

7 AWESOME BREAKFAST FOODS TO STOP CRAVINGS



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Starting off your day with a high protein diet will help reduce cravings later on...

Eating a protein-rich breakfast helps boost the levels of dopamine inside your brain which regulates food cravings and the amount of food you intake. Therefore, it takes more food for people who skip breakfast to feel rewarded... which can lead to overeating and weight gain.

If you want a healthy, fulfilling breakfast that will surely leave you feeling energized, then these protein packed breakfast options are perfect for you!



1. Vegetable Omelet

Eggs supply complete protein while a small amount of veggies gives you a fat-free, low-calorie boost of nutrition.

With its protein content, an omelet breakfast will feel more satisfying leading to feeling fuller longer, translating to a lower food intake throughout the day!

Mushroom and Tomato Omelet: Combine 4 egg whites with one egg and beat gently. Using a cooking spray, cook eggs in a non-stick pan. Once the egg begins to take form along the edges, add 1/2 cup low-fat cottage cheese, 1/2 cup sliced mushrooms and 1/2 chopped tomato in the center of the omelet. Cook until eggs are set and fold over. CALORIES: 256; PROTEIN: 36 grams. **This recipe can also add peppers, onions, and spinach too!*

2. Eggs Baked in Avocado



Although avocados are high in fat content, they are also nutrient packed and a great way to add healthy fat to your diet.

Avocados have a higher percentage of protein than other fruit, about 4 grams.

Providing essential nutrients, eggs are extremely delicious and an excellent source of protein.

Baked Eggs and Avocado: Cut the avocado in half and remove the pit, scrape out the center to accommodate a small/medium egg. Season the avocado halves with salt and place on a baking sheet. Fill each halved avocado with one egg. Bake 15 minutes, or until each half is set. Remove from oven, allow to cool, slightly 5 minutes, then sprinkle with freshly ground black pepper and garnish with salsa. CALORIES: 212.3; PROTEIN: 7.4 grams. **This recipe can also add freshly chopped chives, or sprinkle with bacon bits on those cheat days!*

3. Apples with Peanut Butter



Peanut butter is a great fiber filled, protein packed treat that suppresses hunger. And of course, we all know apples are one of the healthiest foods to eat!

Foods high in fiber help to fill you up (and keep you regular ;)), which is exactly why this fiber filled mix is perfect to help start your morning.

Peanut Butter and Fruit: Slice up a bowl full of your favorite fruits, place a few scoops of peanut butter on top and Enjoy! 2tbsp. of peanut butter is equal to; CALORIES: 188; PROTEIN: 8 grams. **Enjoy this recipe with a drizzle of honey!*

4. Cottage Cheese



Cottage cheese is heavy on protein and light on artery-clogging fat! One cup of cottage cheese has 23 grams of protein.

This delicious treat is low in cholesterol, a good source of riboflavin, vitamin B12, phosphorus and selenium and a very good source of protein.

Cinnamon Cottage Cheese with Sliced Apples: Sprinkle $\frac{3}{4}$ cup nonfat or low-fat cottage cheese with cinnamon and serve with 1 sliced apple for scooping. Adding a sprinkle of cinnamon helps jazz up the taste! CALORIES: 250; PROTEIN: 25 grams; FIBER: 5 grams.

**Mix in a variety of other fruits to add a new burst of flavor!*

5. Overnight Oats



The fiber content in oats can help to prolong the feeling of fullness after breakfast. Oats are an inexpensive nutritional powerhouse, with $\frac{1}{3}$ cup of plain oats containing 100 calories and 3.5 grams of protein.

Flax and Blueberry Vanilla Overnight Oats: In an individual food storage container add (in order) $\frac{1}{2}$ cup rolled oats or quick oats, $\frac{2}{3}$ cup of water, $\frac{1}{2}$ cup low-fat vanilla Greek yogurt, 1tbsp. flax meal, and 1 baby pinch of salt. Do not stir, refrigerate overnight. In the morning, stir up the mixture, it should be thick and oats should be soft. Now top with blueberries, pecans, brown sugar and any of your favorite (healthy) goodies! CALORIES: 295; PROTEIN: 15.9 grams.

**Different oats affect the texture. If you want a thicker, chewier texture go with rolled oats, something softer and creamier, go with cooking oats!*

6. Greek Yogurt



Loaded with calcium and plenty of protein, this yogurt is both creamy and tangy. With nearly twice as much protein as regular yogurt, Greek Yogurt will keep you feeling full throughout your morning!

One of the better nutritional factors of Greek yogurt is that it is very low in sodium!

Greek Yogurt Breakfast Bowl: In a small skillet, toast 1 teaspoon of tandoori spice or curry powder, stirring, until very fragrant, about 2 minutes. Remove from heat, add ¼ cup of honey and stir. Now, divide 2 cups of 2% plain Greek yogurt among 4 bowls. Drizzle with spiced honey; top with ½ cup all-natural granola, 1 cup of fresh berries, 1 cup freeze-dried mango, pineapple and/or berries. Varnish with a few small sprigs fresh cilantro and serve! CALORIES: 227; PROTEIN: 11 grams. ** Makes 4 servings (serving size: ½ cup of yogurt, 1 tbsp. honey, ½ cup of fruit).*

7. Baked Salmon and Egg



This superfood is high in omega-3 fatty acids and is an excellent source of high-quality protein!

A 100 gram serving of salmon contains 25 grams of protein.

Eggs are an excellent source of choline and a good source of high-quality protein, vitamin B12, phosphorus and riboflavin!

Paleo Salmon Bake: Preheat oven to 350 degrees. Grease the bottom of your baking dish with 1tbsp. of coconut oil. Rinse 1 salmon fillet (4-5oz) under cold water and pat it dry. Then place it flesh up in your baking dish. Dot the top of the salmon fillet with a small amount of coconut oil. In a small bowl mix your 1 tsp. dried thyme, ½ tsp. garlic powder, 2 tsp. dried dill and salt and pepper. Mix it all up. Sprinkle a thin layer over your salmon fillet, bake in the oven for 15-20 minutes or until your salmon is cooked to your liking. Serve with either a fried egg or poached egg on top! CALORIES: 274; PROTEIN: 22.05 grams.

**Serve with steamed or fresh spinach for an extra pop of protein.*

About the Author:

Hunter Grindle, Owner and Head Trainer of Hybrid Fitness Systems, runs a private studio out of Owls Head, Maine. He specializes in helping women lose weight using sustainable, up to date, safe methods. His unique training philosophy includes the combinations of High-Intensity Interval Training and Strength Training.

You can find more of his training programs at:

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