMOOTHIE

1 portion, 31g protein, 16g fibre

Ingredients

- 100g frozen cauliflower
- 100g ripe pineapple
- 30g protein powder (2 heaped tablespoons)
- 1/2 cup coconut milk from a can (I love Biona)
- Half a cup of water
- Juice of 1/2 lime
- Small pinch of turmeric
- 2 tbsp chia seeds
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Method

Just add and blitz everything together into a silky smoothie for 1 minute, let it sit for one minute, blend for one more minute. Enjoy!

PS: Frozen cauliflower adds silky texture to any smoothie without adding cabbagey taste or increasing carbs content like banana would do.



I hope you enjoyed this handout and feel inspired to experiment with your breakfast plates a little bit, am so happy you are here.

If we haven't met yet, I'm Olga Bonde—Integrative Nutritionist and Functional Medicine Practitioner.

I support time-short women in their 40s and beyond to reclaim their health, energy, and glow—without burnout, faddy trends, or the unrealistic expectations the world so often places on us.

Living with several autoimmune conditions myself, I deeply understand how daunting the first steps toward healing can feel—especially when you're stuck and unsure where to begin.

It can be overwhelming, but please know: it doesn't have to stay that way. I'm here to help.

Every day, I share practical guidance and supportive insights over on Instagram: [@olgabondenutrition](https://www.instagram.com/olgabondenutrition). Be sure to follow along!

I also run a group membership for women with inflammatory and autoimmune conditions. A safe space to recover at your own pace, supported by me and other members: [THE POWER OF 4](#)

And if you feel like 1:1 support is what you need right now—let's chat [HERE](#).

To your radiant health,
Olga