



Breaking the Fast

Let's get to the bottom line, breakfast is a must have meal! Vital, essential, call it what you will, you need to make time for it. What you eat, or don't eat, at breakfast can greatly influence the effectiveness of your day. An appropriate breakfast will:

- Provide consistent and long lasting energy by keeping your blood sugar stable.
- Improve your focus and concentration.
- Assist you in losing body fat by kick-starting your metabolism earlier in the day.
- Reduce the need for caffeine and other stimulants.

Protein's the Key

When eating breakfast, the nutrient people most often neglect is protein. Including protein is necessary if you wish to reap the benefits breakfast has to offer. Protein does an excellent job of maintaining a steady blood sugar level which results in sustained and even energy for your daily activities. Protein also helps your body burn more calories by raising your metabolic rate.

Breakfast Protein Suggestions

- **Cottage cheese** (3-4) oz.
- **Eggs, egg whites, or egg substitute** (1-2 eggs or equivalent)
- **Healthy turkey or chicken breakfast links** - low in saturated fat, high in protein. We recommend the Trader Joe's variety (1-2 links)
- **Protein smoothie** - a great way to have a quick and portable breakfast, our favorite:
 - 4 oz. orange juice and 4 oz. water or skim milk
 - 4 large frozen strawberries (1/2 - 1 cup of other frozen berries)
 - 1 medium banana (best when peeled and frozen beforehand)
 - blend and add 1-2 Tbsp. of your choice of protein powder.

What About Milk?

Milk by itself does not count as a protein. Skim milk (best choice for adults), while a good source of calcium, is primarily a carbohydrate! If consumed with a grain (i.e. oatmeal), or a legume (i.e. peanut butter), the two together will count as a full protein source for our program.

Bringing It All Together

Now that we have protein taken care of, what else do we need to round out a winning breakfast? Make sure to add in a quality carbohydrate source, good examples would be: oatmeal, shredded wheat, a slice of whole grain or 1/2 a whole wheat bagel. Fresh fruit is always a good choice. Packaged foods with added sugar should not be part of the equation. A little bit of unsaturated fat will also help sustain your energy and curb your appetite. Examples - a tablespoon of natural peanut butter or a teaspoon of butter (not margarine), 1/4 of a fresh avocado, an egg yolk or two. Check out our Super Foods list for other ideas.

Below are a couple examples of great breakfasts by themselves!

1.

- 1 cup cooked oatmeal
- or-
- 1/2 cup shredded wheat (not frosted!)
- banana
- skim milk

2.

- 1 Tbsp. natural peanut butter
(non-hydrogenated)
- 1 slice whole grain bread
- apple
- skim milk

3.

- 1 piece whole wheat toast
- topped with:
- nonfat cottage cheese
- sprinkle mixture of Splenda / cinnamon

4.

- egg whites or egg substitute
- small amount of salsa or
feta cheese
- wrap in whole wheat tortilla