

WHY EAT A HIGH PROTEIN BREAKFAST?

Eating a high protein breakfast in the morning helps to maintain lean muscle mass. Most of our muscle growth and tissue repair happens in our sleep. Having a high protein breakfast will help restore the protein that was used overnight for this building and repair. And thus, aid in maintaining lean muscle mass.

A high protein breakfast also helps you feel satiated longer because protein takes longer for the body to digest than carbohydrates. This gives you a full feeling for longer than if you were to just eat something like cereal.

In addition, eating protein in the morning helps to manage blood glucose. In the morning, your blood sugar will naturally increase because your body wants to make sure that you have enough energy to start functioning. A high protein breakfast will lower the post-meal spikes in glucose and insulin as compared to a low protein breakfast. This will decrease the risk of developing insulin resistant diabetes.

WHY IS BREAKFAST IMPORTANT?

Breakfast means breaking the fast from overnight. By breaking this fast you are kickstarting your metabolism and providing yourself with energy for body functions such as muscle contractions and brain function.

Breakfast does not have to be eaten first thing in the morning for you to get the benefits. But try and eat it within an hour of waking up.

Breakfast is especially important for brain function because the brain's energy source is glucose. Glucose is something we get from the food we eat.

When we have not eaten recently, our body has to do extra work of converting energy stores into glucose to fuel our brains. Because of this when you skip breakfast you will often process things slower and have reduced memory.

Skipping breakfast will also cause your energy level to dip and leave you feeling sluggish. As well as slow your metabolism because your body will want to conserve the fuel it has.

Breakfast

WHY & HOW TO DO IT

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WHAT IF I'M NOT HUNGRY IN THE

MORNING?

This could be because you ate a large amount of food late the night before. When you sleep, your digestion slows down. When you eat a meal right before bed your body will not be able to fully process it and will be busy with it in the morning.

Try to eat dinner no later than 4 hours before you go to sleep. If you are hungry close to bedtime, choose a small, light snack.

If you are stressed and rushed in the morning your hungry cues could be blocked by adrenaline. Stress triggers a release of adrenaline. Adrenaline causes us to not feel hungry because it shuts down processes that are not essential in emergencies, such as the digestive system. This is a survival mechanism so that when there is danger all of our energy can be directed toward dealing with it.

Try to wake up earlier. Then you have time to feel more relaxed when eating breakfast.

WHAT IF I FEEL NAUSEOUS WHEN I EAT IN

THE MORNING?

It could be what breakfast you are trying to eat. Your digestive system maybe sensitive in the morning because it is just getting started back up too. If you try and eat heavy foods like potatoes and bacon and sausage it could cause you to feel nauseous because your digestive system is not started up enough to effectively deal with that heavy food.

Instead, you could try eating something like peanut butter toast and some fruit or Greek yogurt with some sort of topping.

You can also drink a glass of water right when you wake up instead to help prepare your body for food.



High Protein Breakfast Options

Eggs

Beans

Peanut Butter

Greek/Icelandic Yogurt

See additional handouts
for recipes



EGG BANANA PANCAKE

Ingredients

- 2 large eggs
- 1 medium banana
- Could add vanilla extract or cinnamon

Directions

1. Puree eggs and banana in a blender until smooth.
2. Lightly oil a large nonstick skillet and heat over medium heat. Drop batter into the pan. Cook until bubbles appear on the surface and the edges look dry (2 to 4 minutes). Using a spatula, flip the pancakes and cook until browned (1 to 2 minutes more). Transfer the pancakes to a plate. Lightly oil the pan again and repeat with the remaining batter.

Nutrition Facts

Serving Size: 4 Pancakes
Per Serving: 124 Calories; Protein 7 g;
Carbohydrates 14 g; Dietary Fiber 1.5g;
Total Sugars 7.4g; Fat 5 g; Saturated Fat 1.6g; Potassium 280 mg; Sodium 72mg

Exchanges: 1 Fruit, 1 Medium-Fat Protein

EGG SCRAMBLE

Ingredients

- 2 teaspoons olive oil
- 1 cup chopped broccoli or asparagus
- 1 small clove garlic, minced
- ½ teaspoon minced fresh rosemary
- 2 large eggs
- 1 tablespoon heavy cream
- ⅛ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon shredded cheese

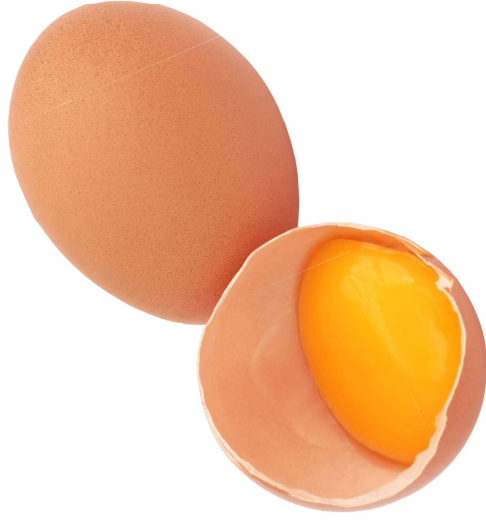
Directions

1. Heat oil in an 8-inch skillet over medium-low heat. Add chopped vegetables. Cook, stirring often, until just about tender, 2 to 4 minutes. Stir in garlic and rosemary; cook for 1 minute more.
2. Crack eggs into a small bowl and whisk in cream, salt, and pepper. Pour the egg mixture over the cooked vegetables. Stir/scrape until the eggs are almost set. Add cheese; turn off the heat and let the eggs melt the cheese.

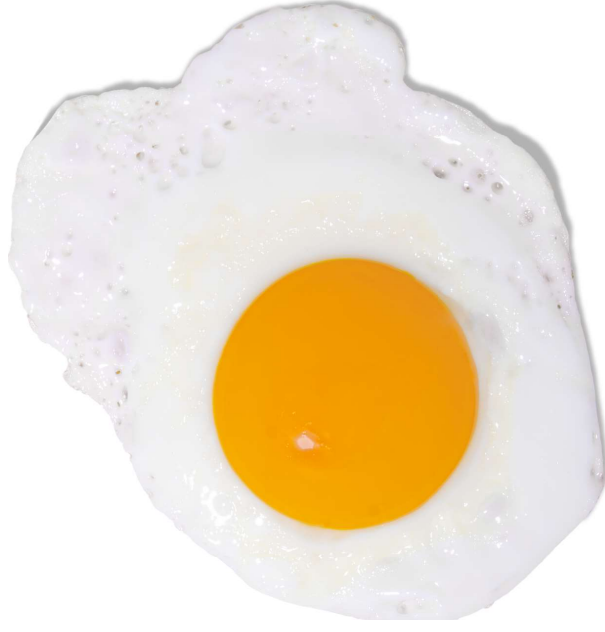
Nutrition Facts

Serving Size: 1 ¼ Cups
Per Serving: 338 Calories; Protein 16.6g;
Carbohydrates 8 g; Dietary Fiber 2.6g;
Total Sugars 1.8g; Fat 27g; Saturated Fat 9.3g; Potassium 388 mg; Sodium 513mg

Exchanges: 3 Fat, 2 Medium-Fat Protein,
1 Vegetable, ½ High-Fat Protein



Egg RECIPES



BEAN BREAKFAST BURRITO

Ingredients

- 1 teaspoon olive oil
- 1 chile peppers, seeded & chopped
 - ½ cup black beans, rinsed
 - ½ cup frozen corn thawed
- ¼ cup tomato salsa or green salsa
- ¼ teaspoon ground cumin
- 3 eggs
- 1 dash salt and ground black pepper
- 3, 8-inch whole-grain tortillas
- 1-ounce queso fresco or cheddar

Directions

1. In a large skillet, heat 1 tsp of oil over medium heat. Add peppers; cook 3 minutes. Stir in beans, corn, salsa, and cumin. Cook and stir for 2 minutes. Remove vegetable mixture.
2. In a medium bowl, whisk eggs, salt, and black pepper. In the skillet, heat the remaining oil. Pour in the egg mixture. Cook, without stirring, until mixture begins to set. Flip the egg and continue to cook for 2 minutes. Remove from heat. Gently fold in vegetable mixture.
3. Spoon 2/3 cup of the mixture in the center of each tortilla. Top with cheese and fold up tortillas.

Nutrition Facts

Per Burrito: 297 Calories; Protein 20g;
Carbohydrates 29g;
Dietary Fiber 12g; Total Sugars 2g; fat 12g;
Saturated Fat 4g; Sodium 602 mg
Exchanges: 2 Medium-Fat Protein,
2 Starch

BEAN BREAKFAST HASH

Ingredients

- 2 teaspoons canola oil
- 2 medium onions, chopped
- 1 medium sweet potato, peeled and cut into 1/2-inch dice
- 2 large cloves garlic, minced
- 1 jalapeno pepper seeded & minced
- 4 teaspoons ground cumin
- ½ teaspoon salt
- ¾ cup water
- ¾ cup frozen corn kernels
- 1 (15 ounce) can black beans, rinsed
- 2 tablespoons chopped fresh cilantro
- 1 Freshly ground pepper, to taste
- 1 lime, cut into wedges

Directions

Heat oil in a large skillet over medium-high heat. Add onions; sauté, 4 minutes. Add sweet potato; cook, stirring, 6 minutes. Stir in garlic, jalapeno, cumin, and salt; sauté about 30 seconds. Add water; cook, until liquid is absorbed. Stir in corn and black beans; cook until warm. Stir in cilantro, salt, and pepper. Serve with lime wedges.

Nutrition Facts

Per Serving: 317 Calories; Protein 13g;
Carbohydrates 57g; Dietary Fiber 15g; Total
Sugars 13.4g; Fat 6.5g; Saturated Fat 0.6g;
Potassium 838 mg; Sodium 734 mg
Exchanges: 3 Starch, 2 Vegetable,
1 ½ Lean Meat, 1 Fat

BEAN RECIPES



PB & JOATS

Ingredients

- 1 $\frac{1}{3}$ cups water
- $\frac{2}{3}$ cup Dried Oats
- $\frac{1}{4}$ tsp salt (optional)
- 1 Tbsp natural creamy peanut butter
- 1 Tbsp sugar-free strawberry preserves
- 2 strawberries, sliced (optional)

Directions

1. In a large microwave-safe bowl combine water, oats, and salt. Microwave on high for 3-5 minutes. Remove and let stand for 1 to 2 minutes. Stir peanut butter into the oats until combined and creamy.
2. Place the strawberry preserves in a microwave-safe bowl and microwave on high for about 10 seconds or until the preserves are thinned and warmed through.
3. Divide oats between two bowls and drizzle with the strawberry preserves. Garnish each bowl with fruit if desired.

Nutrition Facts

Per Serving: 179 Calories; Protein 7 g; Carbohydrates 29 g; Dietary Fiber 5.7g; Total; Sugars 0.8g; fat 5.5g; Saturated Fat 0.6g; Potassium 20mg; Sodium 322mg

Exchanges: 2 Starch, $\frac{1}{2}$ Fat

PEANUT BUTTER TOAST

Ingredients

- 1 slice whole-wheat bread, toasted
- 1 tablespoon peanut butter
- 1 small banana sliced
- 1 pinch Cinnamon

Directions

Spread toast with peanut butter and top with banana slices.

Sprinkle with cinnamon to taste.

Nutrition Facts

Per Serving: 266 Calories; Protein 8 g; Carbohydrates 38 g; Dietary Fiber 5.5g; sugars 14 g; Fat 9.3g; Saturated Fat 1.6g; Potassium 434 mg; Sodium 181 mg; Added Sugar 2g

Exchanges: 1 $\frac{1}{2}$ Fat, 1 $\frac{1}{2}$ Fruit, 1 Starch



PEANUT BUTTER RECIPES



MEXICAN OVERNIGHT OATS

Ingredients

- ½ cup rolled oats
- ½ cup reduced-fat milk
- ¼ cup low-fat plain Greek yogurt
- 2 tablespoons black beans
- 2 tablespoons shredded Cheddar cheese
- 1 minced scallion
- 1 tablespoon chopped cilantro

Directions

1. Combine oats, milk, yogurt, black beans, Cheddar, and scallion in a small bowl or jar. Cover and refrigerate overnight.
2. Top with cilantro before serving. (If desired)

Nutrition Facts

Per Jar: 331 Calories; Protein 19 g;
Carbohydrates 41 g; Dietary Fiber 6 g;
Total Sugars 10 g; Fat 10 g;
Saturated Fat 5g; Potassium 534 mg;
Sodium 195 mg

Exchanges: 2 Starch, 1/2 Fat-Free Dairy, 1/2 High-Fat Protein, 1/2 Reduced-Fat Dairy

YOGURT PARFAIT

Ingredients

- 1 cup sliced fresh strawberries
- 1 teaspoon sugar
- ½ cup nonfat plain Greek yogurt
- ¼ cup granola

Directions

1. Combine strawberries and sugar in a small bowl and let stand until the berries start to release juice, about 5 minutes.
2. To assemble parfait, layer yogurt, and the strawberries with their juice in a 2-cup container. Top with granola.

Nutrition Facts

Serving Size: About 1 ½ Cups
Per Serving: 285 Calories; Protein 17 g;
Carbohydrates 37 g; Dietary Fiber 6 g;
Total Sugars 22g; Fat 8 g; Saturated fat 1.4g; Potassium 577 mg;
Sodium 49 mg; Added Sugar 7g.

Exchanges:

1 Starch, 1 Fruit, 1 Nonfat Milk, 1 Fat

GREEK ISLANDIC YOGURT RECIPES

