Breakfast with Bre

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There's no better way to start your morning than with a healthy breakfast. Providing your body with a morning meal provides it with energy to power not only your muscles but your brain as well! Breakfast is often called 'the most important meal of the day', and for good reason. As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health. Prevent brain fog and increase your focus by keeping your brain fed. Let's discuss coffee, sugar sources, protein choices, and fatty foods… The key to a good breakfast is balance.

3 Breakfasts with 1 Shopping List! Prep in advance for your whole week of healthy, happy energy 😊

Ingredients/Shopping List

Oats
Eggs
Yogurt – plant based or Greek – plain, unsweetened
Greens
Berries – fresh or frozen
Banana
Milk - Almond, Cashew, Soy - plain, unsweetened
Nut Butter

Prep Materials

Oven: Preheat oven to 350 degrees
Frying pan and
Muffin tin
non-stick spray
Tupperware: 3
Plastic Bags: 3

1. Egg Muffin Cups

i. Place 2 cups of greens in pan with EVOO and cook for 1 min or until wilted
ii. Whisk 6 eggs together, preferably egg whites only
iii. Separate greens and eggs into 4 muffin spots
iv. Bake for 15-20 minutes at 350 degrees F

- *Nutrition Facts: 5g C / 12g P / 11g F / 172 Cal (per one egg muffin)*

2. Overnight Oats

i. Mix ½ cup oats, 1/3 cup yogurt, 1/3 cup milk, 1 tbsp nut butter
ii. Place in the fridge overnight
iii. Option to add honey or fresh fruit when you take and go!

- *Nutrition Facts:* 53g C / 23g P / 11g F / 380 Cal

3. Smoothies

i. Slice 3 bananas
ii. Place handful of greens, berries and bananas into 3 separate zip bags and put in freezer
iii. When ready to make smoothie add ½ cup milk, 1/3 cup yogurt and 1tbsp nut butter into blender along with 1 of the freezer bags
iv. Add a scoop of your favorite protein powder if desired
v. Blend and enjoy!

- *Nutrition Facts: 42g C / 22g P / 10g F / 330Cal*
  *** if using Vega Vanilla Protein Powder: 46g C / 37g P / 10g F / 413 Cal*