

High Protein Breakfasts



**Nutrition:
Back to Basics**

Starting your day with a high-protein breakfast will help decrease cravings, control blood sugars, keep you full, and get your day off to an amazing start!

Protein Smoothie

Use this smoothie guide to help you build a balanced smoothie that will keep you full for hours! Here is an example of a strawberry banana smoothie following the guide:

1 cup unsweetened vanilla almond milk

1/2 cup frozen strawberries and 1/2 cup frozen sliced banana

1 serving of vanilla protein powder

1/2 cup frozen riced cauliflower

1 Tbsp ground flaxseed

Cinnamon

Chocolate Chia Pudding

This make-ahead option is chocolatey and delicious, and super high in protein!

Mix 3/4 cup unsweetened almond milk, 2 Tbsp chia seeds, 1 serving chocolate protein powder, 2 Tbsp cocoa powder, 2 packets stevia. Add liquid as needed.

Blend until creamy. Store in the fridge overnight

Greek Yogurt Parfait

1 serving Greek yogurt (some great brands are Fage Trublend, Oikos triple zero, Two Good, or plain)

1/4 cup nuts (or try Nature's path grain free granola)

1/2 cup fruit (fresh or frozen!)

Cereal

1 serving special K protein cereal OR Kashi Go cereal

1 cup Fairlife milk (higher protein lower sugar!)

Greek Egg Scramble

- Scramble 2 whole eggs + 1/2 cup egg whites
- Add a handful of spinach and cherry tomatoes
- Top with 1 oz feta cheese
- Optional carb: whole wheat english muffin or 1 piece fruit

Cheesy Toast

- Toast 1-2 slices light wheat bread or a whole wheat english muffin
- Top with 1/2 cup cottage cheese (total)
- Add sliced cucumbers, sliced tomatoes, and pepper/spices to taste

Bagel & Lox

- Toast a bagel thin
- Spread 1 laughing cow cheese wedge
- Top with 3 oz smoked salmon
- Add toppings like sliced red onion, capers, tomato

Muffins 2 ways

Veggie egg muffin cups:

- whisk 12 eggs and distribute evenly into a muffin tin.
- Add veggies to each one (try pepper and onion, mushroom, spinach and tomato, etc).
- Bake at 350 for 25 minutes. Freeze for up to a month

Blender oat muffin:

- Blend 2 ripe bananas, 2 cups oats, 1/2 cup nut butter, 1/2 cup plain Greek yogurt, 1/4 cup honey, 1 tsp vanilla, 1 tsp baking powder, 1/2 tsp baking soda, 1/2 tsp salt.
- Pour into muffin tin and bake at 400 for 7-12 minutes.
- Can top with choc chips, walnuts, blueberries, etc

Serving: 2 veggie egg muffins and 1 blender oat muffin

Pancakes

Kodiak cakes frozen flapjacks
Top with 1 packet RX nut butter

On-the-Go Options

- Protein shake (ex Koia, premier, core power light)
- Protein bar (ex rise, quest, think thin)