

Guided Nutrition Program

BREAKFAST WITH PROTEIN

1. **Share your WINS** _____

2. **Review Previous Session Goals and Food Log**

How did it work for you? Energy level? Cravings?

3. **Past Sessions – Any questions or concerns?**

- Handouts**
- ☐ Benefits of Eating Protein in the Morning
 - ☐ Protein Options for Breakfast
 - ☐ Vegan & Vegetarian Protein Sources

- Additional Handouts**
- ☐ Vegetable Frittata Recipe
 - ☐ Turkey Breakfast Patties Recipe

- Exercise**
- ☐ Breakfast Meal Plan Worksheet

Recommendations for Next Session:

Benefits of Eating Protein in the Morning



Energy, Alertness, & Focus

Protein provides the amino acids your brain needs to function at its optimal level which **give you energy and make you feel awake and alert.**

Satiety

Research has found that having a breakfast high in protein can **help you stay fuller for longer compared to having a lower-protein breakfast.**

Avoid Food Cravings, Anxiety, Depression

Complete proteins such as eggs, meat, fish, or poultry with breakfast, give your brain all of the neurotransmitters it needs to **help your entire body function properly.**

Eating incomplete proteins, such as peanut butter or beans alone, give you only some of the amino acids you need.

Combine with Complex Carbohydrates and Healthy Fats

If you eat simple carbohydrates, such as donuts, pastries and sugary cereal, your body uses the carbohydrates quickly, and you will feel hungry and tired by mid-morning.

If you have **complex carbohydrates** (fruits, vegetables, whole grains) with **healthy fats** (olive oil, coconut oil, butter, nuts) with **protein your body will remain satisfied until lunch.**

Protein Options for Breakfast

Meats:

- Eggs – (organic, free range/pasture-raised)
- Breakfast Sausage (nitrate/nitrite-free)
- Poultry (turkey, chicken – organic)
- Ham, Bacon, Pork (nitrate/nitrite-free)
- Fish, Shellfish (salmon, shrimp)
- Beef, Lamb (grass-fed)

Dairy: (full-fat, organic, ideally grass fed)

- Yogurt (plain)
- Cottage Cheese
- Cheese (unprocessed)

Other:

- Leftovers from dinner
 - Protein Powder* Smoothies
 - Quinoa Hot Cereal with milk (full-fat, organic)
 - Oatmeal with protein powder*
- * Avoid soy protein, added sugars, artificial sweeteners

Incomplete Proteins:

- Nut Butters (almond butter, peanut butter, etc.)
- Nuts/Seeds (cashews, pumpkin seeds, flax seeds, etc.)
- Beans, Legumes, Lentils

*Combine Legumes with Seeds, Beans or Peas with Brown Rice. Generally eating a wide variety of colorful vegetables can also help complete the protein.

Vegan & Vegetarian Protein Sources

Tempeh or Tofu

30-40g/cup

Choose non-GMO and organic

Limit frequency – soy has phytoestrogens that can interfere with your hormone balance

Tempeh is fermented so is more beneficial

Use in many dishes in place of meat

Beans

15 g/cup

Baked Beans, bean salad, hummus

Quinoa

8g/cup

Add to soups, stews, hot breakfast cereal, toss with vegies and vinaigrette

*All the 9 essential amino acids

Eggs & Dairy

6g/egg

7-8 g/oz hard cheese

14g/cup yogurt

Seeds

10 g/quarter cup – Hemp

7.3 g/ quarter cup – Sunflower

5.4 g/quarter cup – Sesame & Poppy

4 g/quarter cup – Pumpkin or Chia

Nuts & Nut Butters

5-6 g/quarter cup

Preferably raw nuts

Peanut, almond and cashew butters

Green Veggies

8g/cup – Green peas

4g/cup – Broccoli

1 g/cup – Spinach

3g/ cup – Kale

Oats or Buckwheat

6 g/cup

Hot cereal or granola

Vegetable Frittata

- 2 tablespoons olive oil
- 1/2 cup chopped red bell pepper
- 1/3 cup chopped onion
- 1 tablespoon chopped fresh thyme
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 2 garlic cloves, minced
- 1/2 cup chopped seeded tomato
- 9 large eggs
- ½ cup shredded cheddar cheese

Heat olive oil in a 10-inch nonstick broiler-proof skillet over medium heat. Add bell pepper, onion, thyme, 1/4 teaspoon salt, 1/8 teaspoon black pepper, and garlic. Cover and cook 7 minutes or until vegetables are tender, stirring occasionally. Stir in tomato.

Cook, uncovered, for 5 minutes or until liquid evaporates.

Combine eggs, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon black pepper in a medium bowl; stir with a whisk until frothy. Pour egg mixture into pan over vegetables, stirring gently. Cover, reduce heat, and cook 15 minutes or until almost set in the center.

Preheat broiler. Sprinkle Cheddar cheese on top.

Broil frittata 3 minutes or until set. Invert onto a serving platter; cut into 8 wedges.

Turkey Breakfast Patties

1# ground turkey (organic)*

½ tsp sea salt

½ tsp fennel

½ tsp thyme

½ tsp black pepper

1 tsp sage

¼ tsp garlic powder

¼ tsp nutmeg

Mix well and form into patties (if you wet your hands with water, the mixture won't stick to them).

Fry in pan with coconut oil, avocado oil or duck fat (med heat) or bake in 350° oven on cookie sheet.

*If too dry, try adding shredded apple or using ground dark meat turkey

Guided Nutrition Program

Breakfast Meal Plan Worksheet

Create 3 breakfast meals that include protein

Breakfast

***Protein** _____

Fat _____

Carbohydrate _____

Breakfast

***Protein** _____

Fat _____

Carbohydrate _____

Breakfast

***Protein** _____

Fat _____

Carbohydrate _____