

Power plates

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Bid adieu to sluggish mornings with breakfasts fit for superwomen.



Text Lee Xin Hui photography Darren Chang art direction Alice Chua

What you need.

Carbs : Wholemeal bread , Rolled oats, Sweet potato.

Protein : Egg, Low-fat milk, Grated low-fat cheddar cheese.

Fat : Olive oil, Avocado, Reduced-fat peanut butter.

You can mix and match across categories however you like, but here are five of our favourite recipes to get you started.

Wholemeal bread + egg + avocado = eggs benedict sandwich (sans hollandaise sauce).

- Toast two slices of wholemeal bread; set aside.
- Boil a pot of water, then lower the heat to a simmer; add a dash of vinegar. Create a gentle whirlpool in the water before cracking an egg in – this will help the egg white wrap around the yolk. Cook for three minutes.
- Remove the egg with a slotted spoon and drain on a kitchen paper towel.
- Arrange three slices of avocado on one slice of bread, and the egg on the other. Serve.

Nutritional value per serving: 327 kcal, 15.5g protein, 13.1g total fat.

Rolled oats + low-fat milk + avocado = avocado shake

- Place 40g of rolled oats, 250ml of chilled low-fat milk and three slices of avocado into a blender.
- Blend until ingredients are thoroughly mixed.
- Serve in a tall glass.

Nutritional value per serving: 332 kcal, 16.1g protein, 11.8g total fat.

Wholemeal bread + grated low-fat cheddar cheese + reducedfat peanut butter = toasted peanut butter sandwich.

- Toast two slices of wholemeal bread for three minutes on each side.
- Spread 15g of peanut butter on one slice and sprinkle 25g of grated cheese on the other.
- Toast both slices for two minutes. Serve.

Nutritional value per serving: 344 kcal, 18.8g protein, 12.4g total fat.



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Sweet potato + egg + olive oil = omelette.

- Cut a 150g sweet potato into small cubes.
- Crack two eggs into a bowl and beat with a fork.
- Heat 15ml of olive oil in a pan, then add the sweet potato cubes and fry until golden brown. • Add the beaten eggs; allow the egg to brown on one side.
- Flip it, then cook for another one minute or until brown. Serve.

Nutritional value per serving: 388 kcal, 13.5g protein; 23.5g total fat.

Sweet potato + grated low-fat cheddar cheese + olive oil = cheesy potato gratin.

- Thinly slice a 150g sweet potato.
- Heat 15ml of olive oil in a pan, then add the sweet potato slices. Fry until golden brown on one side, then flip them.
- As the other side is browning, sprinkle 25g of grated low-fat cheddar cheese on the already-browned side.
- Cook for another minute until the cheese melts. Serve.

Nutritional value per serving: 331 kcal, 8.1g protein, 19.4g total fat.

“A balanced meal consists of low-glycaemic-index carbohydrates, lean protein and good fats. This combination ensures you stay full for at least four hours.” – **Jaclyn Reutens.**

Expert source: Jaclyn Reutens, clinical dietitian at and founder of Aptima Nutrition & Sports Consultants.