

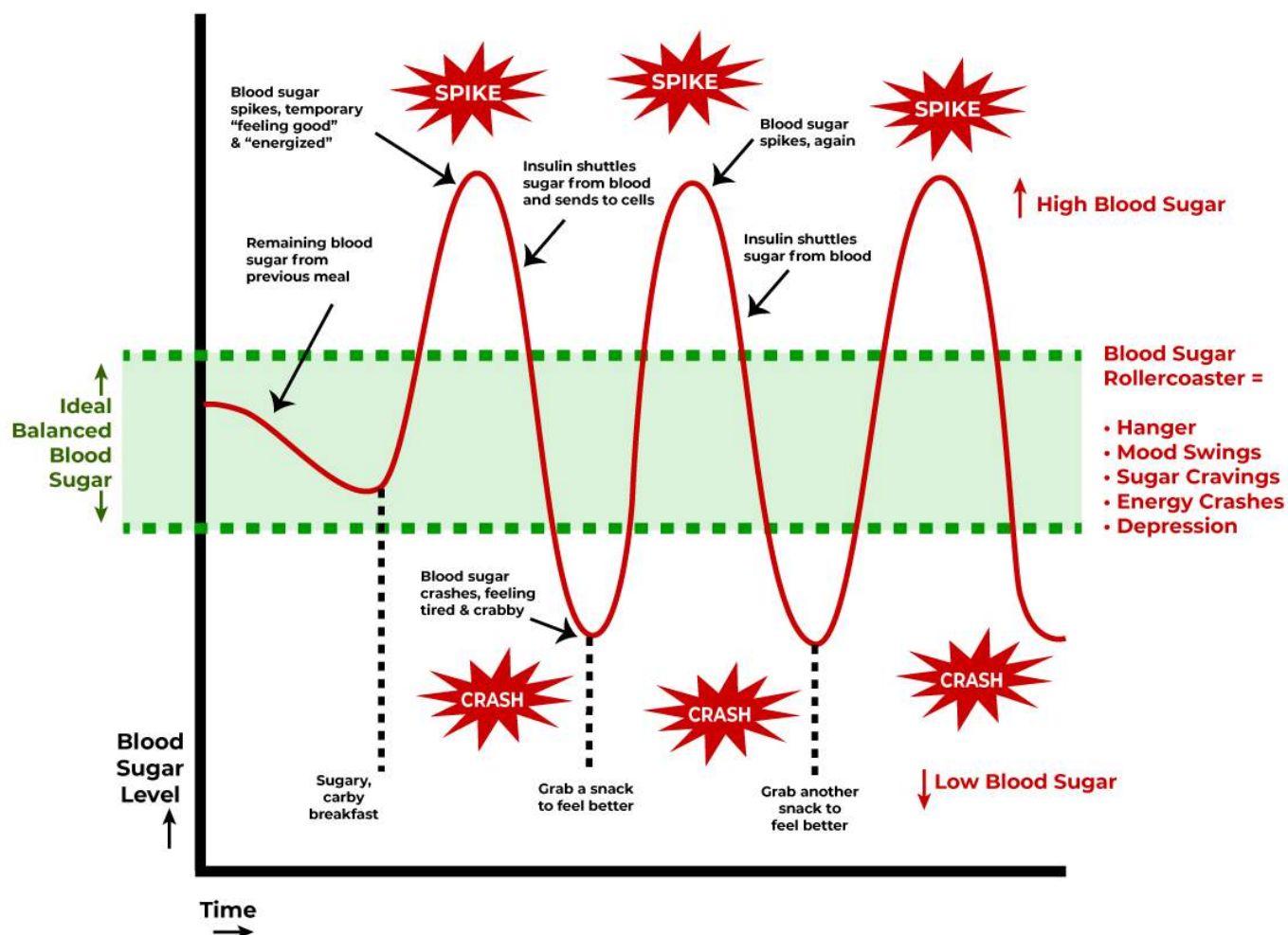


YOUR PRACTICAL GUIDE TO

High protein Breakfasts



Get off the blood sugar rollercoaster



The life-changing impact of balancing your blood sugar levels is undeniable.

In the short-term, it can improve your energy levels, mood, sleep and perception of pain in a matter of weeks.

In the long-term, it reduces your risk of almost every health condition you can think of, including Type 2 Diabetes, obesity, heart disease, arthritis and depression to name just a few.

You can read more about balancing your blood sugar in my blog [here](#).



The power of protein

One of the most important actions you can take to ensure your blood sugar levels stay balanced is to start your day with a protein-rich breakfast.

This is because protein slows the impact of carbohydrate and sugar release into our blood and keeps us fuller for longer.

It also provides us with the building blocks we need to repair cells and make happy hormones (among many other things).

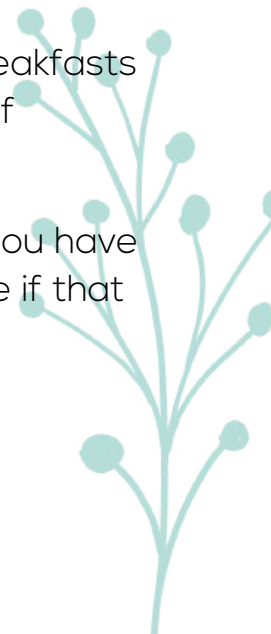
But what does that look like?

I don't know anyone that has more than a few minutes to prepare breakfast, certainly on a weekday. Our breakfasts need to be easy to prepare without too much faff.

It's also tricky to know if you are getting enough protein – a good rule of thumb is to aim for at least 20 grams of protein with each meal. Some people may need more than this. But given the average breakfast I see in food diaries has about 5 grams, aiming for 20 grams is a great start.

So - in this handy guide I have given you some ideas for protein-rich breakfasts that you can prepare quickly and can be sure have at least 20 grams of protein in.

I've divided them into different sections depending on how much time you have (or want) to spend on preparation. Some can be done the night before if that fits with your lifestyle better. Find what works for you.



Greek yoghurt with berries, nuts & seeds

150g plain Greek yoghurt (c. 15g protein*)

10 almonds (or other nuts) (c. 3g protein)

1 tablespoon pumpkin seeds (c. 2g protein)

Large handful of blueberries, strawberries, raspberries

**check labels for protein content, I like the Fage brand, you can choose which % fat you like depending on how creamy you like your yoghurt*

Supercharge this dish? Add a flavourless collagen powder such as Ossa, which packs in 9g protein in just one tablespoon.

You can swap the nuts and seeds to your taste and to add variety.



Picnic Breakfast



50g ready-to-eat salmon slices
(c. 12g protein)

100g full-fat plain cottage cheese
(c. 10g protein)

Oatcakes

Optional - any salad bits left in fridge!



Black Forest Smoothie

Whizz in a blender...

300ml almond milk (Plenish brand,
3g protein)

EITHER 2 tablespoons of Ossa
collagen powder OR 25g of
Golden Greens Pea Protein
Powder (c. 18-20g protein)

Large handful of frozen cherries
Heaped tablespoon of raw cacao
powder

A smidge of maple syrup to taste

Optional - supercharge with half an avocado or a tablespoon of ground flaxseeds
for extra fibre and omega 3 fats



Spanish Omelette & Cherry Tomatoes

250g Spanish Omelette (c. 15g protein)

Heaped tablespoon of full-fat cottage cheese (c.5g protein)

Half a punnet of cherry tomatoes

This is with a shop bought Spanish Omelette 250g such as Unearthed brand found in Waitrose, Tesco and Asda.

You can eat it cold for an even faster breakfast but I prefer it warmed in a small frying pan.

Tasty Scramble

2 eggs (larger the better) (c. 14-18g protein)

100g cottage cheese (c. 10g protein)

1 Spring onion

1 piece of sourdough or gluten free seeded toast



- Melt a small knob of butter in a small saucepan and add the white part of the onion for 3 mins.
- While the onion is cooking, whisk the eggs with the cottage cheese and season with salt and pepper.
- Add the eggs to the small frying pan and cook gently.
- When the eggs are cooked add the green part of the spring onion, stir and serve with toast.

Banana Protein Pancake



1 Egg, whisked (c. 7g protein)

1 banana, squished

10g of Pea Protein Powder (I like Golden Greens) (8g protein)

1 Tablespoon chia seeds (2g protein)

100g Plain Greek yoghurt (10g protein)

Berries/nuts/seeds/cacao nibs to serve

- Mix banana, egg, protein powder and whisked egg together.
- Melt small amount of coconut oil in a small frying pan and add pancake mixture. Cook for 3-4 mins each side.
- Serve with yoghurt, berries etc. to taste





Overnight Flaxseed & Chia Cinnamon Breakfast Pots

This recipe makes 2 pots - +22g protein per pot

300g Greek yoghurt (150g per serving...c. 15g protein)

120ml Unsweetened almond milk (or milk of choice)

40g Chia seeds (c. 3g protein per serving)

40g Ground flaxseeds (c. 4g protein per serving)

1 Tsp cinnamon

1 Tsp maple syrup (optional)

1/2 Cup raspberries (fresh or frozen)

A few seeds or chopped nuts for topping

- In a bowl, whisk together the ground flaxseed, chia seeds, cinnamon, unsweetened almond milk and maple syrup.
- Let sit so the seeds soak up the milk for at least an hour, stirring occasionally.
- To make the pots, layer in the Greek yoghurt and flaxseed mix in separate layers.
- Top with raspberries and chopped nuts or seeds.
- Secure the lid on and store in the fridge overnight.
- Will be fresh for 2-3 days



Savoury Jam on Toast

Serves 2 - adapted from the 'Glucose Goddess'

200g Feta (c. 16g protein per serving)

300g Jar of roasted red peppers, drained and chopped

2 Teaspoons dry oregano

60ml Extra virgin olive oil

60g Walnuts (c. 5g protein per serving)

Sourdough or gluten-free seeded bread

- Heat oven to 200 degrees Celsius.
- Put feta, drained peppers, oregano and olive oil into an ovenproof dish and place in oven for 10 minutes.
- Serve on toasted bread of choice and top with walnuts.
- Mixture can be stored in the fridge for 3-4 days once cooled.



Finally, some general tips...

- Breakfast doesn't have to be 'breakfast' food...Guess who invented breakfast food...Mr John Kellogg
- And it certainly doesn't need to be sweet...
- Mix and match different protein sources...these are just ideas...feel free to mix these up.
- You can prepare the night before, e.g. boil a couple of eggs when you are cooking dinner and have those with some oatcakes and nuts the following morning.
- If you are eating breakfast on the run, go for a Biotiful Kefir Yoghurt (30g protein), a bottle of kefir or choose the boiled egg pots in cafes...or at worst, just get some berries and nuts until you can get a more protein-rich lunch.
- Stay away from fruit juice as it spikes blood sugar... you want the fibre from fruit that isn't squished!





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