



METABOLISM 101: JUMPSTART YOUR METABOLISM EACH DAY WITH A HEALTHY BREAKFAST



Quick and Healthy Oatmeal

"This recipe is filling, nutritionally balanced, and full of fiber, so it keeps my hunger at bay with no need to eat for hours. The soy milk and syrup make it especially rich and satisfying. "

Ingredients

- 1 cup soy milk or water
- 1/2 cup old-fashioned oats
- 1/4 cup blueberries or raspberries
- 1 tablespoon maple syrup

Directions

1. Combine the milk or water and oats in a medium saucepan over medium-high heat and bring to a boil. (Use more or less liquid to reach desired consistency.) Reduce the heat to low and simmer for 5 minutes.
2. Serve topped with the berries and maple syrup.

360 calories, 7 grams fat, 18 grams protein, 57 grams carbohydrate



Berry Wafflewich

"This little treasure will take you 1 minute to make and stoke your fire for hours"

Ingredients

- 1 whole wheat toaster waffle
- 1/2 tbsp peanut butter
- 1/4 C slightly crushed blueberries, blackberries, or raspberries

Directions

1. Prepare the waffle according to the package directions. Spread the peanut butter on the waffle. Cup the waffle in your hand, add the berries, then squeeze lightly. Think of it as a berry breakfast taco.

170 calories, 8 grams fat, 6 grams protein, 18 grams carbohydrates



Easy Breakfast Burrito

“Don’t save this one for the weekend- this protein rich ditty will fuel your brain and body.”

Ingredients

- 2 tbsp salsa
- 1/4 C shredded low-fat cheddar cheese
- 1/4 C fresh cilantro
- 1 large egg plus 4 large egg whites, beaten
- 1/2 C diced lean ham
- 1 large (8") whole-wheat tortilla

Directions

1. In a nonstick skillet coated with cooking spray, saute the diced ham over medium-high heat, just until the surface starts to brown. Place the cooked ham in the tortilla, then add more cooking spray to the skillet and scramble the eggs together with the cilantro. Add the eggs to the tortilla, top with the cheese and salsa, and fold.

345 calories, 9 grams fat, 48 grams protein, 25 grams of carbohydrate



One- Minute Cheesy Mushroom Scramble

Ingredients

- 3 eggs
- 1/2 cup presliced fresh mushrooms
- 1 ounce 2% shredded mozzarella
- 1 teaspoon pam cooking spray

Directions

1. Crack eggs into bowl. Whisk eggs to break yolks.
2. Add mushrooms and cheese.
3. Spray Pam on hot pan.
4. Add eggs. Cook and scramble until firm

293 calories, 19 grams fat, 28 grams protein, 3 grams carbohydrates

