

BREAKFAST OF CHAMPIONS

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:

<ul style="list-style-type: none"> ● 1% Cottage Cheese: ½ cup ~ 14g ● Kashi Go Lean Cereal: 1 cup – 13g ● Special K <u>Protein</u> Cereal: 1 cup – 13g ● 1 Large Egg: 6g ● Part Skim Mozzarella Cheese: 1 oz – 7g ● Veggie Breakfast Sausage: 2 links – 9g ● Black Beans: ½ cup – 7g ● Turkey Breakfast Sausage: 2 links ~ 9g ● Part Skim Ricotta Cheese: ¼ cup – 7g 	<ul style="list-style-type: none"> ● 0% Greek Yogurt: 12-18g protein per container * <i>Look for Greek yogurt with less than 13g sugar</i> <ul style="list-style-type: none"> - Plain (various brands) - Yoplait 100 Greek - Dannon Oikos Triple Zero Blended - Dannon Light and Fit Greek ● Tofu: ½ cup – 10g ● Protein Shake: 8-11 oz, 15-30g
---	--

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 Unjury 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 cinnamon 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