

You Can't Outrun Your Fork Follow Ups

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What Is a Healthy Breakfast?

A healthy breakfast is a balanced breakfast. According to Beachbody's Senior Director of Nutrition, Denis Faye, M.S., a balanced breakfast is "one that has a mix of carbs, protein, and fat." That mix can vary a little depending on your needs and goals. "If your goal is to stay satiated, you may benefit by upping the protein and leaning more toward eggs, Greek yogurt, or a protein drink like [Shakeology](#) as a part of your breakfast," says Faye. "On the other hand, if you're working out within an hour or so or you're super-active and burn through a lot of calories every day, you might try a breakfast higher in carbs. Waffles, anyone?"

Protein-based breakfast foods include: Eggs, [Shakeology](#), meat, tofu, and yogurt.

Carb-based breakfast foods include: Oatmeal and other grain-based foods such as whole-grain pancakes, muffins, and waffles.



15 Healthy Breakfasts

High-Protein Breakfast Options

[Mozzarella and Egg Breakfast Sandwich](#)

Raise your hand if you want the best cheesy, eggy, healthy breakfast sandwich! For even more melty cheesy goodness, pop it in the toaster oven or microwave.

Portion Fix containers: ½ Red, 2 Yellow, ½ Blue

Cinnamon Roll Shakeology

A freshly baked cinnamon roll from a bakery will set you back around 500 calories. Mostly of fat and sugar. Avoid the sugar high and get the taste of a cinnamon roll in this healthy smoothie that has 18 grams of protein. **Portion Fix containers:** 1 Red, 1 tsp.



Goat Cheese, Tomato, and Parsley Scramble * I like basil instead ☺

If you want to load up on protein but not calories, this egg white scramble will do the trick. Can't stand goat cheese? Swap it out for any of the other Portion Fix or 21 Day Fix-approved cheeses. **Portion Fix containers:** ½ Green, 1 Red, ½ Blue, 1 tsp.



Yogurt Berry Parfait

You *could* get one of these quick breakfasts at the drive-thru, but it's actually faster (and healthier) to make it yourself at home. Also, do you really want to deal with traffic while waiting for breakfast? I think not. **Portion Fix containers:** ½ Purple, 1 Red, ½ Yellow



Egg White Breakfast Burrito



For an easy, healthy breakfast on-the-go, make these egg white breakfast burritos ahead of time and store them in the freezer. Then in the morning, heat one up, add salsa if desired, wrap in foil, and go.



Double Berry Shakeology

Blend ice, raspberries, and almond milk together for a healthy, simple Shakeology smoothie that adds 19 grams of protein to your breakfast. **Portion Fix containers:** 1 Purple, 1 Red, 1 tsp.

Super Green Egg Cups

Whether you call these egg bites or egg cups, these portable healthy breakfasts are easy to make ahead of time — bake 12 at once in a muffin pan and grab in the morning on your way out the door. **Portion Fix containers:** ½ Green, ½ Red



Mexican Tofu Breakfast Scramble * One of my very favorites! ☺

Last, but definitely not least this is one of the best breakfast scrambles you have yet to try. Made with onion, bell peppers, beans, and turmeric, it's a great weekend breakfast. Or, chop the ingredients ahead of time and stir-fry them together in the AM. **Portion Fix containers:** 1 Green, ½ Red, 1 Yellow, 1 Blue



Carb-Based Breakfast Options



Slow Cooker Banana Bread Oatmeal *I love this with **vanilla shakeology on top and/or peanut butter powder and chia seeds!!!**

Set and forget this slow [cooker](#) breakfast made with steel-cut oats, bananas, flaxseed, and spices, and in the morning you'll wake up to a fiber-rich meal. **Portion Fix containers:** 1 Purple, 2 Yellow, ½ Blue, ½ Orange, ½ tsp.



Whole Wheat Waffles

Just because you're eating healthy doesn't mean you can't have waffles. Because a world without waffles... just no. This recipe is a pretty classic waffle recipe with whole wheat flour swapped for standard all-purpose flour, but the addition of flaxseed takes its healthy factor up that extra notch. Make them ahead of time, freeze, and pop one in the toaster when

the waffle craving strikes. **Portion Fix containers:** 1½ Yellow, 1 tsp.



Baked Oatmeal Cups with Raisins and Walnuts

Oatmeal cups are a great grab-and-go breakfast and the carb-forward cousin of the Super Green Egg Cups above. Like with those, make a dozen ahead of time and heat up in the morning before going to work. **Portion Fix containers:** ½ Purple, 1 Yellow, ½ Blue

Apple Cinnamon Protein Pancakes

With 13 grams of protein per serving, these could technically fall into the high-protein breakfast category above. Either way, they're light and delicious. **Portion Fix containers:** ½ Purple, ½ Red, ½ Yellow

Slow Cooker Steel-Cut Apple Cinnamon Oatmeal

One of my favorite oatmeal recipes has apples and cinnamon, but this slow cooker recipe takes it to the next level with steel-cut oats and a touch of maple syrup. It's worth the wait. **Portion Fix containers:** ½ Purple, 2 Yellow



Multi-Grain Banana Pancakes

Warm, fluffy pancakes. Yes, please.

If you don't tell anyone these pancakes are healthy, I won't. At 291 calories and 10 grams of protein for two pancakes, these could easily become a weekend staple. Did someone say brunch? **Portion Fix containers:** ½ Purple, 2½ Yellow, 1 tsp.



Blueberry Oatmeal Blender Muffins

It might sound bananas to make muffins in a blender, but it works! We added a little Greek yogurt to the recipe to up the protein content of this healthy breakfast. **Portion Fix containers:** ½ Purple, 1 Yellow, ½ Blue



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