

HIGH PROTEIN

BREAKFAST

OPTIONS



ARE YOU TIRED OF HAVING BORING BREAKFASTS OPTIONS BEFORE YOU RUSH TO CLASS?

BREAKFAST CAN OFTEN BE OVERLOOKED AS A BUSY STUDENT, BUT PROPERLY FUELING WITH PROTEIN IN THE MORNING CAN PROVIDE YOU WITH A

SOLID FOUNDATION OF NUTRIENTS FOR YOUR DAY'S SUCCESS!

OVERNIGHT OATS

NIGHT PREP

ADDITIONAL INFO:

OTHER PROTEIN TOPPINGS YOU COULD TRY:

- PEANUT BUTTER OR OTHER NUT BUTTERS
- GRANOLA
- MIX IN YOUR FAVORITE PROTEIN POWDER

PROTEIN CONTENT OF EACH INGREDIENT IN ONE SERVING:

- YOGURT- 11.8 G
- OATS- 6.3 G
- MILK (WHOLE)- 1.2 G
- CHIA SEEDS- 1.1 G
- MIXED BERRIES- 0.3 G
- ALMONDS- 2.0 G

PREP TIME: 5 MINUTES

IDLE TIME: ALLOW TO REST IN FRIDGE FOR AT LEAST 1 HOUR, BUT IDEALLY OVERNIGHT

SERVING SIZE: (3) 1 AND 1/4 CUP SERVINGS

INGREDIENTS:

- 12 OZ HIGH-PROTEIN NON-FAT GREEK YOGURT
- 3/4 CUP OLD FASHIONED ROLLED OATS
- 1/2 CUP MILK, ANY KIND
- 2 TBSP CHIA SEEDS
- 2 CUPS MIXED FRUIT OR BERRIES, FRESH OR FROZEN
- 1/4 CUP SLICED ALMONDS

MACRO NUTRIENTS PER SERVING:

CAL: 470
PRO: 23 G
CARB: 33 G
FAT: 12 G

INSTRUCTIONS: ADD THE YOGURT, OATS, MILK, AND CHIA SEEDS TO A CONTAINER. MIX TOGETHER WELL. ADD FRUIT AND THEN ALMONDS ON TOP OF THE YOGURT MIXTURE. FEEL FREE TO PLAY AROUND WITH THE TOPPINGS TO CUSTOMIZE THIS RECIPE. PUT IN FRIDGE FOR AT LEAST ONE HOUR BEFORE EATING.

[LINK TO RECIPE](#)



SOUTHWEST BURRITO

MEAL PREP



PREP TIME: 20 MINUTES

COOK TIME: 5 MINUTES

YIELD: 6 BURRITOS

INGREDIENTS:

- 6 CUPS BABY SPINACH, FRESH
- 15 OZ BLACK BEANS, CANNED, RINSED, DRAINED
- 6 EGGS, SCRAMBLED
- 1/4 CUP FETA CHEESE
- 1/2 CUP SALSA OR PICO DE GALLO
- 6 TBSP PLAIN GREEK YOGURT
- 6 WHOLE WHEAT TORTILLA

MACRO NUTRIENTS:

CAL: 423
PRO: 25 G
CARB: 37 G
FAT: 15 G

INSTRUCTIONS:

1. SCRAMBLE EGGS ACCORDING TO PERSONAL PREFERENCE
2. IN A LARGE SKILLET OVER MEDIUM HEAT, ADD BLACK BEANS AND SPINACH AND COOK UNTIL THE SPINACH IS WILTED.
3. EVENLY DISTRIBUTE EGGS, SPINACH, AND BEA MIXTURE IN THE MIDDLE OF THE TORTILLA
4. ADD FETA CHEESE, GREEK YOGURT, AND SALSA
5. WRAP THE TORTILLA AND ENJOY!

[LINK TO RECIPE](#)

TIPS:

1. Protein: yogurt, cottage cheese, soy milk or tofu
2. Carbohydrate, sweet source: fruits, whole fruit juice or dates
3. Fat source, creamy factor: ginger

10 MINUTES

MANGO SMOOTHIE

PREP TIME: 10 MINUTES
COOK TIME: 0 MINUTES
YIELD: 2.5 CUPS

INGREDIENTS:
1 FROZEN BANANA, RIPE FOR SWEETNESS
1 CUP FROZEN STRAWBERRIES
1 CUP FROZEN MANGOS
1 CUP FAGE GREEK YOGURT (2%)
2 TBSP GROUND FLAX SEEDS
¼ OF AN AVOCADO
1/4 TSP VANILLA EXTRACT
1 TBSP HONEY
1 TBSP WATER

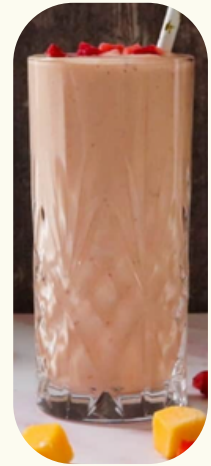
MACRO NUTRIENTS:
CAL: 660
PRO: 32.5 G
CARB: 86 G
FAT: 18 G

INSTRUCTIONS: BLEND FROZEN FRUIT TOGETHER FIRST. THEN ADD YOGURT AND BLEND UNTIL SMOOTH. ADD THE REST OF THE INGREDIENTS AND BLEND. TOP WITH ANY DESIRED GRANOLA, SEEDS, OR HONEY.

[LINK TO RECIPE](#)

TIPS:

1. Protein: yogurt, cottage cheese, soy milk or tofu
2. Carbohydrate, sweet source: fruits, whole fruit juice or dates
3. Fat source, creamy factor: avocado, coconut oil or nut butters
4. Extra protein additives: chia seeds, hemp heart, flax seeds or pumpkins seeds
5. Leafy greens: spinach, kale or arugula
6. Extra flavors: ginger, lime, lemon, mint, vanilla or unsweetened cocoa powder
7. Superfoods: berries, turmeric or ginger



MORE PROTEIN



Plant Sources:

- Black Beans (15g/cup)
- Lentils (18g/cup)
- Quinoa (8g/cup)
- Brown Rice (6g/cup)
- 1 Scoop Whey Protein Supplement (23g/scoop)
- Nut Butter (8g/2 TBSP)
- Seeds (6-9g/0.25 cup)
- Tofu (10g/0.5 cup)
- Soy Milk (8g/cup)
- Almonds (6g/20 nuts)
- Peanut Butter (8g/2 TBSP)

Animal Sources:

- Red Meat (25g/3 oz)
- Chicken (25g/3 oz)
- Turkey Deli Meat (~24g/3 oz)
- Eggs (6g/egg)
- Milk (8g/cup)
- Greek Yogurt (20g/cup)
- Yogurt (12g/cup)
- Salmon (16g/3 oz)
- Parmesan Cheese (11g/1 oz)
- Cottage Cheese (27g/cup)
- Whey protein (21g/ scoop)

SHOOT FOR 25-30 GRAMS OF PROTEIN

• <https://www.healthline.com/nutrition/high-protein-foods>

BIOS

HOLLY

Holly is a senior in the USU Dietetics program. After graduating this spring, she plans on finishing her Dietetic internship and completing a Master Degree through USU. Holly grew up in Southern Utah and loves anything to do with camping, dirt biking, farming, and the beautiful desert scenery. She enjoys reading, cleaning, and listening to classical music. Holly hopes to make a difference in the community by helping others improve their relationship with food while guiding them to find a personalized, sustainable, and joyful way of nourishing their unique and beautiful body.

CARSON

Carson is a senior in the Utah State University Dietetics program. He is planning to pursue a Masters degree in Public Health upon completion of his Bachelor's degree. Carson is originally from Illinois but has lived in Utah for 4 years. In his freetime, Carson enjoys spending a lot of time outdoors. You'll find him in the mountains hiking, camping, or backpacking throughout the summer. Carson is looking forward to entering the world of public health to hopefully assist in understanding and improving health disparities throughout the nation.

JINJER

Jinjer is a Senior in the Utah State University Dietetics program. She is planning to pursue a Masters Degree through USU before becoming a Registered Dietitian Nutritionist. Jinjer is hoping to enter the clinical field as a diabetes educator. She was raised in River Heights, Utah and enjoys any summer activity! In particular, she loves kayaking, boating, hiking, and vacationing with her family and friends. Jinjer is looking forward to the opportunity to advocate for a happy society by helping people care for their mental, emotional, and physical health through nutrition.