

Top 5 breakfasts for weight loss

Creamy chocolate and peanut butter protein smoothie

- 1 small frozen banana
- 1 serving vanilla protein powder (brown rice-based preferred)
- 1 tbsp (15 mL) natural peanut butter
- 1 tbsp (5 mL) cocoa powder (optional)
- 1 cup (250 mL) unsweetened cashew, almond or coconut milk
- Handful of crushed ice

Blend all ingredients together, pour into a glass and enjoy.

Per serving: 296 calories, 12.5 g fat, 27 g carbohydrates, 22 g protein

Good morning parfait

Serves: 1

- 1/2 cup (125 mL) Greek yogurt
- 1/2 cup (125 mL) fresh berries, mixed
- 12 almonds
- 1 tbsp (15 mL) ground flaxseed

Place yogurt in a bowl and top with berries, almonds and flaxseed.

Per serving: 261 calories, 13 g total fat, 20 g carbohydrates, 20 g protein

Oatmeal egg-white pancake

Serves: 1

- 1/2 cup (125 mL) of slow cooking oatmeal
- 3 large egg whites
- 3/4 cup (175 mL) water
- Coconut sugar or cinnamon, for sprinkling

Cook oatmeal as directed on package (can be cooked night before).

Add egg whites to cooked oatmeal and stir with a fork.

Heat omelet-size non-stick pan over medium-high heat. Pour in mixture and cook until top is golden brown with bubbles, and then carefully flip pancake over. When bottom is browned, remove pancake from pan and sprinkle lightly with coconut sugar or cinnamon.

Per serving: 240 calories, 2 g fat, 17 g protein, 37 g carbohydrates

High-fibre cottage cheese crunch

Serves: 1

- 1/2 cup (125 mL) cottage cheese (1% MF) or yogurt (any flavour)
- 1/2 banana, sliced
- 1/2 cup (125 mL) high-fibre cereal (i.e. All-Bran)

Top cottage cheese with banana slices and cereal.

Per serving: 242 calories, 2 g fat, 53 g carbohydrates, 18 g protein

One-minute applesauce and flax muffin

- 1/4 cup of ground flax meal
- 1 tsp baking powder
- 2 tsp cinnamon
- 1 1/2 tsp applesauce
- 1 tsp coconut oil
- 1 egg
- 1/2 tsp of raw cane sugar or coconut sugar

Place the ingredients into a mug, stir and put it in the microwave for 1 minute.

Allow to cool, flip mug over onto a plate and cut in half.

Butter with 1 tsp of apple butter or add 1 tbsp of Greek yogurt on top and enjoy!

Time-saver trick: Mix dry ingredients the night before and in morning simply add applesauce, coconut oil and egg, stir, microwave and enjoy!

Per serving: 264 kcal, 15g fat, 27g carbohydrate, 12g protein