5 Breakfast Ideas You Can Put On Repeat

For Successful Women With Decision Fatigue

Hit Your Goals, Simplify Your Mornings

Tired of breakfast indecision? Streamline your mornings with these five simple, delicious, and repeatable breakfast ideas. Stay on track with your calorie, protein and fiber goals without the daily brain drain.

1. Monte Cristo Breakfast Sandwich

- Thomas Multi-Grain Lite English Muffin
- 175 g egg whites
- 35 g. thin sliced deli ham
- 1 slice Swiss cheese
- 100 g raspberries
- 1 T reduced-sugar strawberry jam
- 10 g powdered sugar
- 50 calories from your favorite fruit

Toast English Muffin. Spread strawberry jam on each half. Mash raspberies and place on top of jam. Top each half with 1 slice of ham and ½ slice of Swiss cheese. Cook egg whites like an omelet, then cut in half. Place one half on top of each English Muffin. Let sit for a minute so the Swiss cheese melts. Dust lightly with powdered sugar. Eat open-faced. Serve wtih a Golden Kiwi, half a grapefruit, apple or banana (or your favorite fruit)

453 calories/ 35 g protein/ 14 g fiber

2. Oatmeal + Egg Scramble

- 45 g Old Fashioned Oatmeal
- 60 g Almond Milk
- 75 g blueberries
- 75 g raspberries
- 150 g egg whites
- 1 large egg
- 6 g reduced fat shredded cheese
- 25 g thin sliced deli turkey meat

Place Old Fashioned Oatmeal in a microwave safe bowl. Barely cover with water and microwave for 2 minutes 15 seconds. Add milk and stir. Top with berries.

Combine egg whites, eggs, cheese and turkey in a frying pan. Season and scramble.

446 calories/ 35 g protein/ 10 g fiber

3. Protein Pancake

- 50 g Kodiak Power Cakes
- 65 g egg whites
- 160 g vanilla greek yogurt
- 50 g blueberries
- 75 g strawberries
- 100 g raspberries
- 20 g buttery syrup

Preheat skillet. Combine Kodiak Power Cakes, egg whites and greek yogurt in a bowl and mix. Pour desierd size and cook. Top with berries and syrup. You can use any combination of berries to equal 225 grams. You can also replace the syrup with a no-sugar or low-sugar option that equals 40 calories.

447 calories/ 35 g protein/ 14 g fiber

4. Grab-and-go Breakfast

- 1 Fairlife protein shake
- 2 slices Dave's Killer Bread
- 8 g butter
- 50 g favorite fruit

Toast and butter bread. Grab your protein drink and favorite fruit and out the door you go.

450-500 calories/ 42 g protein/ 10+ grams of fiber
(Calories and fiber depend on your choice of fruit)

5. Strawberry Colada Smoothie + Toast

- 60 g lite coconut milk
- 1 scoop vanilla protein powder
- 100 g vanilla greek yogurt
- 100 g frozen strawberries
- 75 g frozen pineapple
- ½ tsp coconut extract
- 1 slice Dave's Killer Bread
- 4 g butter

Blend smoothie ingredients until smooth. If using fresh fruit, add ice cubes. Toast and butter bread.

448 calories/ 30 g protein/ 9 g fiber

Next Steps

Pick one or two of these you really love and put it on repeat. Enjoy a stress-free, nutritious breakfast every day!

Marla Hannig
NUTRITION & WEIGHT LOSS COACH