

10 *Me*[®] Fat-Loss Breakfast Meals

Eat For Your Me Type



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- Although these recipes say egg whites, the yolk is full of healthy stuff and we recommend you eat them at your tolerance level.
- The same goes for fat, choose full fat, coconut oil, or butter based on your tolerance. (Fat is healthy, but not always fat-loss friendly for everybody)

1. Eggs Whites & Oats: Start your day off with a protein and complex carbohydrate breakfast to keep you fueled and full. Cook the eggs and oats separately.

Ingredients	Directions
<ul style="list-style-type: none"> • 4-5 egg whites* • ¼ -1/3 cup oat bran • Stevia (optional) • Cinnamon (optional) 	<ol style="list-style-type: none"> 1. Spray cooking pan with natural cooking spray 2. Cook egg whites 3. Add water to desired consistency to oat bran 4. Microwave/ cook on stove 5. Add stevia and cinnamon to taste

2. Protein Smoothie: Don't have time to sit? No worries this liquid breakfast will fill you up on the run.

Ingredients	Directions
<ul style="list-style-type: none"> • 1 scoop protein powder • 8 oz. unsweetened almond milk • Fruit of choice: ½ cup berries or ½ banana • Ice 	<ol style="list-style-type: none"> 1. Place all ingredients in blender 2. Blend until smooth 3. Pour in cup and enjoy!

3. Paleo Cereal: The perfect way to start off your morning! Packed with healthy fats to keep you fueled throughout the morning!

Ingredients	Directions
<ul style="list-style-type: none"> • ½ c Almonds • ½ c Cashews • ¼ c Walnuts • ¼ c Coconut slices • ¼ c Dried cranberries 	<ol style="list-style-type: none"> 1. Mix together ingredients 2. Store in a sealed container 3. Makes 5 servings, 1 serving is 1/3 cup

4. **ME Breakfast Sandwich:** A great breakfast when you are in a hurry, and a whole lot better for you than the drive through!

Ingredients	Directions
<ul style="list-style-type: none"> • 2 slices ME approved bread • 4 egg whites • Optional: spinach, tomato, onion 	<ol style="list-style-type: none"> 1. Toast bread in toaster 2. Cook eggs like an omelet 3. Cut veggies if using 4. Create a sandwich with ingredients and enjoy!

5. **Egg white omelet and berries:** Nothing beats a huge omelet, this is sure to fill you up!

Ingredients	Directions
<ul style="list-style-type: none"> • 6-8 egg whites* • *Include yolks based on your tolerance and results • ¼ cup low-fat shredded cheese • Veggies of preference • ½ cup berries 	<ol style="list-style-type: none"> 1. Spray cooking pan with natural cooking spray 2. Cook veggies 3. Add in eggs then cheese 4. Enjoy

6. **ECB (Eggs, Canadian Bacon, Berries):** Yes, that says bacon!

Ingredients	Directions
<ul style="list-style-type: none"> • 4-5 egg whites* • *Include yolks based on your tolerance and results • ¼ -1/3 cup berries • 2 pieces of Canadian Bacon 	<ol style="list-style-type: none"> 1. Spray cooking pan with natural cooking spray 2. Cook egg whites 3. Add water to desired consistency to oat bran 4. Microwave/ cook on stove 5. Add stevia and cinnamon to taste

7. **ME Cereal & Berries:** These aren't your average cereals, they are packed with fiber and protein.

Ingredients	Directions
<ul style="list-style-type: none"> • 1 serving of an ME Approved Cereal • ½ cup Berries: strawberries, raspberries, or blueberries • Unsweetened Almond Milk 	<ol style="list-style-type: none"> 1. Measure out cereal 2. Pour milk to desired level 3. Add in your favorite berries 4. Enjoy!

8. **No Fat/Low Fat Cottage Cheese or Greek Yogurt Berries:** Dairy is packed with calcium and protein, allow yourself to get some in.

Ingredients	Directions
<ul style="list-style-type: none"> • ½ - 1 cup of Cottage cheese • ½ cup Berries: strawberries, raspberries, or blueberries • 1 slice ME Bread 	<ol style="list-style-type: none"> 1. Measure out cereal 2. Pour milk to desired level 3. Add in your favorite berries 4. Toast the bread 5. Enjoy!

9. **ME French Toast:** A fat-loss spin on a weekend favorite!

Ingredients	Directions
<ul style="list-style-type: none"> • 2 pieces ME approved bread • 2 egg whites + 1 whole egg • Cinnamon & Xylitol 	<ol style="list-style-type: none"> 1. Spray pan with natural cooking spray 2. Whisk eggs in a bowl 3. Dip bread into batter 4. Cook bread in pan 5. Top with cinnamon and xylitol 6. Enjoy!

10. **Protein Pancakes:** Packed with protein and flavor but not the calories or sugar that you get from your local pancake diner!

Ingredients	Directions
<ul style="list-style-type: none"> • 1 scoop protein powder • 1/3 cup oat bran • 1-2 tablespoons unsweetened almond milk • 1 packet stevia • 2 egg whites • Dash vanilla extract 	<ol style="list-style-type: none"> 1. Mix all ingredients in a bowl 2. Heat pan on stove 3. Spray with natural cooking spray 4. Pour batter onto pan, flip to cook on both sides 5. Enjoy