

# OATMEAL EXPRESS

It's time to say 'goodbye' to your morning stress and say 'hello' to a wholesome, effortless breakfast experience!





## WHAT'S OATMEAL EXPRESS?

Embark on a journey with The Oatmeal Express, born from our own tale of hurried mornings and compromised nutrition.

Gone are the days of skipping breakfast or settling for unhealthy options in the rush to the office.

We understand the pivotal role breakfast plays in fueling your day, which is why we've crafted a solution that nourishes you AND delights your taste buds.

Say farewell to the struggle of finding time for a nutritious morning meal or worrying about meal prep problems.

With The Oatmeal Express, relish in the certainty of flavour, quality, and nutrition, all wrapped up in a delightful package.

## NO MORE...

- Struggle to eat healthy food in the morning.
- Worrying about what to make when the cook doesn't come.
- Deciding what to eat for breakfast. You already have enough on your plate.

# WHY OVERNIGHT OATMEAL?

We could go on for ages about the WHY, but here are 5 solid reasons that will compel you to board the Oatmeal Express;

**Nutritious:** Packed with fibre, protein, and essential nutrients thanks to a combination of rolled oats, fruits and other nourishing ingredients, overnight oatmeal provides a wholesome start to your day.

**Sustained energy:** The combination of complex carbohydrates in overnight oatmeal provides long-lasting energy, keeping you fueled throughout the morning.

**Digestive health:** The soluble fibre found in oats helps promote healthy digestion and can aid in maintaining a healthy gut microbiome.

**Weight management:** Overnight oatmeal can help you feel fuller for longer, potentially reducing the urge to snack between meals and aiding in weight management.

**Portable:** Whether you're headed to work, school, or the gym, overnight oatmeal is conveniently portable, making it an ideal breakfast option for busy lifestyles.



# Why Oatmeal Express Overnight Oats?

1

## Customised Convenience

Never worry about running out of breakfast options again. We deliver delicious overnight oatmeal straight to your doorstep on a schedule that fits your lifestyle. Whether you prefer 2 days to all 7 days a week, you can choose what's best.

++ If life gets hectic or you go on a vacation, you can easily pause your subscription or adjust the frequency as needed.

2

## Time-saving Treats

With the Oatmeal Express subscription, you can enjoy a nutritious breakfast ready to go without any prep work. Simply grab a jar from the fridge, and you're set for the morning hustle.

++ No more last-minute trips to the grocery store for breakfast ingredients.

3

## Effortless Elegance

Say farewell to the chaos of morning rush hours as The Oatmeal Express delivers gourmet oats directly to your doorstep. Transforming hectic mornings into serene moments of indulgence, so that you can luxuriate in a perfect breakfast experience.

4

## Flavourful Fantasies

Get ready for a taste adventure of epic proportions! A kaleidoscope of luscious flavours is waiting for you, each crafted to ignite your taste buds. No more monotonous mornings.

5

## Nutritional Nirvana

Fuel your body and mind for the day ahead with a powerhouse of fresh ingredients, seasonal and local fruits and rich nutrients like chia seeds.

6

## Majestic Morning

Awaken your taste buds to a delightful journey where each spoonful is a melody of wholesome goodness, setting the rhythm for a day filled with success and satisfaction.





**Morning Magic Spice**  APPLE CINNAMON OVERNIGHT OATS

"Morning Magic Spice" – your delicious ticket to a magical morning routine!

Our delectable blend of wholesome oats, tantalising apples, and aromatic cinnamon, will cast a spell and kickstart your day with a burst of flavour and energy.

Get ready to wake up from your dreams and embrace the enchantment of "Morning Magic Spice" to make every morning a celebration of flavour, nutrition, and effortless delight.



**Bananarama Bounty**  BANANA BREAD OVERNIGHT OATS

Crafted with care, "Bananarama Bounty" combines the timeless allure of freshly baked banana bread with the convenience of overnight oats.

Each spoonful is a journey through layers of texture and taste, reminiscent of homemade banana bread straight from the oven.

A decadent morning delight with rich nutrients, potassium and lots of fibre - a treat without the guilt.



**Aloha Bliss** 🥛 PINA COLADA OVERNIGHT OATS

With Aloha Bliss, enjoy a tropical breakfast paradise without even leaving your house.

Escape to sun-drenched shores and swaying palm trees with every spoonful of this delightful blend of flavours inspired by the iconic Pina Colada cocktail.

With this creamy goodness of coconut combined with the sweetness of pineapple and the hearty texture of oats, your mornings will become an island getaway.



**Zesty Blueberry Delight** 🥛 LEMON BLUEBERRY OVERNIGHT OATS

Zesty Blueberry Delight is a tasty twist on a classic dessert, now reinvented for your morning routine!

Say hello to a burst of sunshine with every spoonful of this delightful blend of lemon, blueberries, and hearty oats.

Experience a harmonious blend of tart and sweet, reminiscent of biting into a freshly baked blueberry pie.



**Nutty Cocoa Blast** 🥛 COCOA PEANUT BUTTER OVERNIGHT OATS

'Nutty Cocoa Blast' is the ultimate fusion of rich cocoa and creamy peanut butter.

Imagine waking up to the aroma of chocolate and roasted peanuts, beckoning you to dive into a breakfast experience like no other.

The decadence of cocoa and the velvety texture of peanut butter create a blast of flavour and nourishment that will leave you craving more.



**Java Jumpstart** 🥛 MOCHA LATTE OVERNIGHT OATS

"Java Jumpstart" is your ultimate morning companion for a caffeinated kick and creamy indulgence to awaken your senses and fuel your day.

Whether you're tackling a busy workday or hitting the gym for a workout, "Java Jumpstart" provides the sustenance you need to thrive.

The bold essence of coffee with the velvety richness of chocolate will beckon you to dive into a breakfast experience like no other.



**Strawberry Fields** 🥛 STRAWBERRIES AND CREAM OVERNIGHT OATS

Relish the essence of summer with every spoonful of this meticulously crafted blend, designed to whisk your taste buds away to a sun-drenched strawberry patch.

Let the juicy sweetness of ripe strawberries with the velvety creaminess of oats take you on a journey through fields of flavour, evoking memories of leisurely summer days and idyllic picnics under the sun.



**Tropical Mania** 🥛 MANGO OVERNIGHT OATS

Experience the exhilaration of a breakfast that encapsulates the vibrancy of the tropics in each bite with "Tropical Mania." Embrace the luscious sweetness of ripe mangoes and the creamy richness of oats, and transform every morning into an enchanting escape.

Every spoonful transports you to a tropical paradise, evoking images of swaying palm trees and sun-soaked beaches.





**Berry Blitz Bash** 🥣 MIXED BERRY OVERNIGHT OATS

With 'Berry Blitz Bash' we are bringing the vibrant flavours of mixed berries straight to your breakfast table.

A medley of succulent berries – including strawberries, blueberries, raspberries, and blackberries creates a blitz of taste you can't resist.



**Fig-tastic Carnival Crunch** 🥣 FIG AND DATES OVERNIGHT OATS

Embrace the sumptuous sweetness of "Fig-tastic Carnival Crunch", and make every morning a delightful carnival adventure.

The elegance of figs with the sweet nostalgia of dates will take you on a wild ride of flavours.

Each spoonful is a thrilling adventure, reminiscent of the carousel's gentle spin or the exhilarating whirl of the Ferris wheel.

Get in  
touch!

The Oatmeal Express subscription is a culinary journey tailored to tantalise taste buds, provide balanced nutrition and revolutionise your mornings.

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