

## Breakfast Ideas

Having a big breakfast is important to kickstart your metabolism and help ensure that you are eating enough calories to aid in your weight loss journey! If you are taking the appetite suppressant, it is suggested that you eat breakfast before taking the medication

- 1 serving cottage cheese with fruit
- 1 serving Greek yogurt with fruit
- 1 serving Greek yogurt with 1-2 tbsp peanut butter or almond butter mixed in
- 2 eggs with ½ avocado & 1 serving berries
- Scrambled eggs or omelet with chopped veggies, shredded cheese, and ½ avocado
- Scrambled eggs or omelet with spinach, peppers, onions, shredded cheese
- Scrambled eggs or omelet with spinach, olives, tomato & feta cheese
- Smoothie: Greek yogurt, ice, spinach/veggies, 1-2 servings of fruit (MAX)
- Egg Quiche (with ham or sausage, cheese, chopped veggies)
  - Can make these into small versions with muffin tin!
- Eggs & sweet potato hash (with chopped onion, peppers, etc.)
- Multi-grain or Ezekiel toast with egg, cheese, and avocado
- Multi-grain or Ezekiel toast with cheese, tomato, and spinach
- Whole grain breakfast burrito with egg, cheese, spinach, and other veggies
- 1 protein bar (if on the go)
- 1 protein shake & a serving of fruit (if on the go or don't tolerate breakfast well)
- 2 hard boiled eggs or scrambled eggs, 1 slice of whole grain or Ezekiel toast
- 2 hard boiled or scrambled eggs, 1 piece of fruit
- Plain oatmeal with ¼ cup milk, ¼ cup berries (strawberries, blueberries, etc.) & 1 egg
- Plain oatmeal with 2 scrambled eggs & shredded cheese on top (opt. add ¼ avocado)
- Plain oatmeal with peanut butter or almond butter mixed in & 2 hard boiled or scrambled eggs
- Steak, peppers, onions & egg scramble
- Egg BLT with multi-grain or Ezekiel Bread

- 1 small apple, 2 tbsp peanut butter, 2 hard boiled or scrambled eggs

## Protein Snacks<sup>©</sup>

The Protein food group is comprised of meat, seafood, dairy products, beans and peas, eggs, nuts and seeds. Choosing lean meats, seafood high in omega 3, and unsalted nuts and seeds can not only lead you to a healthier lifestyle, but these foods can help you remain fuller for longer periods of time. This means it will help by cutting back on your desire to eat excessively throughout the day.

- ½ cup cottage cheese (with fruit if before 3pm)
- 1 serving Greek yogurt (with fruit if before 3pm)
- Roll Ups: 3 slices low sodium turkey & 1 slice cheese & spinach/greens
- 3 slices low sodium turkey or roll ups & 1 pickle
- 1 serving of cheese & handful of nuts (cashews, almonds, etc.)
- 1 handful of lightly salted or unsalted nuts (cashews, almonds, etc.) & pumpkin seeds
- 1 serving low sodium turkey jerky
- 2 hardboiled eggs
- 2 TBPS hummus & 1 cup veggies (peppers, celery cucumbers, etc.)
- 1 100-calorie pack of edamame
- 1 plain rice cake with peanut butter or almond butter (if before 3pm)
- 1 serving low sodium pumpkin seeds & 1 oz cashews
- 1 serving tuna fish with 2 TBSP mayo or mustard (can mix diced celery or pickles into it)
- ½ cup chicken salad with 2 TBSP mayo or ¼ avocado (bonus: make it a lettuce wrap!)
- Greek salad (cucumber, tomato, red onion, feta cheese, red wine vinegar, olive oil)
- ¼ cup of low-sodium black beans with 1 TBSP salsa and sprinkle of low-fat cheese
- ¼ cup roasted chickpeas
- 2 TBSP black bean hummus & 1 cup veggies (peppers, celery, cucumbers, etc.)
- 1 cup low sodium turkey or chicken chili with beans and veggies
- 2 deviled eggs OR 2 guacamole deviled eggs
- 2-3 lentil and turkey meatballs
- peanut butter or almond butter & celery
- Caprese salad (tomato, mozzarella, basil, balsamic vinegar)
- ½ cup buffalo chicken on celery stalks
- 1 serving of yogurt dip & veggies (peppers, celery, cucumbers, etc.)
- 1 serving smoked salmon on cucumber slices
- Bean salad (black beans, northern beans, kidney beans, peppers, onions, corn)
- Small portion of leftover dinner/lunch
- 1 protein bar (if on the go and before 3pm)