



Protein for Breakfast

Lyn Lindbergh
Founder, Couch to Active

www.couchtoactive.com
beawesome@couchtoactive.com
(206) 672-2070

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Protein for Breakfast

Protein is an essential nutrient that plays a vital role in maintaining good health. Eating protein-rich foods for breakfast can help you feel fuller for longer, boost your metabolism, and keep your energy levels stable throughout the day. For people over the age of 40, getting enough protein in their diets is especially important because muscle mass naturally declines with age. This can lead to decreased strength, mobility, and overall health.

The recommended daily intake of protein for people over the age of 40 is around .5 grams per pound of body weight. This means that a woman who weighs 150 pounds should aim to consume at least 75 grams of protein per day. A 200-pound person should aim for closer to 100 grams of protein per day. However, studies suggest that consuming more protein than the recommended daily intake can have additional benefits, such as increased muscle mass, improved bone health, and reduced risk of chronic diseases.

General Breakfast Inspiration

Here are ten protein-packed breakfast ideas that each contain about 30 grams of protein. All items in this list require some amount of prep or cooking.

1. **Breakfast Burrito** - Fill a whole-grain tortilla with scrambled eggs, black beans, cheese, and salsa for a protein-packed breakfast.
2. **Protein Pancakes** - Mix protein powder, almond flour, and eggs for a high-protein twist on traditional pancakes.
3. **Greek Yogurt with Nuts and Berries** - Top Greek yogurt with mixed nuts, berries, and a drizzle of honey for a protein-rich and flavorful breakfast.
4. **Veggie Omelet with Smoked Salmon** - Whisk eggs with diced vegetables, such as bell peppers and onions, then top with smoked salmon for a protein-packed and savory breakfast.
5. **Tofu Scramble with Veggies** - Sauté tofu with mixed veggies, such as spinach and mushrooms, for a plant-based and protein-rich breakfast.
6. **Breakfast Quinoa Bowl** - Cook quinoa with almond milk, cinnamon, and vanilla, then top with mixed nuts, seeds, and fresh fruit for a satisfying and protein-packed breakfast.
7. **Protein Smoothie Bowl** - Blend together protein powder, banana, mixed berries, and almond milk, then top with granola and mixed nuts for a refreshing and protein-rich breakfast.

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8. **Turkey Sausage Breakfast Sandwich** - Grill a turkey sausage patty and place it on a whole-grain English muffin with a scrambled egg and cheese for a filling and protein-packed breakfast sandwich.
9. **Cottage Cheese with Fruit and Nut Butter** - Mix cottage cheese with mixed fruit and a tablespoon of nut butter for a high-protein and satisfying breakfast.
10. **Shakshuka** - Sauté onions, peppers, and tomatoes in olive oil, then crack eggs into the mixture and cook until set for a savory and protein-packed breakfast.
11. **Leftovers for Breakfast** – If you enjoyed last night’s diner and it was full of protein, your body will thank you for having it again the next morning.

Pre-Packaged Options

Pre-packaged protein breakfast options can be a more realistic way to increase their protein intake in the morning. Additionally, many pre-packaged protein breakfast options are low in sugar and high in fiber, which can help keep you feeling full and satisfied throughout the day.

Here are pre-packaged protein breakfast ideas that contain approximately 15 grams of protein.

1. Greek yogurt cups
2. Protein bars
3. 2 -3 hard-boiled eggs
4. Cottage cheese cups
5. Protein shakes
6. Breakfast sandwiches
7. Turkey sausage or bacon patties
8. High-protein granola bars

While pre-packaged protein breakfast options can be a convenient choice, there is always room for improvement when it comes to making healthy choices. Many of the pre-packaged options available in stores are high in sodium, added sugars, and artificial ingredients, which can be detrimental to our health if consumed in excess. However, there are innovative product ideas that are starting to emerge in the market that is both healthy and convenient. For example, there are now egg white muffins with veggies, pre-packaged chia seed pudding, and high-protein oatmeal cups. It's important to keep in mind that whole, unprocessed foods are always the best choice when it comes to our health. However, when faced with a choice between a bagel with butter or a pre-packaged protein option, the latter may be the better choice. It's important to read labels and choose products with minimal additives and ingredients.

Greek Yogurts

These can be a great option especially if you add protein powder to them. Here are a few yogurt examples with their corresponding grams of protein. This is the protein content before any protein powder is added. If you add protein powder from one of the options below you have a simple breakfast that contains 31-40 grams of protein.

1. Oikos, Triple Zero, 15 grams
2. Chobani Zero Sugar, 11 grams
3. Chobani Greek Yogurt, 11 grams
4. Dannon Light and Fit, 12 grams

Protein Powders and Shakes

Protein powders are popular and can be a convenient way to boost protein consumption. Some of the benefits of protein powders include their versatility and ease of use, as well as their ability to help build and maintain muscle mass. However, there are also some risks associated with protein powders. Some varieties can be high in calories, sugar, and artificial ingredients. Additionally, some protein powders can cause, gastrointestinal issues. It's important to choose a high-quality protein powder and to use it in moderation as part of a balanced diet. It's also recommended to consult with a healthcare professional before adding protein powder to your diet, especially if you have any underlying health conditions.

If you're in the market for protein powder, here are a few options that are widely available and highly regarded.

1. **Vital Proteins Collagen Peptides** provide 20 grams of protein per 2-scoop serving and are virtually tasteless, free of unwanted additives, and dissolve easily in a variety of liquids.
2. **Orgain Organic Plant-Based Protein** provides 21 grams of protein per serving, although some people may find plant-based proteins more difficult to digest.
3. **Optimum Nutrition Gold Standard 100% Whey Protein Powder** is another popular option and contains 24 grams per serving. This is a dairy-based product

Simple Smoothies

With just a few simple ingredients, such as fruit, milk or yogurt, and protein powder, you can create a delicious and satisfying meal that's packed with protein and other essential nutrients. They can also be easily customized to fit your specific dietary needs and preferences, such as incorporating dairy-free or vegan protein powders, using low-sugar fruits such as berries, or packing in greens that become virtually tasteless in the drink.

Below are a few of my all-time favorites. The preparation process is easy and consistent for all of them - simply add all of the ingredients to a blender and blend until smooth.

Yum Smoothie – serves 2

- 1 cup frozen blueberries
- ½ cup frozen pineapple
- 1 Tablespoon cinnamon
- 2 cups water
- 3 cups spinach
- 2 servings protein powder

Mint Chocolate Chip Smoothie

- ¾ cup coconut or almond milk
- 1 frozen banana
- Big handful of spinach leaves
- 12 mint leaves
- 1 Tablespoon of chocolate chips

Sweet Green Morning Smoothie

- 2 cups water or coconut water
- 1 pear
- Large handful of kale destemmed
- Large handful of spinach
- 1 Tablespoon of hemp seeds
- 1 Tsp chia seeds
- 1 serving of vanilla protein powder
- 1 Teaspoon cinnamon

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