

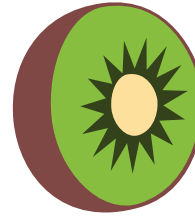
Upgrade  
**YOUR  
BREAKFAST**





### **PICK YOUR PROTEIN.**

Aim to have a source of protein (like milk, eggs, cheese, meat, yogurt) at each breakfast.



### **FAT HELPS WITH FULLNESS.**

Remember – a little fat in the meal helps keep you full longer!



### **FAVOR THE FIBER.**

If you have a grain – make it a whole grain. A whole fruit is better than juice. More fiber in your meal will also help you feel full.



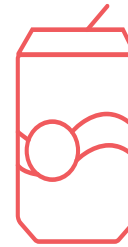
### **VARIETY IS THE SPICE OF... BREAKFAST!**

Mix it up. When you vary the kinds of fruits, veggies, grains and proteins you have – you stay out of a breakfast rut and get a wider variety of nutrients.



### **READ THE LABEL.**

Many processed foods have a ton of additives, not to mention way too much salt, sugar and calories.



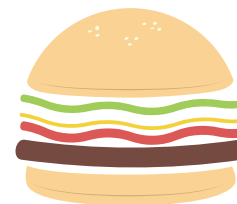
### **DON'T DRINK YOUR CALORIES.**

Except for milk, try to have all of your beverages be non-caloric. That means instead of drinking fruit juice, eat a whole piece of fruit instead.



### **FIND A BALANCE.**

Avoid all-protein breakfasts (just eggs) and all-carb breakfasts (only a fruit smoothie). The best breakfasts have a bit of protein, carbohydrate and fat.



### **PASS ON THE ULTRA-PROCESSED FOODS.**

While these can be quick and convenient, studies show that meals with more whole and less processed foods lead to more weight loss.

IF THIS IS YOUR BREAKFAST	A DIETITIAN'S REVIEW	A FEW UPGRADES
Scrambled eggs Orange Juice Coffee	<i>Add some more fiber by stirring in some veggies to the eggs. Skip the juice and have a whole orange instead.</i>	Scrambled eggs w/ spinach and mushrooms Orange segments Coffee
Overnight Oats (made w/ oats and skim milk)	<i>This is an all-carb meal. Add some protein and fat by stirring in some chopped nuts, a spoonful of plain Greek yogurt and toss in some chopped fruit.</i>	Overnight Oats (made w/ oats, skim milk, almonds, Greek Yogurt, and blueberries)
Small banana Grapefruit juice Coffee	<i>Another all-carb breakfast. If you're in a rush you can still grab-and-go with something healthier.</i>	Whole grain bread w/ Peanut butter Small banana Coffee
Nonfat light blueberry yogurt	<i>Fruit flavored yogurts made with low-calorie sweeteners may be highly processed and contain lots of additives. Make your own ahead of time. Add 1-2 Tbsp granola or nuts for a little more fiber and healthy fats.</i>	Plain Greek Yogurt Fresh Blueberries Granola or Chopped nuts
Raisin Bran Cereal Skim milk Coffee	<i>Raisin bran cereal can be high in carbs and added sugar. Add your own dried fruit (raisins) or whole fruit to a whole grain cereal. Include a little fat (with either half and half in the coffee or 2% fat milk on the cereal) to help you stay full.</i>	Bran cereal w/ 2% fat milk Raisins (1 Tbsp) or berries (¼ cup) Coffee
Fried Eggs (2) Bacon (2) Toast with butter	<i>While some fat is good – there is such as thing as too much! Reduce the amount of food, try a lower-fat turkey bacon and use some sliced fruit or a heart-healthy spread instead of butter.</i>	Fried egg (1) Turkey bacon (1) Toast w/ sliced strawberries on top
Granola cereal (¾ cup) Strawberries 1% fat milk	<i>Commercial granola can be high in calories (and additives). Make your own. Also, don't make it the central part of the breakfast –keep the portion size small.</i>	Strawberries and Plain Greek Yogurt (or 1% fat milk) Granola topping (2-3 Tbsp)
Boiled egg Smoked salmon Cheese stick	<i>There is also such as thing as too much protein! Increase the variety by adding a whole grain and some fruit.</i>	Boiled egg or smoked salmon Whole wheat English muffin half Raspberries
Cornflakes Skim milk Half-banana	<i>There is not much fiber in this cereal and also not much fat. You'll likely be hungry in a couple of hours.</i>	Shreddies 1% fat milk Whole peach
Sliced chicken Whole grain bread w/ tsp mayo Plum	<i>Who says breakfast has to look like "breakfast". This meets all the criteria – no need to change it.</i>	Sliced chicken on Whole grain bread with tsp mayo Plum



# RECIPES

## DELICIOUS OVERNIGHT OATS

MAKES 3 SERVINGS

370 calories, 40g net carbs, 18g protein, 11g fiber

1 ½ cups old-fashioned rolled oats

4 Tbsp chia seeds

2 Tbsp pumpkin seeds

1 ½ teaspoons vanilla

1 Tbsp maple syrup

2 cups 1% fat milk *(more or less until it reaches your desired consistency)*

Juice of ½ lemon

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***Mix the dry ingredients in a bowl, stir and then add milk until it's well-covered. (The chia seeds will expand and absorb a lot of the liquid so you will have to add additional milk.) Add the vanilla, maple syrup and lemon juice to taste and leave in the refrigerator overnight. The next morning, you may want to add milk until it's the right consistency for you. Serve with chopped fresh fruit and a few toasted pecans or walnuts.***

***\* Adjust the flavorings to your taste. If you're counting carbs, subtract the fiber from the total and you'll see this is only about 40 grams carbs per serving. (Note – using almond milk instead of regular milk will drop the total carbs to 45 per serving).***



# RECIPES

## ALMOND BLUEBERRY PANCAKES

MAKES 2 SERVINGS

352 calories, 10g carbs, 15g protein, 3g fiber

1 cup almond flour

3 whole eggs

½ cup unsweetened almond milk

1 tsp vanilla extract

½ tsp baking powder

2 Tbsp vegetable oil

Toppings: ½ cup blueberries and ¼ cup Greek yogurt

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*Whisk together almond flour, eggs, almond milk, vanilla extract, baking powder.*

*Spoon ¼ cup pancake mix onto a hot oiled skillet and cook until done.*

*Serve with ½ cup berries mixed with ¼ plain Greek yogurt.*



# RECIPES

## AVOCADO TOAST WITH PROTEIN

MAKES 1 SERVING

225 calories, 15g carbs, 11g protein

1 slice multigrain bread

*(thin-sliced; like Dave's Killer Bread)*

1/4 avocado, thinly sliced

Protein: 1 easy over egg or 2 oz smoked salmon.

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***Toast the bread. Spread the avocado on the toast. Top with an egg or salmon. Season with salt and pepper (or my favorite, "Everything But the Bagel" seasoning!)***



# RECIPES

## RICOTTA AND FRESH FRUIT BOWL

MAKES 1 SERVING

182 calories, 24g carbs, 14g protein, 32g fiber

½ cup fat-free ricotta cheese

1 tsp vanilla extract

½ tsp ground cinnamon

¾ cup mixed fresh fruit

*(such as strawberries and blueberries)*

1 Tbsp slivered almonds *(toasted)*

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***Mix cheese, vanilla and cinnamon together. Place in serving bowl.***

***Top with fruit and sprinkle with nuts.***