

Free guide

Better Breakfast Guide

ZOE is a nutrition science company
leading the gut health revolution.

zoe

Mornings *matter*

“If you pick the wrong breakfast, it does set you up really badly.”

— PROF. TIM SPECTOR,
ZOE'S SCIENTIFIC CO-FOUNDER

What you choose to eat first can set your day up for success or failure — from low energy to unhealthy snacking to simply feeling hangry by noon.

Breakfast is supposed to be “the most important meal of the day,” but is sold short by Big Food, who tell us to eat sugary cereals, crashy carbs, and ultra-processed everything.

At ZOE, we never stop being curious about how people respond to food. We asked thousands of people about breakfast — their answers might surprise you: Over 70% told us that their breakfast is “balanced,” yet only about 6% get enough fibre. It's no wonder then that **only 16% felt energetic after eating**, and **55% were hungry again within three hours**.



What's *inside*



BREAKFAST IS *BROKEN*

It's time for a better, more delicious fix to your morning.

This guide will help you start your day right, all informed by ZOE's world-leading science.

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Featuring Tim's Breakfast Bowl recipe, from ZOE's Scientific Co-founder, Prof. Tim Spector's book, *The Food for Life Cookbook*

1

Dark Cacao Chia Pudding

Make this delicious, **anti-inflammatory** dark cacao chia pudding from Dr Federica Amati, ZOE's Head Nutritionist. This super filling pudding is great on its own. You can also add some extra seeds or nuts to it, or add it to a yoghurt bowl.

INGREDIENTS

- ✓ 2-3 teaspoons of chia seeds
Just 2 teaspoons of chia seeds provide you with fibre, protein, and omega-3 fatty acids.
- ✓ 1 teaspoon raw cacao powder
(2 if you love chocolate, but it will be strong)
- ✓ 1/2 cup - 3/4 cup dairy milk, plant-based milk, or kefir
- ✓ *Optional:* Frozen berries, like blueberries, raspberries, or strawberries
- ✓ *Optional:* Honey
- ✓ Glass jar



*The amount of fibre in this recipe depends heavily on the quantity of chia seeds and whether you include the optional frozen berries.

Serves
1 Person

Fibre
Varies*

Cooking time
5 minutes
(plus overnight chilling time)

Diet
Vegetarian, Vegan and Gluten-free
(depending on ingredients)

Plant count
2+
(depending on toppings)

This recipe scores 100 in the **brand-new ZOE App**.

100

Overall score
Enjoy daily

Method

Add chia seeds to the bottom of a glass jar. Be sure not to fill the jar too full, as the chia seeds will expand.

- 1 Add the raw cacao powder.
- 2 Pour in the milk or kefir.
- 3 Add the berries for a little acidity (optional).
- 4 Add the honey for sweetness (optional).
- 5 Put it in the fridge and let it rest overnight.
- 6 Eat the next day. The chia pudding should have a creamy consistency.



These tiny seeds pack a lot of nutritional power:

- ✓ Plenty of **plant protein**
- ✓ Full of all the **amino acids** your immune system needs to rebuild **immune system cells**
- ✓ Concentration of **omega-3 fatty acids**
- ✓ High in **fibre**
- ✓ High in **polyphenols**

YOUR GUT'S FAVOURITE FAT

Chia seeds are **high in omega-3 fatty acids**, the kinds of fats that are really beneficial for us and have a direct **anti-inflammatory** effect. The **gut microbiome** is particularly fond of omega-3 fatty acids.

THE #1 NUTRITION PODCAST
IN THE WORLD

**Top 7 foods to fight
inflammation this spring
with Prof. Tim Spector
and Dr Federica Amati**

[LISTEN NOW](#)



2

Probiotic Bircher Muesli

If you're looking to set yourself up for a healthy week, prepping Probiotic Bircher Muesli is a fantastic way to pack in loads of plants while **supporting your gut health**.

This recipe is highly customisable, so feel free to flavour yours however you choose.

INGREDIENTS

- ✓ 1 apple
- ✓ 100g kefir (3.5 oz)
By swapping some of the yoghurt for kefir, you're adding a serving of fermented foods, which can help to support your gut health. The oats and mixed seeds provide a great source of fibre and healthy fats, helping to keep you full and energised throughout the day.
- ✓ 2 tbsp Greek yoghurt
- ✓ 1 tsp cinnamon
- ✓ 50g oats (1/2 cup)
- ✓ 50ml milk of choice (or extra kefir) (1/4 cup)
- ✓ 40g mixed seeds (1/4 cup + 1 tbsp)
- ✓ *Optional:* 25g raisins (1/4 cup)

Serves
1–2 people

Fibre
8g per serving

Cooking time
10 minutes
(plus chilling time)

Diet
**Vegetarian,
Gluten-free**
(if using gluten-free oats)

Plant count
5+ (depending on toppings)

This recipe scores
80 in the **brand-new ZOE App**.

80

Overall score
Enjoy regularly

Method

- 1 Grate the apple into a large bowl before mixing in the remaining ingredients.
- 2 Cover and place in the fridge, ideally overnight, but for at least a couple of hours.
- 3 When ready to serve, add your favourite toppings and enjoy!

Get [more tips and techniques](#) on this recipe.



16 prebiotic foods to add to your diet

Explore prebiotic foods that can help promote the health of your gut microbiome and your body overall, from mushrooms to leeks, almonds, garlic, and more.

OATMEAL: SOMETIMES HEALTHY, SOMETIMES NOT

You may be surprised to learn that not all oatmeal is healthy. Learn about the health benefits of oatmeal and what to keep in mind if you eat oatmeal or are thinking about starting.

TOPPINGS

Fresh or frozen fruit, nuts like almonds or walnuts, seeds such as chia or flax, and a drizzle of honey or maple syrup are all great options.





The perfect breakfast topper

Get your fix
of 30+ plants



Scan the
QR code or
[click this link](#)

What do the nutritionists do?

Explore a day in the life of ZOE's Head Nutritionist, Dr Federica Amati. Federica is the author of *Recipes for a Better Menopause* and *Sunday Times* Bestseller *Every Body Should Know This*.



My day

Dr Federica Amati, ZOE's Head Nutritionist



EARLY MORNING START

I'm up early because I have young children, not because of an alarm or wearable. I wake naturally when they do, usually between 6 and 6:45 am.



AVOID SCREENS FIRST THING

My phone stays off in my office, and I won't look at it until later. Then it's time for a big glass of water and a coffee whilst the girls have breakfast. I like to have a soy cappuccino.



FRESH AIR

I take the girls to school with our dog most mornings. It's wonderful to get some movement and fresh air first thing before a busy day of work.



STAYING HYDRATED

Throughout the day, I drink coffee, matcha green tea, herbal teas, and water. The only thing I'm strict about is sodas and other soft drinks; we don't have them at home. I keep fresh fruit and mixed nuts on the counter or in my bag as easy, whole-food snacks in case I get hungry.



DAILY30+ SUPPLEMENT

The only supplement I take consistently is Daily30+, the 30+ plant supplement I created with other ZOE scientists. I like to mix it into savoury breakfasts, like beans on rye or scrambled eggs with mushrooms. It helps me start my day with a variety of fibre-rich foods, and get my ZOE-recommended 30 plants-a-week.



REGULAR EATING WINDOW FROM BREAKFAST AT 9 TO DINNER BY 7

I eat consistently at the same time. Lunch varies depending on my hunger and schedule, and dinner is always finished by 7 pm, unless I'm out for a birthday or an event.



LUNCH BREAK AND GYM

For lunch, I always try to have some whole grains, some legumes, and leafy green seasonal vegetables. My diet varies a lot as I like to incorporate seasonal fruits and veg as much as I can.

The gym break is something I try to squeeze in when I can, but it's mostly for the sauna. I love it. I feel energised and it helps with muscle recovery, plus it's great for circulation and skin. I usually only get 10 minutes in as I've got to be back at work quickly. But it's always worth it.



DINNERTIME

Dinner usually consists of a dish like aubergine parmigiana or some oily fish with legumes such as sardines and chickpeas. I love beany stews and hearty soups in the winter, so make plenty of those as the weather cools down.



8 HOURS OF SLEEP — NON-NEGOTIABLE

Having lived through the baby and toddler sleep-deprivation years, I now deeply prioritise rest. It improves my mood, productivity — everything. I avoid the news and screens in the evening to protect it.

3

Cottage Cheese Pancakes

These pancakes pack an impressive **27g of protein per serving** without any protein powder. Starting your day with this updated breakfast staple will not only satisfy your taste buds but keep you feeling energised* until lunch.

By combining oats (complex carbohydrates) with cottage cheese (protein), and topping them with nuts and raspberries (healthy fats and fibre), you create a balanced meal that slows down sugar absorption, leading to **more stable blood sugar levels**.

INGREDIENTS

- ✓ 50g oats (1/2 cup)
- ✓ 1 banana (optional)
If you prefer to leave out the banana, you can simply adjust the quantities of cottage cheese, milk, and oats to achieve the desired texture.
- ✓ 150g cottage cheese (2/3 cup)
- ✓ 1 egg
- ✓ A pinch each of salt, baking powder, and cinnamon
- ✓ A splash of water or milk

Serves
2 people

Fibre
6g per serving
(depending on toppings)

Cooking time
20 minutes

Diet
**Vegetarian,
Gluten-free**
(if using certified
gluten-free oats)

Plant count
6+ (depending on toppings)



PROTEIN POWER

Only 7% of people we surveyed in the UK typically go for a protein-centric plate.

TOPPINGS

Feel free to use your favourite toppings

- ✓ Greek yoghurt
- ✓ Frozen raspberries
- ✓ Walnuts
- ✓ Figs
- ✓ Drizzle of honey
- ✓ Daily30+, our 30+ plant gut supplement*



Method

- 1 Add the oats to your blender and process until they form a fine flour.
- 2 Add the banana, cottage cheese, egg, salt, baking powder, cinnamon, and a splash of water or milk to the blender. Blend until smooth. The batter should be thick but pourable; add more liquid if needed.
- 3 Heat a non-stick pan over medium heat and add a little butter or oil. Pour a couple of tablespoons of batter per pancake into the pan.
- 4 Cook for a few minutes on each side until the pancakes are golden brown and cooked through.
- 5 Stack the pancakes on a plate and top with Greek yoghurt, frozen raspberries, walnuts, figs, and a drizzle of honey, or any toppings of your choice. Daily30+ also tastes great sprinkled on pancakes. Enjoy!

Get [more tips and techniques](#) on this recipe.

DOWNLOAD THE BRAND-NEW ZOE APP

How do these recipes score for you?

It's now even easier to eat mindfully and tune into what your body needs.

Powered by AI and the data from over 300,000 microbiome DNA tests, our brand-new app gives you personalised, evidence-based nutrition feedback in seconds.



Scan the QR code or
[click this link](#)



4

Breakfast Hash

This fibre-rich breakfast hash is packed with **gut-supporting*** ingredients.

The black beans in this hash contain resistant starch that feeds your gut microbes, and the peppers contain **flavonoids**, which help support your gut lining.

A colourful mix of vegetables and **anti-inflammatory** spices such as cumin makes it a simple, satisfying way to nourish your microbiome first thing in the morning.

/// FIBERMAXX WITH DAILY30+

Fibremaxxing is when you “max out your fibre” intake. Plants are full of fibre, so eating over 30 different ones with [Daily30+](#) can help you do just that.

INGREDIENTS

- ✓ 1 tbsp extra virgin olive oil
- ✓ 1 small sweet potato, diced
- ✓ 1 red pepper, chopped
- ✓ ½ courgette, diced
- ✓ A handful of cherry tomatoes
- ✓ 1 can black beans, drained
- ✓ ½ tsp smoked paprika
- ✓ 1 tsp cumin
- ✓ ¼ cup crumbled feta
- ✓ Coriander for garnish
- ✓ *Optional:* 2 eggs
- ✓ 1 scoop of Daily30+, our 30+ plant gut supplement*

FIBRE CONFUSION

According to our survey, 6.5% of UK respondents report having a high-fibre breakfast — yet **21% don't know how much fibre they actually had.**

Serves
2 people

Fibre
15g per serving

Cooking time
20–30 minutes

Diet
**Vegetarian,
Gluten-free**

Plant count
30+

This recipe scores 90
in the **brand-new ZOE
App.**

90

Overall score
Enjoy daily

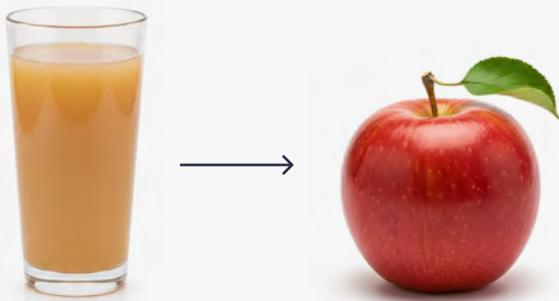
Method

- 1 Heat extra virgin olive oil in a skillet and fry sweet potatoes until cooked.
- 2 Add bell pepper, zucchini, tomatoes, and spices, and cook until soft.
- 3 Stir in black beans and cook for another 2 minutes.
- 4 If using, crack two eggs over the top and cover until whites are cooked.

Top with feta, coriander, and a scoop of Daily30+.

5 science-approved breakfast swaps

1



Why this swap?

Juicing removes most of the beneficial fibre and destroys the food's structure, which leads to a faster and more exaggerated blood sugar response. Eating the whole fruit provides fibre, which helps slow down sugar absorption and is better for your blood sugar and overall gut health.

2

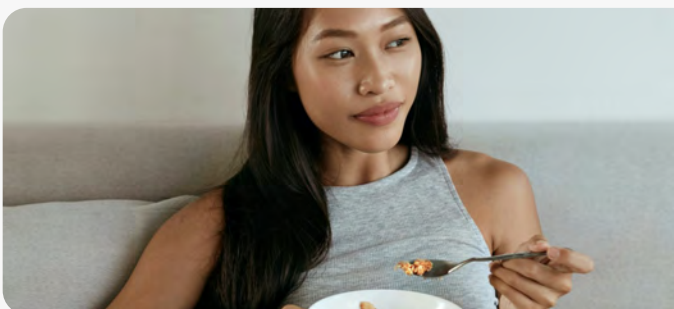


Why this swap?

Many store-bought cereals are high in refined carbs and added sugar. Swapping to plain oats or wholegrain cereals like a low-sugar muesli or granola, and then adding healthy toppings like yoghurt, berries, nuts or seeds, increases your intake of fibre, healthy fats, and polyphenols (plant compounds), which are excellent for your gut microbes and help keep you feeling full.

SERIAL CEREAL EATERS

We asked people in the UK about breakfast — 32% of respondents said that cereal and/or granola is their typical breakfast — yet **only 6% get enough fibre.**



3

Why this swap?

For some people, starting the day with a large dose of refined carbohydrates (even healthy ones without fat/protein) can lead to a significant blood sugar spike and subsequent crash. A breakfast high in protein and healthy fats, such as eggs with wholemeal toast and avocado, or a small portion of homemade baked beans, can help stabilise blood sugar and maintain energy levels.



4



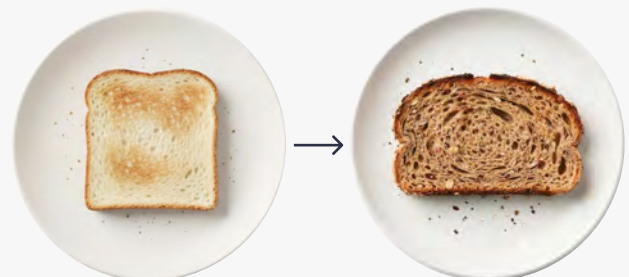
Why this swap?

Flavoured yoghurts often contain high amounts of added sugar. Plain Greek yoghurt or kefir is naturally high in protein and contains gut-friendly bacteria. Adding fresh berries provides natural sweetness, and adding seeds boosts healthy fats and fibre without the hidden sugars. [Daily30+](#) brings a delicious crunch to yoghurt and berries, and features ingredients that support your gut health and immunity*.

5

Why this swap?

Wholegrain and seeded breads are significantly higher in fibre and offer a greater diversity of plants, which feed your gut microbiome. Sourdough also tends to have a lower impact on blood sugar compared to standard white bread. Top it with healthy fats and protein, like avocado, nut butter, or hummus, for an even better score in the [new ZOE App](#).



CAN BREAKFAST FOODS HELP WITH WEIGHT MANAGEMENT?

While no specific foods will make you lose weight, certain foods are better at nourishing your body, preventing cravings, and keeping you satisfied for longer. Read more about [healthy breakfasts that might help you reach your weight goals](#).

5

No Ordinary Avocado Toast

Need a plant-packed brunch in under 5 minutes?

This is no ordinary avocado toast. It's creamy, tangy, and full of ingredients that **support your gut health***.

Simple, satisfying, and containing a **diverse mix of plants**, your gut will thank you for trying this recipe.

INGREDIENTS

- ✓ 1 can white beans, drained
- ✓ 1 ripe avocado
- ✓ Juice and zest of 1 lemon
- ✓ ½ tsp red pepper flakes
- ✓ ½ tsp za'atar
- ✓ 2 slices of sourdough bread
- ✓ Salt and black pepper
- ✓ Pickled red onions or sauerkraut
- ✓ 1 scoop of [Daily30+](#) — ZOE members love our gut supplement* on avocado toast

Serves
2 people

Fibre
14g per serving

Cooking time
5–10 minutes

Diet
Vegetarian,
Gluten-free

Plant count
30+

Method

- 1 Mash the white beans and avocado together with lemon juice, zest, salt, pepper, and red pepper flakes.
- 2 Spread on toasted sourdough bread, top with sauerkraut or pickled red onions, za'atar, a scoop of [Daily30+](#), and enjoy.



HOW DOES THIS RECIPE SCORE FOR YOU?

Get personalised nutrition advice in
the brand-new ZOE App.

JOIN ZOE

“I have been taking Daily30+
for a year now, and it certainly
has given me more energy*.

“I’m 72, and over the years, I have tried many potions and
supplements offering me miracles that never happened.
Only Daily30+ has exceeded my expectations, and I will
stay with it for the rest of my life.”

— BOB



What Prof. Sarah Berry, ZOE's Chief Scientist, eats for breakfast



I used to eat pastries or white toast with Nutella for breakfast, but since discovering I'm a "big dipper" (after eating high-carb foods, I have a big glucose dip 2 hours later), I've made a change. I hate feeling hungry mid-day, so now I have my version of my colleague Prof. Tim Spector's breakfast: full-fat Greek yoghurt, chopped walnuts and almonds, and some granola.

The simple food changes that give me more energy

Step into Prof. Sarah Berry's home to cook along with her and learn what one of the world's top nutrition scientists eats for breakfast, her food philosophy, and the ZOE research she's most proud of and why.

WATCH NOW

CHECK OUT A DAY IN THE LIFE
OF PROF. SARAH BERRY





Tim's Breakfast Bowl

This is Prof. Tim Spector, ZOE's Scientific Co-founder's go-to breakfast. With plenty of plants and a probiotic boost from the kefir, it's his favourite way to start the day. Treat the ingredients as a guide and use whatever fruit, nuts, and seeds you have. Fresh berries aren't always in season, so Tim typically uses frozen ones. They deliver plenty of flavour and rainbow colours while still retaining the essential polyphenols and nutrients.

INGREDIENTS

- ✓ 125g Greek yoghurt (1/2 cup)
- ✓ 80ml kefir (1/3 cup)
- ✓ 200g mix of fruit, defrosted if frozen (about 1½ cups)
- ✓ 2 tbsp Seed Mix Sprinkle (see [The Food For Life Cookbook](#), page 258)
- ✓ 1 tbsp almonds
- ✓ 1 tbsp walnuts
- ✓ 1 tbsp pecan nuts

TOP-UPS

- Nut butter
- Cinnamon Pecan Granola (see recipe in this guide)

Serves
1-2 people

Fibre
5–10g

Preparation time
5 minutes

Diet
Vegetarian
(Vegan with swaps)

Plant count
7

Method

- 1 Mix the Greek yoghurt and kefir in a bowl.
- 2 Top with the remaining ingredients, customising to your taste with the top-ups or swaps.

Get [more tips and techniques](#) on this recipe.

SWAPS

- Plant-based yoghurt and kefir alternatives
- Extra seeds for nuts

6

Cinnamon Pecan Granola

This granola makes a brilliant breakfast with kefir and fruit, but it's also a useful base for other recipes, like a crumble. Packed with nuts, it's great for your **blood sugar response**, and the oat bran is an easy win for getting **more fibre into your diet**.

Tip: Don't move the pan after it comes out of the oven to ensure you get big, delicious clusters.

INGREDIENTS

- ✓ 60g flaked almonds (1/2 cup)
- ✓ 100g pecan nuts, roughly chopped (1 cup)
- ✓ 120g oat bran (1 cup)
- ✓ 85g mixed seeds (2/3 cup)
- ✓ 40g coconut flakes (1/3 cup)
- ✓ 2 tbsp chia seeds
- ✓ 2 tbsp ground flaxseed
- ✓ 2 tsp ground cinnamon
- ✓ Pinch of salt
- ✓ 1 tbsp almond butter
- ✓ 100ml olive oil (1/3 cup + 2 tbsp)
- ✓ 4 tbsp honey

Serves
10 portions

Fibre
5–10g

Preparation time
10 minutes

Cooking time
45 minutes

Diet
Vegetarian

Plant count
10

Method

- 1 Preheat the oven to 150°C/130°C fan/300°F/gas 2 and line a 32x22cm baking tray with baking parchment.
- 2 In a large bowl, mix the dry ingredients together. In a separate bowl, whisk together the almond butter, olive oil, and honey until combined. Add to the dry mixture and mix until everything is thoroughly coated.
- 3 Spread the granola mix out onto the baking tray, pressing it into a single flat layer. Bake for 45 minutes, or until golden and crisp, checking halfway and turning if necessary to ensure it browns evenly.
- 4 When ready, remove from the oven and allow to cool completely in the baking tray — this is really important to allow the granola to set and break into chunky pieces.
- 5 Store in an airtight container for 2–3 weeks.



SWAPS



Any nut butter for almond butter



Any nuts for pecan nuts

How to boost your energy *naturally*, according to science

Explore [12 science-backed lifestyle changes](#) that you can try to give your energy a boost, including [how to eat for your gut](#) for more get-up-and-go.

Fun fact: One of the earliest signs of improvement in gut health is an increase in energy.



BONUS RECIPE

Black Bean and Avocado Eggs with Daily30+

This recipe packs a punch, helping you achieve your goal of 30+ plants a week.

These **fibre-packed**, saucy black beans and eggs make a delicious weekend brunch or lunch, and the addition of Daily30+ gives extra flavour and texture.

INGREDIENTS

- ✓ 1 tbsp olive oil
- ✓ 1 onion, peeled and chopped
- ✓ 2 cloves garlic, peeled and finely chopped
- ✓ 4 tomatoes, roughly chopped
- ✓ 400g can black beans
- ✓ 2 x 15ml tbsp Daily30+
- ✓ 4 free-range eggs
- ✓ 1 red chili, thinly sliced
- ✓ 1 avocado, seed removed, peeled, and sliced
- ✓ 1 lime, cut into wedges, and coriander leaves to serve

Serves
2 people

Fibre
22.4g per serving

Preparation time
10 minutes

Cook time
20 minutes

Plant count
30+

Diet
Vegetarian

Method

- 1 Heat the oil in a large lidded frying pan and cook the onion and garlic for 5 minutes until softened.
- 2 Add tomatoes and cook for 5 minutes more until soft and pulpy. Add the beans with their water, and bring to a simmer. Stir in 1 tbsp of Daily30+ and season to taste.
- 3 Break the eggs into the simmering beans, then sprinkle with the remaining Daily30+ and the chilli. Cover and cook for 4-5 minutes, until the egg whites are set and yolks still runny.
- 4 Top with slices of avocado and a scattering of coriander leaves, and serve with lime wedges for squeezing over.



Raspberries + Goji berries + Fermented green tea kombucha + Marine algae + Kale +

Our scientists have now added raspberries, goji berries, fermented green tea kombucha, marine algae, and kale to Daily30+ — elevating its flavour profile and plant diversity.



zoe
DAILY30+

Complement your meals with even more flavours and textures



RASPBERRIES + GOJI BERRIES

Natural sweetness
boosts taste



MARINE ALGAE

Good source of calcium
to support gut digestion



FERMENTED GREEN TEA KOMBUCHA + KALE

Adds greens + a touch
of fermentation
Our scientists carefully balanced
the flavours so the fermented
taste blends right in.



IMPROVED TEXTURE

More flavourful crunch

Get your fix of 30+ plants



Scan the QR code
or [click this link](#)



ZOE is a nutrition science company
leading the gut health revolution.

The ZOE logo is rendered in a bold, dark blue, lowercase sans-serif font. It is positioned centrally within a large, abstract, bright yellow shape that resembles a stylized 'Z' or a thick, curved line. The background of the entire page is a light cream color.

**Daily30+ is a natural source of calcium and copper. Calcium contributes to the normal function of digestive enzymes. Copper contributes to normal energy-yielding metabolism and the normal function of the immune system. Copper also contributes to normal hair and skin pigmentation, as well as the protection of cells from oxidative stress. Good source of fibre, high in omega-3s, and a source of calcium, copper, and plant protein.*