



# Build a *Better* Breakfast

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# WELCOME

You've heard that breakfast is the most important meal of the day... and there's a very simple reason why:

**Breakfast sets the stage for how you will feel... mentally, physically, and emotionally... all day long!**

Have you ever noticed how the right breakfast can keep you energized and satisfied for hours, while the wrong one leaves you hungry, tired, bloated, and reaching for snacks an hour later?

This guide will break that down for you AND show you how to build simple, delicious breakfasts that check all the right boxes, so you can start strong and keep that energy rolling.

*Let's get building!*

*Lynn B*

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# WHY *Breakfast* MATTERS

It helps to think about breakfast as your springboard into the rest of your day.

## A healthy breakfast:

- Puts your brain and mindset on notice that you're showing up for your health and fitness today.
- Provides steady fuel that helps you stay focused and energized, so you can power through work, workouts, and everything in between.
- Helps keep you satisfied and reduces cravings.

When you start your day with the right foods, you're not just fueling your body... you're shaping your outlook.



# WHAT MAKES A BETTER *Breakfast*?

A great breakfast doesn't have to be complicated. The key is combining foods that work together to keep you **full, fueled, & balanced**.

Here's what the best breakfasts include:



## Protein

Eggs, Greek yogurt, cottage cheese, protein powder, tofu, turkey sausage



## Fiber

Oats, whole-grain bread, chia seeds, berries, leafy greens



## Healthy Fat

Nut butter, avocado, nuts, seeds, olive oil



## Produce Power

(your favorite fruits or veggies)  
Berries, spinach, peppers, apples, zucchini

# YOUR SIMPLE *Breakfast* FORMULA

Think of it this way:



**PROTEIN + FIBER + HEALTHY FAT + PRODUCE  
= A BETTER BREAKFAST**

## Example:

Scrambled eggs (protein) + spinach (produce) + avocado (healthy fat) + whole-grain toast (fiber).

This simple formula works whether you're cooking at home or grabbing something quick on the go.



# THE *Breakfast* BREAK DOWN

## Protein: The Powerhouse

Protein is the most satisfying macronutrient because it helps you feel full and stay full. It also plays a crucial role in:

-  **Muscle repair and growth**  
Especially important if you're active.
-  **Steady energy**  
Protein slows digestion, preventing big blood sugar spikes and crashes.
-  **Metabolism support**  
Your body actually burns more calories digesting protein compared to carbs or fat.



Adding protein at breakfast helps you start your day on solid footing so you're less likely to snack mindlessly mid-morning.



*Pro tip:*

Try to get at least 20–30 grams of protein at breakfast to keep you full and fueled until your next meal.

## Fiber: The Filler-Upper

Fiber is like your body's natural traffic controller:

- **Keeps you feeling satisfied** by slowing digestion.
- **Supports gut health** by feeding beneficial bacteria.
- **Balances blood sugar** by preventing the crash-and-crave cycle.

Most people don't get nearly enough fiber, so making it part of your breakfast is an easy win. Think oats, chia seeds, veggies, and whole grains.

### Daily Fiber Recommendations



#### Women:

About 25 grams per day



#### Men:

About 38 grams per day

(Aim to get a good portion of this at breakfast to set yourself up for success!)



#### *Pro tip:*

Fiber works best when you're well-hydrated, so be sure to drink water throughout the day to keep your digestive system functioning smoothly.

# Feel-Good Fats: The Steady Energy Source

Not all fats are created equal. Healthy fats are essential for:

-  **Hormone production**  
Your body needs fat to make hormones that regulate energy, mood, and metabolism.
-  **Absorbing nutrients**  
Many vitamins (A, D, E, K) need fat to be properly absorbed.
-  **Long-lasting fuel**  
Fats slow digestion, keeping you satisfied longer.



The right fats (avocado, nuts, seeds, olive oil) make your breakfast more filling and more nutrient-dense.



### *Pro tip:*

Pair healthy fats with colorful produce to help your body absorb fat-soluble vitamins (A, D, E, and K) more effectively.



## Produce Power: Nature's Boost

Adding fruits or veggies at breakfast brings color, flavor, and a huge nutrient upgrade:

- **Vitamins and minerals** that support everything from immunity to brain function.
- **Antioxidants** that fight inflammation and protect your cells.
- **Extra fiber** that keeps digestion smooth and steady.



Whether it's berries in your oats, spinach in your eggs, or avocado on toast, produce makes your breakfast complete.



### *Pro tip:*

Mix up your colors! Different fruits and veggies provide different antioxidants and nutrients, so variety is the real superfood.



# BONUS *Breakfast* BOOSTERS

Want to take your first meal of the day to the next level?

- **Find Make-Ahead Options You Love:**  
Prep overnight oats, egg muffins, or smoothie bags ahead of time so breakfast is ready when you are.
- **Power Up With Extras:**  
Toss in spices (like cinnamon or turmeric), greens powder, or seeds for an extra nutrient kick.
- **Mix + Match:**  
Swap proteins, grains, or produce to avoid getting into a food rut!
- **Cultivate Old Faithfuls:**  
On the other hand, finding a few reliable breakfast choices and rotating through them can make life simple.



# Client Showcase



## Dan F.

"I was feeling a lack of challenge and physical motivation which made me feel weaker and more lethargic. I'm feeling stronger and have more energy to enjoy the other physical activities I enjoy."



## Nick R.

"I feel great and I'm looking forward to seeing more results! I was worried that I was too old or too broken to get back in shape but the coaches at CrossFit are amazing. They're always supportive and ready to offer a modification or alternative movement if needed. I have zero qualms about scaling my workouts to avoid injury and keep the positive momentum going!"

# 5 EASY BETTER *Breakfast* RECIPES

1

**Mix & Match Overnight Oats**

2

**Veggie-Packed Egg Muffins**

3

**High-Protein Smoothie**

4

**Avocado Power Toast**

5

**Cottage Cheese Bowl**



# MIX & MATCH OVERNIGHT OATS

*A simple, customizable breakfast you can prep the night before. Just mix, chill, and enjoy!*



## **Base:**

½ cup (45 g) rolled oats  
½ cup (120 mL) milk (dairy or non-dairy) or Greek yogurt

## **Protein Add-ins (choose one):**

1 scoop (30 g) protein powder  
½ cup (120 g) Greek yogurt  
½ cup (110 g) cottage cheese

## **Fiber + Produce (choose 1-2):**

½ cup (75 g) berries  
½ apple (75 g) or banana (100 g), diced  
¼ cup (30 g) grated zucchini

## **Healthy Fat (choose one):**

1 Tbsp nut butter  
1 Tbsp chia seeds  
1 Tbsp ground flax seeds

## **Flavor Boost (optional):**

½ tsp cinnamon  
½ tsp vanilla extract  
1 tsp (5 g) cocoa powder

**Servings:** 1

**Prep Time:** 5 minutes

**Chill Time:** At least 4 hours (overnight works best)

## **Nutrition (per serving, base recipe with milk + oats + fruit + seeds):**

Calories: ~350-400;

Protein: 20g;

Carbs: 40-50g;

Fiber: 8-10g;

Fat: 10-12g

*(Your exact numbers will depend on the protein, produce, and healthy fats you choose. Adding protein powder or Greek yogurt can boost protein to 30g or more.)*

## **Variations**

- PB & Banana: Peanut butter + banana + cinnamon
- Berry Bliss: Greek yogurt + mixed berries + chia seeds + vanilla
- Chocolate Zucchini: Protein powder + grated zucchini + cocoa powder + almond butter

In a jar or container with a lid, stir together the oats and milk (or yogurt). Add your chosen protein, fiber/produce, healthy fat, and flavor boosters. Stir well. Cover and refrigerate for at least 4 hours, or overnight. In the morning, give it a stir, add a splash of milk if needed, and enjoy cold.

# VEGGIE-PACKED EGG MUFFINS

*These protein-rich, grab-and-go muffins are perfect for busy mornings. Make a batch (or double it for even more!), store them in the fridge, and reheat for a quick breakfast all week long.*

- 6 large eggs (300 g total)
- 2 Tbsp (30 mL) milk (dairy or unsweetened non-dairy)
- 1 cup (100 g) chopped veggies (spinach, peppers, onions, mushrooms, etc.)
- ¼ cup (30 g) goat or feta cheese (optional)
- ¼ cup (40 g) diced turkey, ham, or chicken (optional)
- Pinch of salt & pepper

**Preheat oven to 350°F (175°C). Grease or line a muffin tin.**

In a medium bowl, whisk together the eggs and milk. Season with a pinch of salt and pepper. Stir in the chopped veggies, cheese, and turkey (if using). Pour mixture evenly into 6 muffin cups, filling about  $\frac{3}{4}$  full. Bake 18–20 minutes, or until eggs are set and tops are lightly golden. Let cool slightly, then pop out and enjoy warm — or store in an airtight container in the fridge for up to 4 days.



## Servings:

6 muffins (about 3 servings)

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

## Nutrition (per 2 muffins, base recipe with eggs, milk, veggies):

Calories: ~140;

Protein: 12g;

Carbs: 2–3g;

Fiber: 1g;

Fat: 9g

(Adding cheese or turkey will increase protein and calories slightly.)

## Variations

- Mediterranean: Spinach + feta + sun-dried tomatoes
- Southwest: Peppers + onions + salsa + cheddar
- Protein Boost: Extra turkey + mushrooms + mozzarella

# HIGH-PROTEIN SMOOTHIE

*A quick, customizable smoothie that delivers balanced nutrition in minutes. Perfect for busy mornings or post-workout fuel.*

- 1 scoop (30 g) protein powder
- or ½ cup (120 g) Greek yogurt
- 1 banana (100 g)
- or 1 cup (150 g) berries
- or 1 cup (30 g) spinach (mix & match)
- 1 Tbsp (16 g) nut butter
- or 1 Tbsp (12 g) chia seeds
- 1 cup (240 mL) milk, almond milk, or water
- Ice, as desired

Add all ingredients to a blender. Blend until smooth and creamy. Adjust liquid for your preferred consistency. Enjoy immediately!



**Servings:** 1

**Prep Time:** 5 minutes

## **Nutrition (per smoothie with protein powder, fruit, spinach, nut butter, almond milk):**

Calories: ~300–400;

Protein: 25–35g;

Carbs: 30–40g;

Fiber: 5–8g;

Fat: 8–12g

(Adjust ingredients to your needs: more fruit adds carbs, nut butter adds fat, and extra protein powder boosts the protein content.)

## **Variations**

- **Berry Blast:** Protein powder + mixed berries + chia seeds + almond milk
- **Green Glow:** Greek yogurt + banana + spinach + nut butter + water
- **Choco-Nut:** Chocolate protein powder + banana + peanut butter + milk

# AVOCADO POWER TOAST

*A satisfying breakfast that delivers protein, fiber, and healthy fats to keep you energized and focused.*

- 1 slice whole-grain bread (about 40 g)
- ½ medium avocado
- (about 60 g), mashed
- Squeeze of fresh lemon juice
- (about 1 tsp / 5 mL)

## **Protein topper (choose one):**

- 1 fried or poached egg
- ½ cup (115 g) cottage cheese
- 30 g smoked salmon
- Optional: 1 tsp (5 g) seeds (sunflower, hemp, or pumpkin) for crunch

Toast the bread to your liking. Mash avocado with lemon juice and spread evenly over toast. Add your chosen protein topper. Sprinkle with seeds for added crunch and nutrients. Serve immediately.



**Servings:** 1

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes (if adding egg)

## **Nutrition (per slice with ½ avocado and fried egg):**

Calories: ~280–320;

Protein: 12–15g;

Carbs: 25–30g;

Fiber: 6–8g;

Fat: 14–18g

(Swap in cottage cheese or smoked salmon for the egg if you want more protein variety.)

## **Variations**

- Mediterranean: Cottage cheese + tomato slices + sprinkle of oregano
- Smoked Salmon Deluxe: Smoked salmon + capers + fresh dill
- Classic Brunch: Poached egg + avocado + chili flakes

# COTTAGE CHEESE BOWL

*A creamy, protein-packed bowl you can customize with your favorite fruits and toppings. Great for a quick breakfast or post-workout refuel.*

- 1 cup (225 g) cottage cheese
- or Greek yogurt
- ½ cup (75 g) fruit (berries, pineapple, peaches, etc.)
- 2 Tbsp (20 g) high-fiber cereal
- or oats
- 1 Tbsp (10 g) nuts or seeds (almonds, walnuts, pumpkin seeds, etc.)

Add cottage cheese (or yogurt) to a bowl. Top with fruit of your choice. Sprinkle on cereal or oats for crunch. Add nuts or seeds for healthy fats and texture. Serve immediately.



**Servings:** 1

**Prep Time:** 5 minutes

## **Nutrition (per bowl with cottage cheese, fruit, cereal, and nuts):**

Calories: ~300–350;

Protein: 25–30g;

Carbs: 20–25g;

Fiber: 3–5g;

Fat: 10–12g

(Greek yogurt can be swapped in for cottage cheese. Adding extra cereal or fruit will increase carbs and fiber.)

## **Variations**

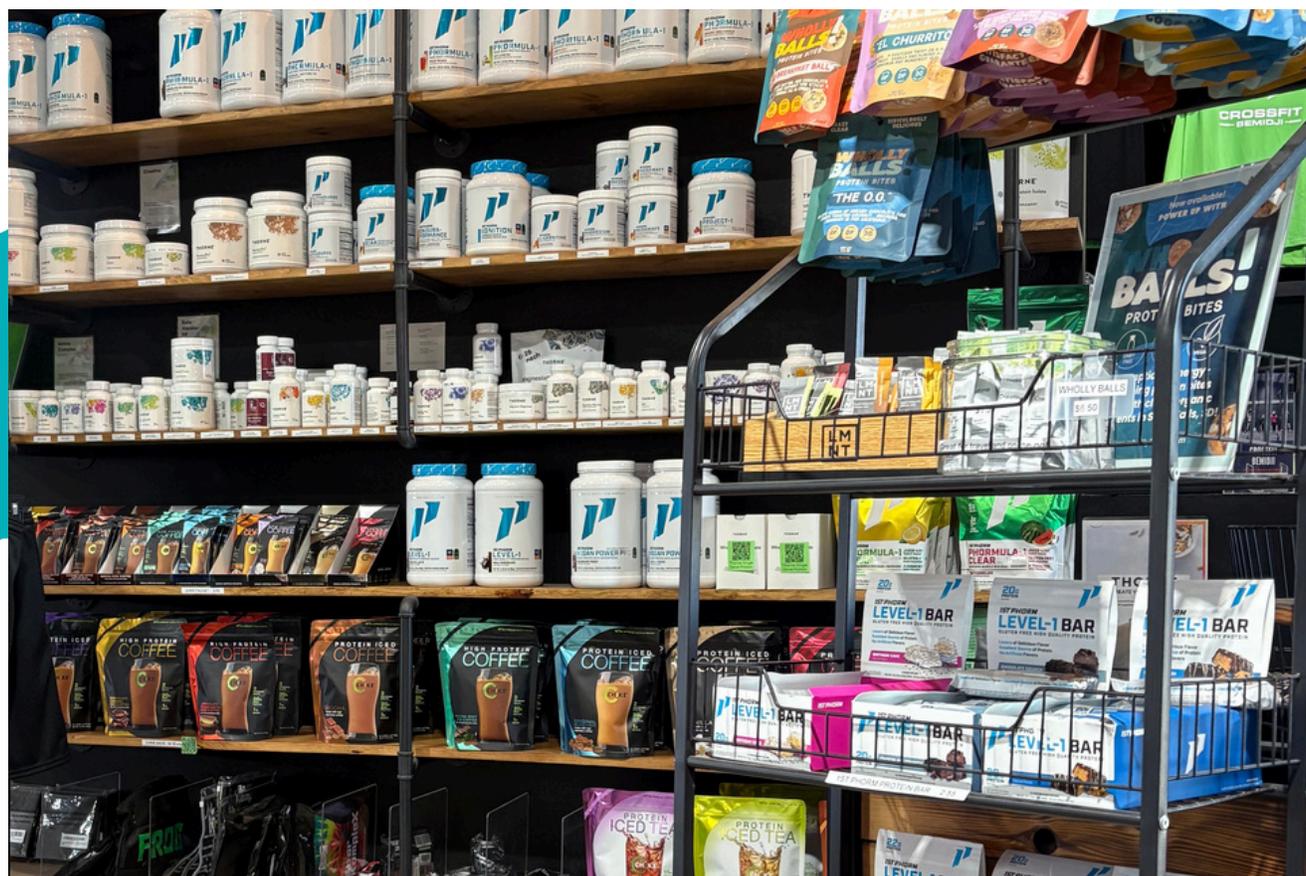
- **Berry Crunch:** Cottage cheese + blueberries + oats + almonds
- **Tropical Bowl:** Greek yogurt + pineapple + granola + coconut flakes
- **Peach Cobbler Vibe:** Cottage cheese + peaches + cinnamon + walnuts

# YOUR NEXT *Step*

The right breakfast is about more than food, it's about starting your day with purpose and energy.

And just like a strong morning sets the tone for your day, strong habits set the tone for your health.

When you master the basics like building a balanced breakfast, you give yourself a solid foundation. From there, the sky's the limit.



# That's exactly what we focus on inside

## CrossFit Bemidji Foundations:

We take what you've learned here and apply it to your unique body, your goals, and your lifestyle. Together, we'll:

- ✓ Understand CrossFit Fundamentals
- ✓ Improved Confidence in Gym Workouts
- ✓ Personalized Coaching and Feedback

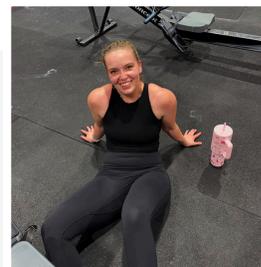


## Here's what some of our clients are saying...



**Ruth**

"It [CFB] has shown me that recovery and strengthening of every muscle is possible. I had initially been told by a doctor that "things would only get worse."



**Kelly-Ann**

"I wanted somewhere where all I had to do was show up, do my best and would be able to see results. CrossFit Bemidji gave me the programming to do that and the coaching to improve on the areas that were most important to me."

# Ready to take the next step?

Click [here](#) to book a No Sweat  
Intro

We'll talk about your  
goals and create a plan  
that works for *you*.



**LET'S DO THIS TOGETHER!**

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