

4

WAYS TO GET PROTEIN IN YOUR BREAKFAST

BREAKFAST #1 – OMELET

- 1 whole egg plus 2 egg whites (**2 choices of protein**)
- 1 oz (30 g) of lean ham (**1 choice of protein**)
- 1 oz (30 g) of low fat cheese (**1 choice of protein**)
- 1/2 cup of raw spinach (**0.5 choices of vegetables**)
- 1/2 cup of raw red peppers (**0.5 choices of vegetables**)
- Salt and pepper



Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Breakfast	4	0	0	1	0	0

BREAKFAST #2 – SMOOTHIE

- 1 cup of fresh or frozen mixed berries (**1 choice of fruit**)
- 1 small banana (**1 choice of fruit**)
- 6 oz (170g) of non-fat Greek yogurt (**1 choice of protein**)
- 2 packages of Beneprotein® (**2 choices of protein**)
- 1 cup of partly skimmed (2%) milk (**1 choice of milk**)



Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Breakfast	3	1	2	0	0	0

BREAKFAST #3 – ENGLISH MUFFIN SANDWICH

- 1 regular English Muffin (**2 choices of starch**)
- 1 whole egg (**1 choice of protein**)
- 2 oz (57 g) of lean ham (**2 choices of protein**)
- 1 oz (28 g) of low fat cheese (**1 choice of protein**)
- 1 leaf of romaine lettuce (**low carbohydrate, free food**)



Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Breakfast	<u>4</u>	<u>0</u>	<u>0</u>	<u>0</u>	<u>2</u>	<u>0</u>

BREAKFAST #4 – COTTAGE CHEESE

- 1 cup of low fat cottage cheese (**4 choices of protein**)
- 1 cup of fresh berries (**1 choice of fruit**)
- 1 Tbsp of honey (**1 choice of starch**)



Meal	Protein	Milk	Fruit	Vegetables	Starch	Fat
Breakfast	<u>4</u>	<u>0</u>	<u>1</u>	<u>0</u>	<u>1</u>	<u>0</u>