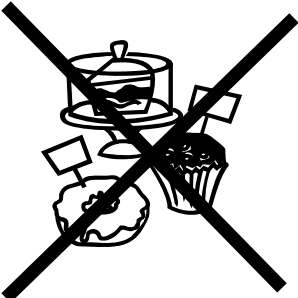


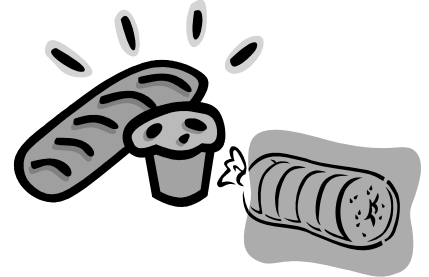
Breakfast in a Minute

Three reasons to eat a healthy breakfast

1. **Increased cognition (focus and memory)**
2. **Higher energy levels throughout the day, especially at practice**
3. **Eating breakfast helps you reach your weight goal: whether you want to maintain, lose or gain weight.**



Ingredients of a healthy breakfast
Protein, a little fat, complex carbohydrate, low sugar, fruit



Poor Choices Simple carbs like donuts, pastries, white and refined flour. White flour breads, little or no protein.

BEST Choices Complex carbs like whole grain breads, cereals, and oatmeal. Eggs, protein powder, yogurt, or milk, and a piece of fruit.

Breakfast in under a minute: 6 healthy choices

1. **Meal replacement bar** (not the best choice because bars have low complex carbohydrate content)
This is not the best choice because bars are usually low in the complex carbohydrates you need for energy. But they are better than nothing. They are least expensive if you buy them in bulk. Choose a bar that has high protein and low sugar content. Good brands include: Powerbar Proteinplus®, Balance, Clif Builders®, and Promax®.
2. **Orange protein shake, low sugar whole grain muffin, fruit**
Mix one scoop of protein powder in with 16 fl oz of orange juice. Use a container with a lid so you can shake it and then drink it on the go. When you choose a whole grain muffin, make sure it is low in sugar (8g is good). There are a lot of protein powder brands to choose from. Choose one that has a low sugar content (2g or less per serving), and minimal artificial ingredients. Some good brands include: Jay Robb®, Designer Whey®, and MRM Whey Protein®.
3. **Milk chocolate protein shake, low sugar whole grain muffin or toast, fruit**
Mix 1/2 scoop of protein powder in 16 fl oz of lowfat milk. As mentioned above, put it in a container with a lid. Grab a whole grain or bran muffin and a piece of fruit and you are ready to go!
4. **Egg and cheese sandwich, fruit**
First, crack an egg into a microwave safe round dish. Cover it and heat on high for 45 seconds. It will make some loud noises as it cooks, but don't worry, that is normal. When it is done, the egg will come out easily with a fork. Sandwich the egg and some lowfat cheddar cheese between two pieces of whole wheat bread. The hot egg will melt the cheese. Grab a piece of fruit and you are ready to go. You can also cook several eggs ahead of time to make this faster. If you are using pre-cooked eggs, heat as a sandwich with the cheese for 25 seconds.
5. **Boiled eggs, low sugar bran muffin, fruit (eggs require preparation in advance)**
Boil eggs ahead of time and store in fridge already peeled. When you are ready to go in the morning grab a couple of boiled eggs, put them in a zip lock bag, add a little salt to taste, and zip it up. Grab a muffin, a piece of fruit, and head for the door. You can easily eat this on the go because the mess is in the bag.
6. **Peanut butter and banana sandwich on whole wheat bread, yogurt**

You know how to make a peanut butter and jelly sandwich, right? Well, instead of jelly, use fresh fruit, and make sure to use whole wheat bread. The yogurt adds protein and much needed calcium. Drinkable yogurt is easy to take on the go.

Nutrition content and other info is at www.scarfitness.com in the blog titled "Breakfast in a minute"
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