

A BE HAPPY RETIRED COMPANION

No. 1 in The 7-Day Table Series

The 7-Day Quick Breakfast Menu

*Three paths every morning – Asian, Mediterranean, Vegetarian.
Fresh-made, fifteen minutes at most.*



From Farook's desk · behappyretired.com

Seven Mornings, Three Paths Each

Breakfast sets the tone of the day — and in retirement, the day is finally ours to set. Every morning below offers **three quick paths** — Asian, Mediterranean and Vegetarian — and every dish is **made fresh that morning, in fifteen minutes or less**, from ordinary ingredients. We lean on steaming, poaching and quick pan-cooking, keep sugar light, and add a gentle note wherever a dish calls for a little care.

Our promise. Fresh-made, never day-old. Fifteen minutes at most, counted honestly from fridge to table. Where the freezer or the store lends a hand — a frozen paratha, a packet of rice rolls — we say so, because knowing what to buy is half of cooking well. And with all of it: a good cup of low-sugar coffee, tea, or warm lemon water, made just the way you like it.

Three paths, one for each mood of the morning. Follow one all week, or mix as you please — every dish stands alone.



Asian



Mediterranean



Vegetarian

Monday

Asian — 10 min: Tomato-egg drop noodle soup. One pot: simmer a chopped tomato 4 minutes, add quick noodles for 3, swirl in a beaten egg. Breakfast in a bowl.

Mediterranean — 5 min: Greek yogurt with grated apple, walnuts and a dusting of cinnamon. Grate the apple straight into the bowl.

Vegetarian — 10 min: Banana-oat pancakes. Mash 1 banana with 1 egg and 3 spoonfuls of oats; fry small pancakes, 2-3 minutes a side.

Tuesday

Asian — 12 min: Savory oat congee with egg. Simmer half a cup of rolled oats with a slice of ginger, 6-8 minutes, till creamy; slide in an egg to poach for the last 2, finish with soy sauce and scallion. All the comfort of congee, none of the wait.

Mediterranean — 8 min: Eggs poached in tomato sauce. Warm a cup of tomato pasta sauce in a small pan, crack in two eggs, lid on, 4-5 minutes. Bread for dipping.

Vegetarian — 5 min: Peanut butter & banana on whole-grain toast, chia seeds over the top.

Wednesday

Asian — 8 min: Miso soup with tofu & wakame — paste plus hot water, no cooking — with cherry tomatoes, and an egg boiled while you get ready.

Mediterranean — 6 min: Cottage cheese, cucumber, olives and whole-grain pita. A breakfast that assembles itself.

Vegetarian — 5 min: Green smoothie: a handful of spinach, a banana, a cup of soy milk, a spoon of oats. Blend and go.

Thursday

Asian — 12 min: Frozen paratha with egg bhurji. The paratha goes straight from freezer to dry pan, 2–3 minutes a side; meanwhile soft-scramble two eggs with chopped onion, tomato and a pinch of turmeric. A proper breakfast, freezer to table.

Mediterranean — 8 min: Avocado toast with lemon and sesame seeds; the egg fries in the same minutes you spread.

Vegetarian — 3 min in the morning: Overnight oats — oats, milk and a little honey left in the fridge the night before (soaking is the recipe, not a leftover); berries and seeds on top.

Friday

Asian — 8 min: Rice rolls from the hawker or supermarket (chee cheong fun — nobody makes these at home, and that's the point). Steam 2 minutes, dress with soy sauce and sesame oil; an egg boils alongside.

Mediterranean — 10 min: Spinach-feta scrambled eggs: a handful of spinach in the pan, eggs over it, feta crumbled in at the end; whole-grain toast.

Vegetarian — 12 min: Savory chickpea pancake (besan chilla). Stir chickpea flour with water, salt and grated zucchini; pour like a pancake, 3–4 minutes a side. Protein on a plate.

Saturday — Warm Tofu Saturday

Asian — 6 min: The namesake dish: silken tofu steamed 3–4 minutes, dressed with soy sauce, ginger and scallion; cool cucumber alongside.

Mediterranean — 8 min: Greek-style omelette: tomato, olives and feta folded into two eggs.

Vegetarian — 10 min: Whole-grain French toast: bread dipped in beaten egg with a splash of milk, 2–3 minutes a side. The slower Saturday earns it.

Sunday

Asian — 12 min: Wonton noodle soup. Frozen wontons straight into boiling water; add quick noodles and a handful of greens; twelve minutes to a Sunday bowl.

Mediterranean — 8 min: Hummus plate: pan-warmed pita, a good spoon of hummus, tomato and cucumber, and a boiled egg, sliced.

Vegetarian — 4 min in the morning: Mango chia pudding — chia soaked in milk the night before (soaking is the recipe here too), ripe mango over the top.

The well-stocked week — five minutes of shopping sense

- **The freezer does the waiting, not the fridge:** frozen paratha and frozen wontons are freshness you cook on the spot — never day-old portions kept around.
- **Fridge staples:** a dozen eggs, tofu, yogurt, milk, greens. Eat the greens early in the week; eggs and tofu keep their dates.
- **Shelf staples:** rolled oats, quick noodles, chickpea flour, miso paste, chia seeds — the quiet heroes of every fast morning.
- **Two jars, two minutes:** your overnight oats and chia pudding soak while you sleep — the only "made ahead" in this guide, because soaking is how those dishes are made.
- **Friday reminder:** pick up rice rolls from the hawker or the supermarket's refrigerated shelf on your Thursday walk.

Easy swaps, no fuss

- **No eggs today?** Tofu warmed the Saturday way, or peanut-butter toast, keeps the protein.
- **Dairy not your friend?** Soy yogurt and soy milk swap one-for-one everywhere in this guide.
- **Watching sugar?** Let cinnamon and ripe fruit do the sweetening; go easy on honey and syrup.
- **A path not to your taste?** Every dish swaps freely across paths — the week is yours to rearrange.

Cooking for one — or two

- Everything here scales to a single plate without waste: one egg, half a cup of oats, a single pancake.
- Cooking for two? Double as you go — the minutes barely change.
- Half a block of tofu left over? It keeps a day or two in fresh water in the fridge — Saturday's warm tofu will take it.

For those watching their blood sugar

- Oats, chickpea flour and whole-grain bread are gentler choices than white bread or white rice — this menu leans on them for a reason.
- Drinks: a good cup of low-sugar coffee or tea, sweetened lightly by your own hand, beats most café drinks; fruit juice raises sugar faster than whole fruit — choose the fruit.
- Fruit sits best alongside protein — yogurt, eggs, nuts — rather than alone.
- These are kitchen notes, not medical advice. Your doctor's guidance always leads.

The weekly shopping list — tick as you go

Fresh

- ☐ Eggs (1 dozen)
- ☐ Silken & firm tofu
- ☐ Greek yogurt & cottage cheese
- ☐ Feta
- ☐ Baby spinach & greens
- ☐ Tomatoes & cherry tomatoes
- ☐ Cucumber & zucchini
- ☐ Scallions & ginger
- ☐ Bananas, apples, berries
- ☐ Mango & lemons
- ☐ Avocado

Shelves, freezer & store

- ☐ Rolled oats
- ☐ Quick noodles
- ☐ Chickpea flour (besan)
- ☐ Chia seeds
- ☐ Miso paste & wakame
- ☐ Peanut butter, walnuts, peanuts
- ☐ Soy milk
- ☐ Honey & cinnamon
- ☐ Tomato pasta sauce (1 jar) & hummus
- ☐ Whole-grain bread, wraps & pita
- ☐ Soy sauce & sesame oil
- ☐ Frozen paratha & frozen wontons
- ☐ Rice rolls (hawker or supermarket)



Some mornings will be noodle mornings; some will be yogurt mornings. All of them count. And when Saturday comes, warm the tofu, slice the ginger fine, and take five slow minutes — that is **Warm Tofu Saturday**, the little ritual this menu was built around. — Farook