

Don't be a "Breakfast Skipper!"

Did you know that 1 in 5 Americans are “breakfast skippers?” However, research has shown that breakfast skippers are at an increased risk for weight gain. Skipping breakfast can lead to increased hunger during the day, and even stronger cravings at night. Eating breakfast daily is of utmost importance, but the true victory comes when you consume a high-quality breakfast packed with protein and nutrition. A high protein breakfast has been shown to support weight loss by retaining muscle mass, increasing energy expenditure (calories burned), increasing satiety hormones, better blood sugar control and can even decrease the desire to snack at night.

Here are some balanced breakfasts to try that include high-quality protein:



Greek Yogurt Bowl

5.3 oz. Greek vanilla yogurt with 20g protein (20 g/140cal) + 1/4 cup berries (1 g/25cal) + 1 Tbsp. sliced almonds (1g/30cal) + 2 Tbsp. ground flaxseed (3 g/80 cal) = 25 g protein/275 calories and 13 g fiber!



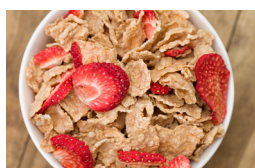
Omelet

1 egg (7g/80cal) + 3 egg whites (12g/30cal), 1 oz. low-fat cheese (8g/100) + desired vegetables (0g/20-40cal) = 27 g protein/230 calories
Options - reduce egg whites and add turkey, chicken sausage or beans



Breakfast Burrito

Low carb wrap (4g/50cal), 1/4 cup black beans(4g/60), 1 egg (7g/80cal), 1 egg white (4g/15cal), 1 oz. cheese (7g/100cal) = 26 g protein/305 calories



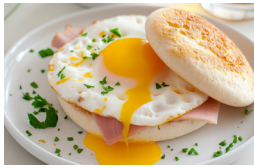
High Protein Cereal

3/4 cup Kashi Go® Breakfast cereal (10g/220 cal) + 5 oz. premade vanilla protein shake like Premier® (15g/80 cal) = 25g protein/300 calories
1 cup Premier® Protein cereal (20g/180 cal) + 1 cup Fairlife® 2% milk (13g/120 cal) = 33g protein/300 calories
1.3 cup Special K® Cereal (10g/210) + 5 oz. vanilla protein shake (15g/80 cal) = 25g protein/290 calories



Avocado Toast

1 slice low carb bread (4g/60cal), 1/4 avocado smashed (2g/100cal), 2 oz. smoked salmon or smoked turkey (12g/70cal), 1 egg poached or over medium (7g/80cal) = 25 g protein/310 cal



Egg Muffin Sandwich

Thomas Light® English muffin (4g/100cal) + 1 egg (7g/80cal) + 1 slice thin-slices cheddar cheese (6g/60cal) + 2 slice Canadian bacon (7g/45cal) = 24 g protein/285 calories



Protein Bar + Greek yogurt container

1 Quest® protein bar (20g/180 cal) + 1 container light Greek yogurt (12g/80 cal) = 32g protein/260 calories



Protein Shake

Premade protein shake (30 g/160 cal) + 1 small banana (1g/90 cal) = 31g protein/250 calories

Made at home: 1 cup unsweetened milk alternative (1/45 cal) + 1 serving whey protein powder (one with 25 g per serving/130 cal) + ½ cup froz.en fruit/berries (1g/50 cal) + ice blended together = 27 g protein/225 calories



Peanut Butter Power Oats

½ cup dry oats (5g/150 cal) + ¾ cup water or unsweetened milk alternative - cook in microwave for 2 ½ - 3 minutes. Oats will be thick - stir in ⅓ premade protein shake (10g/55cal) + 2 Tbsp PBFit® Peanut Butter Powder (8g/60 cal) + ½ small banana sliced (.5g/45cal) = 24 g protein/310 calories



Cottage Cheese & Fruit Bowl

¾ cup low-fat cottage cheese (21g/120cal) + ½ cup mixed berries, fresh or slightly defrosted from froz.en (1g/50cal) + 2 Tbsp. chopped nuts/pistachios (3g/80cal) + pinch cinnamon + 1 tsp honey, optional (0/20cal) = 25 g protein/250-270 calories



Greek Yogurt Bark

Line a large baking sheet with parchment paper. Spread entire 24 oz. container of Ratio Protein® Vanilla Yogurt across the baking sheet. Sprinkle with 2 cups fresh sliced fruit and ¼ cup chopped nuts. Freeze until firm. Cut into 12 pieces. Each serving is 2 pieces and provides: 21 g protein/190 calories, 3 pieces provides: 31 g protein/285 calories