

## BREAKFAST MEAL OPTIONS FOR MEAL PREPPING

### OATMEAL

(Cals: 270; Carb 28, Fiber 8g, Protein: 12g, Fat: 13)

- 1/2 cup dry oats (Rolled or steel cut oats)
- 1/4 cup low fat milk/dairy free alternative
- 1 TBSP Chia/Flax ground
- 1/2 oz crushed nuts topped
- 1 small piece of fruit, or 3/4 cup chopped

### BREAKFAST BURRITO

(Cals: 300 ; Carb 40, Fiber #7, Protein: 20g, Fat:10g)

- 1 small 8 inch whole wheat tortilla or low carb
- 1 egg or 2 egg whites
- 1/4 cup low fat shredded cheddar cheese
- 1/4 cup veggies
- 1 small piece of fruit, or 3/4 cup chopped

### BREAKFAST SANDWICH

(Cals: 300 ; Carb 40, Fiber 5g, Protein: 30g, Fat:5g)

- 1 Egg OR 2 EGG WHITE
- Canadian bacon, or 1 oz ground turkey sausage
- 1 sandwich thin- any variety
- 1 thin slice of low fat cheddar cheese
- 1 small piece of fruit, or 3/4 cup chopped

### BREAK FAST BENTO BOX

(Cals: 400 ; Carb 29, Fiber 3, Protein: 36g, Fat: 20)

- 1/2 cup low-fat cottage cheese – or any low fat cheese
- 1 cup of cantaloupe cubed, or any fruit variety
- 2 egg whites
- 1 oz nuts- -any variety

### BIG BREAKFAST

(Cals: 380 ; Carb 34, Fiber 8g, Protein: 26g, Fat: 18g)

- 2 eggs, scrambled
- 2 turkey sausage patties
- 1 cup of fresh strawberries
- 1 slice low calorie sara-lee bread

### PARFAIT WITH CEREAL GRANOLA

(Cals: 250 ; Carb 24, Fiber 5g, Protein: 24g, Fat:4g)

- 1/2 cup non-fat Greek yogurt + 1TBSP vanilla +1TBP stevia
- 1/2 cup Special K Protein Plus cereal
- 1/2 cup mixed berries + top with 1/2 oz nuts crushed

### EGG SALAD BREAKFAST

(Cals:370; Carb 36g, Fiber 6g, Protein: 20g, Fat: 17)

- 2 eggs hard boiled and chopped
- 1 TBSP light mayo
- 1 slice chopped onion, 1/2 celery stalk chopped
- 2 slice low calorie bread, or 1 sandwich thin
- 1 cup chopped fruit, or 1 applesauce unsweetened cup

### BREAKFAST PIZZA

(Cals: 330 ; Carb 40g, Fiber 4g, Protein: 20g, Fat: 9)

- Cook 1 egg, OR 2 egg white (lower fat)
- 1 small whole wheat pita, or 1 half English muffin
- 1/4 cup low fat shredded cheese
- 2 tablespoons chopped bacon- or turkey sausage (sub for 1/2 cup beans for vegetarian)
- Top with veggies. Bake @ 10 mins @ 400 degrees.
- \*\* Have with 1 piece of fresh fruit \*\*

### OVERNIGHT OATS

(Cals: 300; Carb:38g, Fiber 8g, Protein: 17g, Fat: 12)

- 1/4 cup gluten-free rolled oats
- 1/4 cup soy milk or other DF alternative
- 1/4 cup, Greek or other low fat variety
- 1/2-1 tablespoon maple syrup
- 1/4 teaspoon cinnamon
- 1 heaping tablespoon chia or flax seeds
- Dash of vanilla bean powder or extract.
- \*\* Top in am w/ Fruit of choice

### Smoothie (No PROTEIN POWDER NEEDED)

(Cals:335; Carb:44, Fiber 6g, Protein: 28g, Fat: 4)

- 3/4 cup Greek yogurt- can use low fat or regular
- 1/2 cup low fat milk OR Soy/ dairy free alternative
- 1 cup frozen fruit + 1 cup ice \* optional
- 1 TBSP chia/flax seeds

**\*Blend until smooth in blender\***

### EGG FRIED RICE @ BREAKFAST

(Cals: # ; Carb #, Fiber #g, Protein: #g, Fat: #)

- 2 eggs, or 1 egg and 2 egg whites cooked
- 1/2 cup cooked chopped mushrooms
- 1/4 cup chopped onions
- 1/2 cup cooked quinoa/ brown/wild rice
- Add 1/2 cup other leftover veggies from fridge (broccoli, peas, carrot, ect) add avocado to top!

### CHIA PUDDING

(Cals: 285 ; Carb 30g, Fiber 15g, Protein: 15g, Fat: 11g)

- 3 TBP chia seeds whole
- 1 TBSP maple syrup
- 1 tsp vanilla extract
- 3/4 cup milk of choice—I prefer full fat or lite coconut