

Build a Balanced Breakfast

SETTING YOURSELF UP FOR SUCCESS

Our rule of thumb for a filling and satisfying breakfast meal is to fill your plate with carbohydrate rich in fiber, a source of fat and protein. Start to identify a source of each of these nutrients on your breakfast plate, and this will help you feel full and energized until your next meal or snack.



PROTEIN

- Aim for **20-25g** at breakfast
- Fullness, muscle synthesis
- Get it from:
 - 1 egg (6g)
 - 1/4 cup black beans (4g)
 - 2 tbsp peanut butter (7g)
 - 3 tbsp hemp hearts (10g)
 - Greek yogurt, 100g (8g)
 - Smooth cottage cheese, 100g (10g)



FIBER

- Aim for **10g** at breakfast
- Promotes regularity
- Get it from:
 - Fruit & Veg
 - 1/2 cup raspberries (4g)
 - 1/2 avocado (6g)
 - Whole grains (barley, oats)
 - 1 cup cooked oats (4g)
 - Beans & lentils
 - 1/2 cup black beans (7g)
 - 1 tbsp chia seeds (5g)
 - 2 tbsp flax seed (4g)



FAT

- Cell & hormonal health
- Nutrient absorption, fullness
- Get it from:
 - Higher fat dairy (2-3% MF)
 - Nut/seed butters, oils
 - Avocado
 - Eggs



If you wake up on time

- **Egg scramble:** Customize based on ingredients you have in the fridge, or the following themes
 - Mediterranean- feta, tomatoes, green onion & pepper
 - Mexican- salsa, black beans, onion, dried herbs
 - Pair with- whole fruit or toast (i.e. peanut butter + frozen raspberries, avocado + hemp hearts)
 - Add to a tortilla and eat as a wrap
- **Egg sandwich:** Place 1-2 fried eggs in a whole wheat English muffin and add toppings (cheese, spinach, avocado and/or hummus)
- **Egg-in-a-nest:** Pair with whole fruit or Greek yogurt/Skyr
- **Yogurt parfait:** Add-ins include frozen/fresh fruit, seeds (chia, ground flax, hemp or pumpkin), maple syrup (if using plain yogurt)

If you press the snooze button one too many times

- **Banana wrap:** Generously coat a tortilla in nut/seed butter, add sliced banana and other toppings as desired (ground flax seed, hemp hearts)
- **Oats:** Oatmeal of choice + milk/alternative + nut/seed butter + hemp hearts + fruit of choice
- **One-minute eggs:** Add eggs + splash of milk/alternative in a bowl and microwave for 30 seconds. Remove, stir and return to microwave for another 10 seconds, or until cooked! Enjoy with a piece of fruit or 100g yogurt cup!

If you are tight for time in the morning, plan ahead!

- **Mini quiche:** Ahead of time, prepare mini crustless quiches in muffin tins (or portioned from a baking dish). Filling may consist of mushrooms, peppers, tomatoes, green onions, cheese, etc!
- **Sweet potato:** Cut a sweet potato lengthwise and bake as meal prep, then microwave/toast/ pan-fry to reheat. Add nut/seed butter as a topping!
- **Oatmeal recipes:** Enjoy a versatile baked or overnight oat recipe packed with protein, fat and fibre!
- **Waffles & Pancakes:** prepare in larger batches and freeze for an easy breakfast idea! Quickly toast in your toaster oven or microwave and top with fruit, + greek yogurt for a balanced meal!

Build a balanced smoothie!

FLUID



Milk or alternative
Kefir
Water
Kombucha
Splash of 100%
fruit juice



PROTEIN

Greek yogurt
Skyr yogurt
Hemp hearts
Protein powder
Nut/seed butter

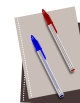
FIBER

Fruit or vegetable
i.e. banana,
spinach, berries
Chia or flax seed
Oatmeal



FAT

Higher fat dairy
(milk, yogurt)
Nuts/seeds and
their butters
Avocado



Tips

Smoothies blend the plant walls & start the digestion process for you.

It's okay if a smoothie alone doesn't sustain you! Try portioning out into one cup and pairing with eggs or another breakfast option!

Plan for success! Be prepared with the basics (oats, eggs, milk, cheese, canned beans, bread/tortillas) and you are halfway to a breakfast with staying power!