

FROM THE BEGINNING - BREAKFAST

1

- Include Protein, Fats and Carbs!
- Eat within 1 hour of getting up
- Protein is essential in the morning
 - Without it you'll start the day with a deficit
 - Protein will help you think and function
 - Protein also helps you stay full longer
 - With it you will also get it in your fats and carbs are almost automatically included as well
 - Without it you will reach for a second bagel or coffee

Copyright © 2020 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.

EASY BREAKFAST IDEAS

2

- Hot Cereal: 1 cup soaked grain w/ seeds, 1 oz raisins, or ½ cup fresh seasonal fruit
- Eggs: 1–2 poached eggs with cooked greens and ¼ avocado; hard boiled eggs are great on the run!
- Yogurt: 1 cup plain yogurt, small handful of nuts or seeds, ½ cup of berries, spices or other seasoning
- Smoothie: Potential ingredients: Yogurt, milk, hemp seeds (great source of protein), berries, greens, other fruit, avocado, almond butter, seasonings, coconut oil, and more
- Grab and Go: yogurt, small bag of nuts, piece of fruit, oatmeal, hard boiled egg, health bar, almond butter, protein smoothie (watch the sugars!)
- NOT: bagel, pastry, orange juice, large banana

Copyright © 2020 Ocean View Nutrition and Kitchen on Fire. All Rights Reserved.