

# BREAKFAST

## 24 DAY CHALLENGE

### OPTION 1

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½ cup liquid egg whites  
1 whole egg  
1/3 cup quick or steel-cut oats  
½ cup blueberries or strawberries  
Cinnamon to taste  
Calories: 350, Fat: 7.5g,  
Carbs: 22g, Protein: 30

### OPTION 2

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2 slices turkey bacon  
¾ cup liquid egg whites  
1 wrap (whole wheat or low carb)  
or 2 slices grain bread  
1 cup mix or bell peppers, onions,  
tomatoes  
Calories: 350, Fat: 4g,  
Carbs: 22g, Protein: 30g

### OPTION 3

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1/3 cup oats (cinnamon to taste)  
1 serving protein powder of  
choice.  
1 tbsp natural nut butter  
½ cup melon or pineapple

### OPTION 4

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6oz non-fat Greek yogurt  
2 slices of whole  
grain/wheat bread  
½ medium apple  
¼ cup crushed walnuts  
Calories: 300, Fat: 25g,  
Carbs: 30g, Protein: 20g

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## 24 DAY CHALLENGE

### OPTION 5

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½ cup liquid egg whites  
3 oz lean sirloin 1 cup bell peppers  
1 low carb or wheat wrap  
Calories: 350, Fat: 6g,  
Carbs: 30g, Protein: 35g

### OPTION 6

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6 oz non-fat Greek yogurt  
1/3 cup oats  
¼ cup crushed almonds  
½ cup sliced strawberries  
Calories: 350, Fat: 18g,  
Carbs: 30g, Protein: 20g

### OPTION 7

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½ cup liquid egg whites 1 whole egg  
2 whole grain waffles  
¼ cup blueberries  
1 tbsp real maple syrup  
Calories: 376, Fat: 10g,  
Carbs: 30g, Protein: 25

### OPTION 8

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½ cup 1% fat, low salt cottage cheese  
½ cup mixed berries  
2 whole grain waffles  
1 tbsp natural nut butter (peanut butter)  
Calories: 420, Fat: 10g,  
Carbs: 38g, Protein: 26g