



Fuel Your Day

Breakfast Inspiration

Too many women are skipping or skimping on breakfast. But the truth is, a solid breakfast can impact your entire day's energy and mood by balancing your blood sugar and hormones. Most women would benefit from starting their day with a solid combination of protein, fat, carbohydrates and fiber.

Smoothie

The Milkshake Smoothie: 1 cup frozen riced cauliflower, 1 banana, 1-2 Tablespoon peanut butter, 1 to 1 1/2 cups milk of your choice, 1 scoop vanilla protein powder. Blend and enjoy. Don't let the cauliflower scare you away, you can't taste it!

Blueberry Muffin Smoothie: 1 scoop of vanilla protein powder (or ½ cup plain full fat Greek yogurt + 1 tsp vanilla extract), 2 Tbsp almond butter, 1-2 Tbsp chia seeds, ½ cup frozen blueberries, ~1 cup milk of choice, handful of spinach. *I add the chia directly to my cup.

Oatmeal Bake + Sausage

- <https://therealfooddietitians.com/mixed-berry-baked-oatmeal/>
- <https://therealfooddietitians.com/apple-cinnamon-baked-oatmeal/>
- <https://therealfooddietitians.com/zucchini-oatmeal-cups/#tasty-recipes-17897>

Prep tip: Make extra and freeze to pull out next week. Premade sausage brands I like Applegate Naturals and Amylu.

Eggs + Veggie + Potato/Fruit/Toast

- <https://therealfooddietitians.com/a-basic-egg-bites-recipe/#tasty-recipes-59537>

I make a variation of this recipe often with different vegetables and cheeses:

- <https://www.allrecipes.com/recipe/229780/baked-denver-omelet/>

Eggs with sauteed spinach and roasted sweet potatoes (prep sweet potatoes ahead of time)

Yogurt Parfait

Plain whole milk Greek yogurt, fresh or frozen berries

Nutrition boost mixed-ins: chia seeds, hempseeds, pumpkin seeds, sliced almonds, and honey to taste.

Need a little more protein? Nuts and seeds add some extra protein or you can mix in vanilla protein powder too.

Want to add a little granola? Pick lower sugar options like Purely Elizabeth or Cascadian Farms.