

## 5 Balanced Breakfasts for Midlife Women

By Caroline Grey · September 2026 Edition

These five breakfasts are designed for women in midlife who want steady energy, stable blood sugar and around 30g of protein — without eating like a bodybuilder. No plain chicken breast, no sad bowls. Just real food, balanced macros and flavours you actually want to wake up to.

## 1. Creamy Protein Smoothie or Smoothie Bowl

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A thick, satisfying shake or bowl that tastes like dessert but keeps you full until lunch.

### Ingredients

- A scoop (recommended packet dose per serving) chocolate protein powder
- 150g Greek yoghurt
- ½ medium avocado
- 1 medium banana
- 100g frozen mixed berries
- 1 tbsp chia or flax seeds
- Water or unsweetened almond milk to blend

### Method

Blend protein, yoghurt, avocado, half the banana and half the berries with enough liquid for your chosen consistency. For a bowl, use less liquid. Top with the remaining fruit, seeds and a small sprinkle of low-sugar granola.

**Approx macros:** 30g protein · 45g carbs · 18g healthy fats

*Tip: The avocado makes it creamy but you won't taste it. Can't tolerate dairy? Swap Greek yoghurt for a Greek-style soy yoghurt (closest in protein) or silken tofu, and add a little extra protein powder if needed.*

## 2. Veggie-Packed Breakfast Omelette

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A portable, savoury option you can eat hot at home or wrap and take with you.

### Ingredients

- 2 whole eggs
- 3 egg whites
- 30g feta or cheddar, crumbled
- Handful of spinach, peppers, mushrooms, tomatoes or onion
- ½ avocado and vine tomatoes to serve

### Method

Whisk the eggs and egg whites. Sauté the vegetables in a little olive oil, pour in the eggs and cook until set. Add cheese, fold and serve with avocado and tomatoes.

**Approx macros:** 30g protein · 12g carbs · 22g healthy fats

*Tip: An omelette maker makes this almost hands-free on busy mornings and it requires no additional oils for cooking.*

### 3. Scrambled Eggs with Avocado & Sourdough

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Comfort food that still ticks the protein and fibre boxes. Add a little heat for extra flavour.

#### Ingredients

- 2 whole eggs
- 3 egg whites
- 1 slice sourdough bread
- ½ avocado, sliced
- Handful of cherry tomatoes
- Hot sauce or smoked paprika to taste

#### Method

Scramble the eggs and whites gently in a non-stick pan. Toast the sourdough. Serve with avocado, tomatoes and a dash of hot sauce or sprinkle of smoked paprika.

**Approx macros:** 29g protein · 24g carbs · 18g healthy fats

*Tip: For extra protein, stir a spoonful of cottage cheese into the eggs just before they finish cooking.*

## 4. Sweet Potato & Pepper Breakfast Hash

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A warming, colourful hash that works for breakfast, brunch or even a light dinner.

### Ingredients

- 150g diced sweet potato
- 1 red pepper, diced
- ½ red onion, diced
- 100g baby spinach
- 2 eggs
- 1 egg white
- 30g feta, crumbled
- 1 tsp olive oil
- Smoked paprika, salt and pepper

### Method

Roast or sauté the sweet potato with olive oil and paprika until tender. Add pepper and onion and cook until soft. Stir in spinach until wilted. Make a well and fry the eggs and egg white in the pan. Top with feta.

**Approx macros:** 28g protein · 38g carbs · 16g healthy fats

*Tip: Prep the sweet potato the night before to make this a 10-minute breakfast. Not a feta fan? Swap in reduced-fat cheddar, a spoonful of cottage cheese, or a sprinkle of Parmesan for lower-fat options that still add plenty of flavour.*

## 5. Protein Pancakes with Berries

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Weekend-feeling pancakes that are actually balanced enough for any morning.

### Ingredients

- A scoop (recommended packet dose per serving) protein powder
- 1 whole egg
- 1 medium banana, mashed
- 50g oats
- 100g Greek yoghurt to serve
- Fresh berries and a drizzle of agave, if wanted

### Method

Blend or whisk the protein powder, egg, banana and oats into a thick batter. Cook small pancakes in a non-stick pan over medium heat. Stack and top with yoghurt, berries and a little agave.

**Approx macros:** 32g protein · 42g carbs · 10g healthy fats

*Tip: Make a double batch and freeze the extras for busy mornings. For a quick chocolate sauce, mix cacao powder with a little hot water until smooth. For a dairy-free topping, use Greek-style soy yoghurt or a thicker coconut yoghurt with an extra sprinkle of protein powder.*

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