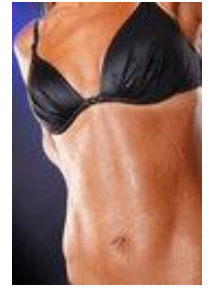


## **Power Breakfasts**

*- under 500 calories, ready in 15 minutes!*



**Remember, the most important meal of your day is breakfast**, so it's vitally important you build it properly. This includes ample protein, quality carbs and healthy fats. With these three ingredients, in the right amounts, you'll start the day with level blood sugars, increased metabolism, you'll feel full longer, you won't experience a 'dip' in your energy, and you'll be on the road to burning fat and building shapely muscle all day.

### **“I'm just not hungry in the morning. How can I eat breakfast?”**

- 1) Stop over-indulging at night (by eating too much or too late - if you try going to bed with your tank half empty, you'll wake up feeling hungry).
- 2) Wait a bit before you eat (if you don't eat until an hour after getting up, that's fine. But remember not to drink your coffee until you eat, or you'll start the 'rollercoaster' of irregular blood sugars and fat storage).

All recipes have minimum **15 grams of protein**, a must in any healthy meal, and are under 500 calories. And they fit into the healthy eating goals of the **222 Clean Diet Plan**, with the proper ratio of proteins-to-carbs-to-fats. The protein is of the highest quality, the carbs are complex, live carbs and the fats are healthy mono and polyunsaturated fats, with plenty of Omega 3s and 6s.

**Bon Appétit!**

### **POWERED-UP PROTEIN SHAKE:**

- 1 scoop whey protein isolate (natural sweeteners only – try Sisu, Natural Factors, PVL) – 90 cal
- 1 cup fresh or frozen blueberries – 80 cal
- ½ cup yogurt (Fraser Meadows, Saugeen or Astro) – 90 cal
- 1 cup almond breeze – 40 cal
- 1 cup water
- 1 TBSP flax oil – 125 cal
- 2 TBSB ground flax seed (can purchase pre-ground at health food stores) – 55 cal



**Calories: 480**

**Protein: 15-20 g**

**Carbs: 21 g**

**Healthy Fats: 19 g**

## **OATMEAL DELIGHT:**

Oatmeal is one of the best fat busters as it levels out your body's sugars, helps decrease weight, lowers cholesterol, and is loaded with fiber and vitamins! Note: instant oatmeal is no match for this near-perfect food. The instant version impacts sugar levels in the body, because it's over-processed (not to mention often filled with sugar).

- ½ cup slow cooking oatmeal (dry measure) – 138
- ¾ cup water
- ½ cup fresh or frozen blueberries - 40
- ½ cup yogurt (try Fraser Meadows, Saugeen or Astro organic yogurts) - 90
- 1 TBSP almond or cashew butter - 120
- ½ banana - 45
- ½ scoop protein powder – 50



Cook oatmeal in boiling water, let cool for a few minutes, then stir in nut butter. Mix protein powder & berries into yogurt. Fold yogurt into oatmeal blend.

**Calories: 483**

**Protein: 15 g**

**Carbs: 23**

**Healthy Fats: 12**

## **LIGHT N' EASY EGGS:**

Eggs have got a bad rap over the years, but science shows eggs are one of the most perfect proteins around. If you're worried about too many yolks, then just throw the extra ones away (or give them to your dog!)

- 2 eggs (1 yolk, 2 egg whites) – 90 cal
- 1 cup finely chopped veggies – 80 cal
- 1 oz feta cheese (it's less allergenic and fatty than regular cheese)- 75 cal
- 2 Wasa Hearty Rye crackers - 90
- ½ avocado – 140 cal



Sautee chopped veggies for 1-2 minutes, lower heat, add in mixed eggs. Just before taking off heat, fold in feta. Don't over-mix. Serve over crackers with avocado on top or on side.

**Calories: 475**

**Protein: 17 g**

**Carbs: 29 g**

**Healthy Fats: 11 g**

## **MORNING TUNA MELT** (yes, you can eat tuna for breakfast!)

One of the most perfect proteins, tuna has been sustaining athletes for years. Remember to drain and rinse the tuna, and only choose tuna (or albacore) packed in water.



- ½ can tuna (packed in water) – 70 cal
- 1 TBSP Spectrum Mayonnaise (no trans fats, fewer sugars) – 100 cal
- 1 oz feta cheese – 75 cal.
- 2 Wasa Hearty Rye crackers, or 1 slice no-wheat bread like Irene’s or Wildfire Bakery (available at health food stores) - 90
- Topped with ½ thinly sliced avocado - 140

Mix tuna and mayo, spread over crackers, top with crumbled cheese and sliced avocado.

<b>Calories: 475</b>	<b>Protein: 25 g</b>	<b>Carbs: 26 g</b>	<b>Healthy Fats: 13 g</b>
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## **QUICKIE YOGURT CUP**

Choose organic yogurt with ‘live bacterial cultures’ to aid digestion and build a strong immune system (in women it’s particularly beneficial in warding off yeast infections, and to offset the acidic and negative effects of NSAIDs and prescription medications).

*Saugeen, Astro and Fraser Meadows* are all good bets, and available at both Safeway and Thrifty’s.

If you’re sensitive to dairy, try Fraser Meadows Goat Yogurt. It’s gentler on the stomach and slightly tangy. Or try fermented Kefir for a healthy kick!



- ¾ cup organic unflavoured yogurt – 140
- ½ cup berries (rasp, blueberries, strawberries) – 80
- 1 TBSP flax oil - 125
- 2 TBSP ground flax seed - 55
- 1 scoop chocolate or vanilla protein powder – 90

<b>Calories: 490</b>	<b>Protein: 19 g</b>	<b>Carbs: 23 g</b>	<b>Healthy Fats: 17 g</b>
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