Protein is important for appetite control because it is more filling than other nutrients (fats and carbohydrates). Aim for a breakfast with at least 20 grams of protein to feel full throughout the day.

**Good Sources of Protein for Breakfast:**

<table>
<thead>
<tr>
<th>Breakfast Item</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1% Cottage Cheese: ½ cup ~ 14g</td>
<td></td>
</tr>
<tr>
<td>Kashi Go Lean Cereal: 1 cup – 13g</td>
<td></td>
</tr>
<tr>
<td>Special K Protein Cereal: 1 cup – 13g</td>
<td></td>
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<tr>
<td>1 Large Egg: 6g</td>
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</tr>
<tr>
<td>Part Skim Mozzarella Cheese: 1 oz – 7g</td>
<td></td>
</tr>
<tr>
<td>Veggie Breakfast Sausage: 2 links ~ 9g</td>
<td></td>
</tr>
<tr>
<td>Black Beans: ½ cup – 7g</td>
<td></td>
</tr>
<tr>
<td>Turkey Breakfast Sausage: 2 links ~ 9g</td>
<td></td>
</tr>
<tr>
<td>Part Skim Ricotta Cheese: ¼ cup – 7g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Breakfast Item</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0% Greek Yogurt: 12-18g protein per container</td>
<td></td>
</tr>
<tr>
<td><em>Look for Greek yogurt with less than 13g sugar</em></td>
<td></td>
</tr>
<tr>
<td>Plain (various brands)</td>
<td></td>
</tr>
<tr>
<td>Yoplait 100 Greek</td>
<td></td>
</tr>
<tr>
<td>Dannon Oikos Triple Zero Blended</td>
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<tr>
<td>Dannon Light and Fit Greek</td>
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<tr>
<td>Tofu: ½ cup – 10g</td>
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<tr>
<td>Protein Shake: 8-11 oz, 15-30g</td>
<td></td>
</tr>
</tbody>
</table>

Create a **Complete Breakfast:**

- **Egg White Scramble:** ¼ cup (2 egg whites), 1 oz part skim mozzarella cheese and 1 slice lean turkey breast. Serve it with a whole wheat English muffin.
  - Calories: 270
  - Protein: 25g

- **Tofu Scramble:** ½ cup extra firm tofu, 1 oz part skim mozzarella cheese served with whole grain toast.
  - Calories: 245
  - Protein: 21g

- **Breakfast Burrito:** 1 scrambled egg, 1 oz Monterey jack cheese, ¼ cup tomatoes, ¼ cup onions, ¼ cup black beans wrapped inside 1 Nature’s Promise 6” whole wheat tortilla.
  - Calories: 366
  - Protein: 19g

- **Greek Yogurt with High Fiber/Protein Cereal:** 1 container (5.3 oz) plain Greek yogurt mixed with ¼ cup blueberries, served with ¼ cup high fiber cereal (Kashi Go Lean, Fiber One, Special K Protein).
  - Calories: 165
  - Protein: 15g

- **Frittata:** 2 large eggs baked with 2 oz reduced fat cheese and the seasonings of your choice.
  - Calories: 288
  - Protein: 26g

- **Overnight Oats:** 1/3 cup rolled oats mixed with 1/3 cup light soy milk and ½ scoop flavored protein powder.
  - Calories: 276
  - Protein: 21g

- **Waffles with Ricotta and Peaches:** ½ cup part-skim ricotta cheese and 1 sliced peach on top of 1 Vans Power Grains waffle.
  - Calories: 321
  - Protein: 20g
❖ **Oatmeal Pancakes**: ½ cup old-fashioned oats (uncooked), 2 large eggs whites, ¼ cup low-fat cottage cheese, ½ medium banana, 1 tsp baking powder, ½ tsp cinnamon, ½ tsp vanilla extract, 2 Tbsp unsweetened almond milk. Blend together and cook in a skillet. Top with blueberries if desired.
   - Calories: 289
   - Protein: 20g

❖ **Protein Vanilla Chia Pudding**: ¼ cup cooked quinoa, 2 Tbsp chia seeds, ½ scoop vanilla protein powder, ¾ cup unsweetened almond milk. Add to a mason jar and stir. Let set for 2 hours in the fridge.
   - Calories: 320
   - Protein: 23g

❖ **Black Bean Breakfast Bowl**: ½ cup canned refried beans, 1 sliced Jennie-O Lean Turkey Sausage link, 2 Tbsp salsa, 2 Tbsp plain Greek yogurt. Add beans and sausage to the bowl as a base. Dollop with salsa and Greek yogurt. Top with cilantro and hot sauce if desired.
   - Calories: 210
   - Protein: 18g

❖ **Ricotta Toast with Pistachios**: 1 slice Arnold Whole Grain Double Protein bread, ¼ cup part skim ricotta cheese, ½ scoop unflavored Unjory protein powder, 2 Tbsp chopped pistachios, 1 tsp raw honey. Mix protein powder and ricotta cheese. Toast the bread and add the ricotta cheese spread. Sprinkle with pistachios and drizzle with honey.
   - Calories: 346
   - Protein: 27g

❖ **Vegetarian Breakfast**: 2 Morning Star Veggie Sausage Patties, 1 Kashi 7-Grain Waffle. Top with 1 cup sliced strawberries and fresh mint leaves.
   - Calories: 283
   - Protein: 23g

❖ **Tropical Breakfast Spread**: ½ cup low-fat cottage cheese, ½ cup fresh or frozen mango cubes, 2 tsp vanilla extract. Place cottage cheese, mango, and vanilla extract in a food processor or blender. Process until smooth. Serve with 1 Thomas Double Protein English muffin.
   - Calories: 282
   - Protein: 22g

❖ **High Protein Hot Cereal**: 1/4 cup 10-grain blend hot cereal (such as Bob’s Red Mill) or oats, 3/4 cup skim milk, 1 raw egg. Whisk ingredients together and microwave for 3 minutes. Top with raspberries or other fresh fruit if desired.
   - Calories: 272
   - Protein: 18g

❖ **Chocolate Peanut Butter Oatmeal**: 1/3 cup old-fashioned oats, 2/3 c low-fat milk, ½ scoop chocolate protein powder, 2 Tbsp PB2 powdered peanut butter. Microwave milk and oats as directed. Stir in protein and top with ½ medium banana and cinammon for extra sweetness.
   - Calories: 313
   - Protein: 24g

❖ **Savory Oatmeal**: 1/3 cup old-fashioned oats, 2/3 cup low-fat milk, 1 fried egg. Cook oatmeal with milk. Fry the egg in a skillet and add to the oatmeal. Sprinkle with chopped green onion and season with spices as desired.
   - Calories: 247
   - Protein: 15g