

POWER BREAKFASTS

THESE SEVEN
MEALS ARE THE
SMARTEST WAYS
TO START THE DAY.

BY MALLORY CREVELING

1. Smoked Salmon Crackers

Spread 2 tbsp **hummus** on 2 **large Wasa whole grain crackers**. Add 1 **small tomato**, sliced, 1 **small cucumber**, sliced, and 3 oz **smoked salmon** on top. Sprinkle with a pinch of **pepper** and a little **lemon juice**.

268 CALORIES, 7 G FAT, 7 G FIBER,
23 G PROTEIN

“Packaged smoked salmon is a high-quality protein and rich in omega-3 heart-healthy fats. Tomatoes contain vitamin C and lycopene, and cucumbers supply some potassium. It’s a quick meal with lots of nutritional perks and no added sugar.”

Wendy Bazilian,
DrPH, RD, author of
Eat Clean, Stay Lean

2. Green and Blue Smoothie

Toss 1 cup **fresh or frozen blueberries**, ½ cup **kefir or low-fat plain yogurt**, ½ cup **chopped or baby kale**, ½ cup **mint leaves**, ½ **banana**, ½ cup **pumpkin seeds** and 2 **ice cubes** into a high-speed blender. Add cold **water** to reach desired texture.

320 CALORIES, 13 G FAT, 7 G FIBER,
11 G PROTEIN

“It’s really important to have protein, fat and minerals in the morning to help you wake up and think clearly. Seeds are a terrific source of all three. Kale is also nutrient-dense, with magnesium, vitamin C and folate, and berries have disease-fighting antioxidants.”

Drew Ramsey, MD,
assistant clinical professor
of psychiatry at Columbia
University and author of
Eat Complete

3. Veggie Egg Scramble

Scramble 1 **egg**, 2 **egg whites**, ½ cup **veggies like broccoli or zucchini** and ¼ cup **Swiss or mozzarella cheese** and cook in a skillet over low heat. Serve with 1 cup **milk** and 1 cup **strawberries or other berries** on the side.

371 CALORIES, 12 G FAT,
5 G FIBER, 39 G PROTEIN

“Eggs provide a complete protein, which leaves you satisfied through the morning and may keep you from snacking on junk food later on. A scramble is a great way to get greens too. I make this dish at night, as I’m packing lunches, and reheat in the microwave when I wake up.”

Tanya Altmann, MD, California-based
pediatrician and author of *Mommy Calls*



4. Egg, English Muffin, Nut Butter and Fruit

Grab 1 **hard-boiled egg**, made the night before. Spread 1 tbsp **peanut or almond butter** on 1 **whole wheat English muffin**, halved. And finish it off with 1 **kiwi, apple or pear**.

371 CALORIES, 14 G FAT, 10 G FIBER, 16 G PROTEIN



“The combination of fiber and protein supplies staying power and satiety. Plus eggs are a top source of choline, an important nutrient for memory and learning.”

Susan Mitchell, PhD, RDN, Family Circle Health Advisory Board member

“Protein from the chia seeds and milk stabilizes blood sugar levels while helping boost concentration and energy. Omega-3s in the seeds are also great for heart and brain health.”

Tasneem Bhatia, MD, author of *What Doctors Eat*



5. Chia Seed Pudding

Whisk ¼ cup **white chia seeds**, 1 to 1½ cups **unsweetened almond or coconut milk**, ½ tsp **vanilla** and 1 tbsp **honey**. Refrigerate overnight in a covered container. In the morning, add 1 **banana**, sliced.

353 CALORIES, 13 G FAT, 4 G FIBER, 9 G PROTEIN



6. Overnight Oats

Combine ½ cup **rolled oats** (not instant), ¼ cup **plain low-fat yogurt or kefir** and ¼ cup **water**, put in an insulated mug and refrigerate overnight. In the a.m., add ¼ cup **shredded unsweetened coconut**, ¼ cup **dried cherries** and a pinch of **nutmeg**. Enjoy cold.

317 CALORIES, 10 G FAT, 6 G FIBER, 10 G PROTEIN



“You’ll consume a good mix of protein, healthy fats, complex carbs and antioxidants. Oatmeal also assists the brain in producing the feel-good chemical serotonin, which keeps you happy throughout the day.”

Keri Glassman, RD, founder of nutritiouslife.com and author of *The New You (and Improved!) Diet*

“This meal is a good balance of complex carbohydrates, fiber and healthy fat. It’s also packed with protein—a key nutrient for breakfast that keeps weight under control and helps muscles recover after an early morning workout.”

Alissa Rumsey, RD, certified strength and conditioning specialist and spokesperson for the Academy of Nutrition and Dietetics



7. Avocado and Egg Toast

Mash ½ **avocado** and mix with ½ tsp **olive oil** and ½ tsp **balsamic vinegar**. Spread the avocado mixture on 1 **slice 100% whole-grain bread**. Top with 2 **eggs**, cooked sunny-side up.

348 CALORIES, 25 G FAT, 7 G FIBER, 15 G PROTEIN

Whether you make these morning meals or have your own go-to healthy dish, we want to know! Take a photo of your food and share it on social media using #MYPowerBreakfast. Don't forget to tag @FAMILYCIRCLEMAG!