

Build Balanced Breakfasts

The word “breakfast” literally means break the fast. Try eating within an hour after waking up to jump start your metabolism. The list is not an all-inclusive food list and is only showing examples of how to build a balanced meal using carbs, proteins, and fats. Some people may require more, and some may require less. Use this list to help you create a breakfast meal. Then assess – was I full till lunch time or did I get hungry before lunch and adjust as needed.

Women PICK 3-4; Men PICK 5-6

Protein

- 1 egg (counts as 1 protein & 1 fat)
- 2 egg whites
- 1/4c low fat cottage cheese
- 2 Tbsp nut butter (counts as 1 protein & 2 fat)
- 1 oz cheese (counts as 1 protein & 1 fat)
- 1 c 1% or skim milk (counts as 1 protein & 1 carb)
- 1 c Greek yogurt (Greek yogurt equals 2 Proteins & 1 carb)
- 1 oz meat (1 oz is the size of a 9-volt battery; 3 oz is a deck of playing cards)



Women PICK 2-4; Men PICK 3-5

Carb

- | | |
|-------------------------------------|---|
| 1 apple, banana, peach, orange | 1/2c canned fruit |
| ½ c oats or cream of wheat | ½ grapefruit |
| 1 slice bread | 17 grapes |
| ½ English muffin | ¾ c blackberries, blueberries, or fresh pineapple |
| 1 whole wheat tortilla, 6 in across | 1 ¼ c watermelon or strawberries |

Women PICK 2-3; Men PICK 2-3

Fat

- | | |
|------------------|------------------|
| 6 Almonds | 4 walnuts halves |
| 1 teas Olive oil | 1 Tbsp flax seed |
| 1 Tbsp Chia seed | 2 Tbsp avocado |

