

# TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

## HIGH PROTEIN BREAKFAST IDEAS



Making sure you have enough protein in the morning helps with satiety & helps you start your day off on the right foot. It can be tricky when you have to grab your breakfast on the go. Here are some breakfast meals that can be prepared the night before or are easy to throw together as you're running out the door!

### EGG BITES

- 16 eggs
- ⅔ cup nonfat cottage cheese
- ½ cup spinach
- ⅓ cup red pepper chopped
- Salt and pepper to taste

**Bake at 350°F for 25 minutes or until the eggs look set.**

### SMOOTHIE BOWL

- 1 frozen banana
- 2 tbsp peanut butter
- 2 scoops protein powder
- ½ cup milk (can use non-dairy)

**Blend together & add preferred toppings.**

### OVERNIGHT OATS

- ½ cup old-fashioned rolled oats
- 1 scoop protein powder
- ½ tbsp chia seeds
- ½ cup milk
- ¼ cup Greek yogurt
- 1-2 tsp honey or maple syrup optional for more sweetener

**Mix and add to a mason jar. Store in the fridge for at least 5 hours. Add preferred toppings.**

### YOGURT PARFAIT

- Greek yogurt
- Almond butter
- Honey
- Granola
- Fruit

**Have your toppings pre-portioned and ready-to-add to your yogurt if on the go.**

### PROTEIN PANCAKES

- 2 eggs
- 2 tsp baking powder
- ½ tsp salt
- 1 tbsp maple syrup
- 1 tsp vanilla extract
- 1 cup whole wheat flour
- ½ cup milk
- 1 cup Greek yogurt
- 1 scoop protein powder

**Blend ingredients together and cook on medium heat in a greased skillet. Can prepare in advance and freeze for the week. May add fruit topping!**

***REMEMBER: Protein is not the only important component of your breakfast meal. You want to make sure you add COLOR (fruits & veggies for fiber & micronutrients) and FLAVOR (high quality fats, seasonings, toppings for omega-3s and meal satisfaction).***

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