

EASY BREAKFAST IDEAS

Starting off right will set you on a good path for the rest of the day. Break the overnight fast with these high fat, low carb foods that are easy to find and prepare.

PROTEIN

FAT

NET CARBS

NO CARBS



Eggs
(hardboiled, 2 eggs)

12 10 0



Flax Seeds
(2 tbsp)

4 10 0



Pork Bacon
(3 med. slices)

12 12 0



Pork Sausage
(100g, cooked)

12 28 1



Smoked Salmon
(100g)

18 4 0



Turkey Bacon
(3 med. slices)

9 9 1.5

LOW CARBS



Avocado
(small)

3 21 3



Blackberries
(1/2 cup)

1 0.4 3.5



Chia Seeds
(2 tbsp)

4 8 2



Cottage Cheese
(1/2 cup, whole milk)

12 5 5



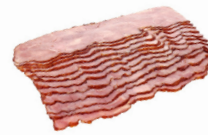
Plain Greek Yogurt
(100g, whole milk)

12 72 16



Raspberries
(1/2 cup)

0.7 0.4 3.5



Turkey Bacon
(3 med. slices)

9 9 1.5



White Mushrooms
(1 cup, cooked)

4 0.3 2

AVOID



Cereal



Bagels & Bread



Juice



Flavored Yogurt



Egg Whites