

# THE STEADY FIRE BREAKFAST GUIDE

*5 Under-5-Minute Meals for Cognitive Dominance*

**BODY TRANSFORMATIONS FOR BUSY PROFESSIONALS.**

## Welcome to the 1%

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The one thing I completely understand is trying to maintain a healthy lifestyle around a high-performance position. Having worked in high-pressure environments, I understand that time is of the essence.

For the last 16+ years, I've worked with high-stakes professionals to optimise their physiology. The biggest mistake I see them make? Starting their day with "paper" (naked carbohydrates) instead of "heavy logs" (protein, healthy fats, and fibre).

It's not about how fast you get there. It's how long you stay there. When you start your day with heavy logs, you blunt the insulin spike, crush brain fog, and flip the switch on fat loss.

Here are 5 of my favourite rapid-prep breakfasts to keep your metabolic fire burning steady.

## The Recipes

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### 1. The Executive Super-Shake

*The ultimate replacement for the crash-inducing fruit smoothie.*

**The Recipe:**

1 scoop grass-fed whey isolate or pea protein (vanilla or chocolate), 1 tbsp almond butter, 1 tbsp chia seeds, a handful of spinach (you won't taste it), 1/4 cup frozen wild blueberries, and 10oz unsweetened almond milk. Blend for 60 seconds.

***The Science:** The protein and almond butter (fat) act as an anchor, slowing down the digestion of the berries. The chia seeds provide a massive dose of soluble fibre for your gut microbiome.*

## 2. The Boardroom Yoghurt Bowl

*Zero cooking required. High protein, high satiety.*

### **The Recipe:**

1 cup full-fat, plain Greek yoghurt (or skyr), 1 oz crushed walnuts, 1 tbsp pumpkin seeds, a dash of Ceylon cinnamon, and a few raspberries.

***The Science:** Full-fat dairy digests slower than non-fat, keeping you fuller longer. Ceylon cinnamon is a clinically proven insulin sensitiser, meaning it actively helps your body manage blood sugar.*

## 3. The 3-Minute “Steady Fire” Scramble

*For those who prefer a hot, savoury start.*

### **The Recipe:**

2 whole pasture-raised eggs mixed with 1/2 cup liquid egg whites. Scramble in a pan with grass-fed butter or ghee. Top with 1/4 sliced avocado and a pinch of Himalayan pink salt.

***The Science:** The extra egg whites double your protein volume without excess calories (great for muscle maintenance), while the whole eggs and avocado provide the healthy fats needed for hormone synthesis and brain health.*

## 4. Overnight “Sustained Output” Oats

*Prep this the night before. Grab and go.*

### **The Recipe:**

1/2 cup rolled oats (not instant), 1 scoop protein powder, 1 tbsp flaxseed meal, 1 cup unsweetened almond milk. Mix in a jar and leave in the fridge overnight.

***The Science:** Rolled oats are a complex carb. By soaking them and pairing them with protein and flax (omega-3s), you drastically lower the glycaemic index of the meal.*

## 5. The Fasted Performer

*If you skip breakfast, you still need to protect your muscle tissue and brain.*

### **The Recipe:**

1 large black coffee (or green tea), 1 scoop of unflavoured Collagen Peptides, and 5g of Essential Amino Acids (EAAs) mixed in a glass of water.

***The Science:** EAAs provide the building blocks to prevent muscle breakdown while fasting, without spiking your insulin or breaking your fast.*

## The Elite Performer's Supplement Stack

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*You cannot out-supplement a bad diet, but if your nutrition is dialled in, these are the non-negotiables for fat loss, muscle development, and gut health:*

- **The Morning Hydration Stack (Electrolytes + Creatine).**  
Take this immediately upon waking. Mix your electrolytes and creatine in water to kickstart hydration and cellular energy production.  
**Crucial Protocol:** Wait at least 90 minutes after waking before your first caffeine drink. This allows your body to clear adenosine naturally, preventing the afternoon crash.  
[Get the Electrolytes & Creatine Bundle Here](#)
- **For Gut Health: L-Glutamine (5g daily).**  
Your gut is your second brain. L-Glutamine helps repair the gut lining, reducing systemic inflammation and bloating.
- **For Optimised Brain Function: Omega-3 Fish Oil (2g EPA/DHA daily).**  
Essential for mitigating corporate stress, lubricating joints, and maintaining peak neuroplasticity.

### Are you ready to stop guessing and start optimising?

If you're looking for a permanent change while still having fun, stick around.

**BOOK YOUR STRATEGY SESSION**

Mark Bryce | The Body Transformation Coach