

GRAB AND GO BREAKFASTS OR SNACKS

↘ The Basic Idea

No fancy ingredients. No food waste. No starting over every Monday.
Just real food that works in real life.

Busy morning? You don't need a perfect breakfast — you need a **repeatable system** that keeps you full, supports your hormones, and starts your day with protein.

For Busy Women Who Want Fat Loss Without Overthinking	You will not find:
No fancy ingredients. No food waste. No starting over every Monday. Just real food that works in real life. Busy morning? You don't need a perfect breakfast — you need a repeatable system that keeps you full, supports your hormones, and starts your day with protein.	✗ expensive one-use ingredients ✗ complicated recipes ✗ foods your family won't eat You will find: ✓ repeatable systems ✓ budget-friendly meals ✓ consistency that actually works

↘ Goals

Every breakfast in this guide:

- ✓ 25–40g protein
- ✓ Fiber for fullness & blood sugar control
- ✓ Under 5 minutes to make
- ✓ Uses normal, affordable groceries

Because **fat loss doesn't require a second paycheck.**



Recipes

Honestly these are the type of breakfasts you can prep on a Sunday and have on hand during the week or take less than 5 minutes to prep on a busy weekday morning. Either way you are setting yourself up for a great day with these recipes!

THE 5-MINUTE EGG POWER PLATE

2 Hard Boiled Eggs, Low Sugar Yogurt with Collagen, choice of fiber source (chia seeds, fiber supplement, etc), mixed berries (frozen berries are awesome because they don't go bad quickly!), and of course I don't function without coffee so have a cup of coffee or tea if its part of your routine!

Why it works:

- ✓ High protein & healthy fats
- ✓ Zero prep in the morning
- ✓ Keeps you full for hours

Real-life tip: Boil a batch on Sunday and you're done for the week.

PEANUT BUTTER CUP OVERNIGHT OATS

- 2 Tbsp peanut butter powder
- ½ cup old-fashioned oats
- 1 cup almond or chia milk
- 1 scoop chocolate protein powder

Macros:

30g carbs | 9g fat | 41g protein

Why it works:

- ✓ Make ahead
- ✓ Tastes like dessert
- ✓ Balanced energy for the entire morning

Make a few of them on a Sunday and then you have grab and go breakfast on busy days!

PEANUT BUTTER CUP PROTEIN YOGURT

- Plain or vanilla low-sugar yogurt
- 1 scoop chocolate protein powder
- 2 Tbsp peanut butter powder

Macros:

250 calories | 9g carbs | 5g fat | 41g protein

This is the “no time, no excuses” meal.

THE BUSY WOMAN BREAKFAST FORMULA	✓ 25–40g protein ✓ Fiber for fullness & blood sugar control ✓ Under 5 minutes to make ✓ Uses normal, affordable groceries Because fat loss doesn't require a second paycheck.
REAL LIFE > DIET CULTURE	You will not find: ✗ expensive one-use ingredients ✗ complicated recipes ✗ foods your family won't eat You will find: ✓ repeatable systems ✓ budget-friendly meals ✓ consistency that actually works



Healthy eating doesn't require expensive ingredients — it requires a repeatable system.