

The 3 Rules for Breakfast

- 1) Eat within an hour of waking
- 2) At least one full palm of protein
Women average ~ 20g
Men average ~ 30g
- 3) ****Less than 1 tsp of sugar ****
(about 5 g carbs after fiber subtracted out)



Breakfast Ideas

1. Protein Shake (Purchased from our office) and a Kraft String-Ums Reduced Fat Cheese
Calories: 170 Protein: 23g Tsp of Sugar: 1.4
2. Cottage Cheese, 1% Milkfat 1 cup (not packed)
Calories: 163 Protein: 28g Tsp. of Sugar: 1.2
3. 3 large eggs and 3 slices of bacon
Calories: 333 Protein: 25g Tsp of Sugar: 0.4
4. Breakfast Burrito (Use Egg beaters, ground turkey, fresh veggies, herbs and spices, low carb tortilla wrap, salsa.)
Calories: 189 Protein: 20.5g Tsp of Sugar: 1.2
5. 1- Fast Fixin On The Go Southwest Style Omelet (at WalMart) and 3-Banquet Brown 'N Serve Original Sausage Links.
Calories: 350 Protein: 18g Tsp of Sugar: 0.6
6. Honey Nut Cereal (Purchased in the Office) with 1 cup Soy Milk
Calories: 150 Protein: 15g Tsp of Sugar: 0.6
7. Eat leftovers from the night before.
Calories: Protein: Tsp of Sugar: All based on what you had!
8. Egg Beaters (1/2 Cup) and 3-Banquet Brown 'N Serve Original Sausage Links.
Calories: 305 Protein: 20g Tsp of Sugar: 0.4
9. Breakfast Omelet: (1/2 cup egg beaters, 2 tbsp, ½ small tomato, ½ cup green peppers, ¼ cup raw onions)
Calories: 150 Protein: 22g Tsp of Sugar: 1.5
10. Other Protein Specific Breakfast Items purchased in our office.

Baggie Omelet

- 1/4 cup of egg beaters
- 1 tsp of shredded cheese
- Chopped vegetables of choice (chopped on day off)

Put all ingredients in a snack size baggie.

Microwave for 1 minute, 10 sec. (time varies)

Comes out looking and tasting like an omelet.

Breakfast Burrito

Time required: 20 min to prepare 8 burritos on day off; 1 minute to microwave in mornings

- 1 c Egg Beaters
- 1 lb lean ground turkey
- 1 c salsa
- ¼ c cupped onion
- 1 c chopped green peppers
- La Tortilla Factory – low carb torilla (or other variety of low carb tortillas)

On the stove, put lean ground turkey in one skillet, egg beaters into another, and chopped veggies in one other. (Pans sprayed with PAM spray). Stir all until golden brown. Mix all together and add salsa and any other herbs desired. Split mixture between the 8 tortillas in the package. Wrap up tortilla and then wrap in wax paper (to be able to microwave). Place all burritos back into the bag that the wraps came in & refrigerate for upcoming week. In the mornings, microwave for about a minute (time varies) & enjoy.

Nutrition (per burrito): Cal: 177.6, Carbs – Fiber: 6g, Protein: 20g

Spaghetti Squash

Pierce rind several times, microwave on high until skin feels soft, approx. 5-6 minutes per pound. Let stand for 5 min. Cut in half, remove seeds when done. (Optional: After softening with microwave, put cut squash in pan with about ¼ inch deep of water. Place in oven at 350 degrees until golden brown on top -about 30 min.) Twist out strands with fork. Put low carb sauce on top & enjoy.

(Spaghetti Squash is not meant for breakfast. It is just a much requested recipe!)