



EAT WELL, CARE WELL. HIGH PROTEIN BREAKFAST UNDER 10 MINUTES

WHY HIGH PROTEIN, ESPECIALLY FOR BREAKFAST?

Although a direct effect of skipping breakfast on weight has yet to be determined, studies indicate that people who skip breakfast are more likely to be overweight or obese.

Yunsheng M, Bertone ER and Stanek conducted a large study and found that breakfast skippers were 4.5 times more likely to be heavy than those who ate breakfast. Another benefit of protein in the morning is that it's likely to keep you full longer, as another study found. Those who ate protein at breakfast said they felt satisfied longer than those who ate the same amount of protein at other meals. It may seem like eliminating a whole meal must lead to weight loss, but the opposite appears to be true. Many studies have found that those who skip breakfast tend to eat more during the day and are more likely to be overweight or obese.

WEEKLY CHALLENGES

TRY ONE OF THE
RECIPES PROVIDED

MIX UP YOUR MEATS
AND SPICES FOR A
MORE ENJOYABLE
FLAVOR

PREPARE A SNACK
THAT CONTAINS A TYPE
OF GREEN VEGETABLE

ADD GREEK YOGURT
TO YOUR SNACK TO
GET A 20 GRAMS OF
PROTEIN PER CUP

DID YOU KNOW?

THE PROTEIN
HEMOGLOBIN CARRIES
OXYGEN IN YOUR
BLOOD AND AT LEAST
10,000 DIFFERENT
PROTEINS MAKE YOU
WHAT YOU ARE AND
KEEP YOU THAT WAY.

Raspberry Chia Pudding

Quick fix under 10 minutes and it makes two servings!

This recipe is brought to you from

<http://veggingattheshore.com/2017/02/chocolate-raspberry-chia-pudding/>

INGREDIENTS:

- 1.5 cups vanilla almond milk or milk of your choice
- ½ cup fresh raspberries
- 1 Tbsp. agave nectar or sweetener or your choice
- 6 Tbsp chia seeds
- 1 tsp cocoa powder
- Optional: shaved chocolate for topping

DIRECTIONS:

1. Mix together milk, raspberries, cocoa powder, and agave in a blender. Stir in chia seeds. Divide mixture between bowls or mason jar.
2. Cover and refrigerate for at least 6-8 hours.
3. Remove from refrigerator and add toppings if desired.



NUTRTION INFORMATION:

- 366 calories
- Fat: 24g
- Saturated Fat: 1 g
- Sodium: 10 mg
- Carbohydrates: 35 g
- Dietary Fiber 27 g
- Protein: 12 g

Chia seeds are a concentrated food that contain healthy omega-3 fatty acids, protein, fiber, and antioxidants. They are an unprocessed, whole grain food that can be absorbed by the body as seeds.



Peanut Butter Pancakes Only using 3 ingredients!

This recipe is brought to you from <http://fitfoodiefinds.com/2014/02/3-ingredient-peanut-butter-pancakes/>

INGREDIENTS:

- 1 small-medium banana
- 2 eggs, large
- 2 tbsp. peanut flour

DIRECTIONS:

1. Spray pan with nonstick cooking spray and turn on to low/ medium heat
2. Smash banana until smooth then add 2 eggs and whisk vigorously to combine. Then add peanut flour until batter is smooth
3. Add 2 Tbsp of batter onto the heated pan and let it cook for about a minute each side.
4. Serve and enjoy!

NUTRITION INFORMATION:

- 281 calories
- Fat: 10 g
- Saturated fat: 0g
- Protein: 19g
- Carbohydrate: 30g
- Fiber: 4g
- Cholesterol: 338mg
- Sodium: 0 mg



- Peanut flour is made from roasted peanuts that have been ground up and had most of their fats removed, while still having the delicious flavor of peanuts!
- Besides being delicious they also pack a lot of nutritional value. They are rich in several B vitamins including niacin, thiamine, riboflavin and B6. They are also high in protein and vitamin E.