

BREAKFAST: START FUELED

Simple combinations for early training, class, work, and busy mornings.

Breakfast restores energy after the overnight fast and makes it easier to meet the demands of training and the rest of your day. Build from what sounds good and what your stomach tolerates.

The breakfast formula

CARBOHYDRATE	PROTEIN	COLOR	FLUID
oats, cereal, bread, tortilla, fruit	eggs, yogurt, milk/soy, cottage cheese	fruit or vegetables	water, milk/soy, smoothie

Mix-and-match ideas

IN A BOWL •Oatmeal + milk/soy milk + banana + nut butter. •Cereal + Greek yogurt + berries. •Cottage cheese + fruit + granola. •Microwave eggs + toast + fruit.	ON A PLATE •Eggs + whole-grain toast + fruit. •Waffles + yogurt + berries. •Breakfast burrito with eggs, beans, cheese, and salsa. •Nut-butter toast + banana + milk/soy milk.
GRAB + GO •Peanut butter and jelly + milk/soy milk. •Smoothie + toast or a cereal bar. •Hard-boiled eggs + cereal + fruit. •Yogurt drink + granola bar + banana.	ORDER OUT •Egg-and-cheese sandwich + fruit. •Oatmeal + nuts + fruit + milk. •Yogurt parfait + granola. •Bagel with egg/cheese or nut butter + fruit.

Training soon: If a full meal feels uncomfortable, choose a smaller, familiar carbohydrate-rich option and limit fat/fiber as needed. Follow training with breakfast or a recovery snack.



Kristen P. Hamilton, DCN, RDN, CSSD

www.sisusystems.com

Accepts Cigna, UnitedHealthcare, Anthem BCBS, Aetna, and Sentara

BOOK ONLINE

