

# 4 tips to make your breakfast more effective for your weight loss goals.

by Fitness Savage

## 1. Add high-quality complete Protein

Most breakfasts are sorely lacking in protein – and no, oatmeal does not have enough protein in one bowl. This is even despite numerous studies showing that including protein in your breakfast meal, such as having 2 or more eggs, keeps you feeling fuller, and prevents hunger much better than having simple carbohydrates (like a bagel). Higher-protein meal plans are also well-studied for their ability to promote greater fat loss and a quicker metabolism than less protein.

- Eggs - 2 eggs a day actually keeps the doctor away. Eat them scrambled with fresh spinach, tomatoes and mushrooms and a side of fresh fruit and your day is going to be great! Or poach or boil them for a quick meal on the go.
- Whey protein – mix a scoop of whey protein with milk or water and pour this over your favorite bowl of low-sugar cereal. Or, add whey to your blender with flax seed oil or coconut oil, almond milk and berries, for a high protein smoothie. You can also add a scoop of whey to plain oatmeal after cooking to give it a boost.
- Natural nitrate-free sausage – enjoy this with fresh fruit, steamed vegetables, or toasted Ezekiel sprouted grain bread for a satisfying meal.
- Organic cottage cheese – mixed with fresh pineapple or tomatoes is a perfect start to your day!
- Organic plain Greek yogurt – combine this with organic fresh or frozen berries and slivered almonds gives you a perfectly balanced meal.
- Natural peanut butter – paired with sprouted grain bread, 2 Tbsp of natural peanut butter provides 8-12 grams of complete protein and plenty of healthy fat.

## 2. Embrace Fiber

Another important aspect missing from most breakfast plates is fiber. And no – whole wheat bread is not a good source of fiber. High-fiber meals are more satiating and filling than low protein. Fiber is also associated with lower rates of cancer and diabetes.

- Beans – add 1/3 cup of beans to a breakfast egg burrito made with a sprouted grain wrap, or toss with scrambled eggs and add 5 grams of fiber to your plate.
- Berries – organic berries are a great addition to oatmeal, smoothies, low-sugar cereal, and yogurt, and can add 2-3 grams of filling fiber.

- Oatmeal – the problem with most oatmeal is all the added sugar, but 1/3 cup of oats has 3 grams of fiber and no sugar! It's perfectly paired with eggs, organic cottage cheese or whey protein for a complete meal.
- Sprouted grain bread with nut butter – found only in the freezer section of your grocery store, sprouted grain bread has 3 grams of fiber per slice, and nut butter has ~2 grams for a total of at least 5 grams of fiber to start your day.
- Fresh Fruit paired with a higher protein dish (yogurt, eggs) – one apple provides about 5 grams of fiber, ½ a medium grapefruit provides 6 grams of fiber, and 1 kiwi provides about 2 grams of fiber.
- Ground Flax Seeds – toss a tablespoon or two in with your breakfast protein smoothie, or add to hot cereal. Two tablespoons have 8 grams of fiber, and can help balance your hormones while lowering your bad cholesterol levels.
- Avocado – this “skinny” fat food is great on eggs. When cut in half, it packs in a whopping 5 grams of fiber and plenty of healthy monounsaturated fat that help to promote a flat belly and a healthy heart.

### **3. Include Vegetables**

Unless you have a vegetable omelet, most breakfast dishes include little to no vegetables at all. However, vegetables are low-calorie, nutrient-dense and prevent diseases that inflict us today. You can eat as many vegetables as you can fit in your body and you'll still lose weight.

- Spinach – add spinach to your eggs while cooking or stuff a large handful in with your favorite smoothie; it may make your smoothie green, but it also makes it thicker and more satisfying without ruining the taste.
- Tomatoes and cucumbers – add chopped to a bowl of organic cottage cheese for a crunchy, high- fiber breakfast.
- Baked squash – gourds such as acorn squash and butternut squash are delicious vegetables to include at breakfast. Just sprinkle with cinnamon once cooked and eat with eggs and you'll be in breakfast heaven.
- Potatoes – no, potatoes are not evil, and yes, they can help you lose weight. Have a small side of homemade hash browns cooked with olive oil and a pinch of sea salt, along with your favorite protein item, and you're adding at least 2 grams of fiber and plenty of hunger-fighting, fat-burning nutrients to your diet.

### **4. Most importantly, include fat.**

You may know by now that I'm an big advocate of saturated fats. By the looks of what you can see above, I don't eliminate all carbs, nor do I expect anyone to. Carbs are and have always been the number 1 preferred energy source by doctors, nutritionists, and athletes. The problem is that fat is a better source. When you take in carbs you inhibit your body to use it's fat storage as well as the cellular inflammation it causes, creating all kinds of havoc on your body. When I take in most carbs, it's in the form of veggies with nearly every meal. For most beginners I recommend them to try to start with 50% fat, 30% protein, and 20% carb. Now those numbers are very far off of what I eat regularly, but it's an way to ease someone new into a LCHF type of diet.

- Turkish yogurt - “Turkish yoghurt” (10% fat). It can be eaten as it is, but adding in some heavy whipping cream (40% fat) is not only a nice bonus of extra fat, but to make the consistency a bit looser, not quite as firm as the Turkish yoghurt tends to be. You may want to add a müsli. It’s a mix of different kinds of nuts and seeds and coconut flakes. The ingredients can be bought separately in the store and mixed. You can use any or all of the following ingredients: Coconut flakes, Walnuts, Hazelnuts, Almonds, Flaxseed, Sunflower seeds, and Pumpkin seeds. Then of course, finish it up with a few blueberries.
- Coffee with whole cream
- Bacon/egg breakfast - 4 slices of bacon, a couple fried organic eggs with omega 3 in a couple ounces of butter, topped with real organic cheese.
- Breakfast pizza - preheat oven to 400. In an oven proof skillet, grill 1 sliced onion, mix a can of drained diced tomatoes with 2 cloves of chopped garlic and 2 tsp. chilli powder, hot sauce to taste. Add the mixture on top of onions. When onions are tender, remove from heat and crack 6 eggs in various spots on top of that without breaking the yolk. Season with salt and pepper. Bake in the oven for about 20 min or until your eggs are to your liking. Top with shredded cheese and cilantro. You can add anything you like with eggs to this pizza, like bacon, spinach, ham, mushrooms.