

Guidelines in making decent Breakfast

*(portions will vary depending on your **goals, nutritional needs and limitations**)*

Here are some factors to consider:

- In general, the more active you are, the greater your carbohydrate needs.
- The minimum threshold for fat is 15 to 20 percent of total calories.
- Research shows that low-fat and low-carb diets work equally as well for weight loss.¹

What to include in a meal:

- PROTEIN dense food
- CARBS main energy source
- FATS go easy
- Amounts will be determined based on goals, nutritional needs and limitations.
- Establish a sustainable routine.
- It's OK to have the same breakfast other times in the week.

Sample list of Proteins, Carbs and Fats

Proteins

- eggs (stick with 1 full egg, the rest only egg whites)
- Lean Meats
- greek yogurt (unsweetened)
- Protein shake (Preferably isolated whey)

Carbs

- Fruits Eat More) (Avocado no more than half)
- Veggies Eat More) (spinach, squash, mushrooms Zucchini)
- toast (Eat Moderately) (example ezeiel bread, or search "best paleo breads")
- granola (Eat less)
- Oats

Fats

- peanut butter (no more than 1 tablespoon)
- almond milk (unsweetened)
- coconut milk (unsweetened)
- Cooking oils (Avocado oils, extra virgin olive, or coconut)
- rarely you can add nuts, (Peanuts, cashews, almonds etc)