M4R² MOUNTAINEERS FOR RECOVERY AND RESILIENCE

LIFESTYLE INTERVENTION
OLFERT RESEARCH LAB

BREAKFAST

THE MOST IMPORTANT MEAL OF THE DAY

WHY WE SHOULD EAT BREAKFAST

01 KICKSTART METABOLISM

02 ESTABLISH CONSISTENT MEAL PATTERNS

03 START THE DAY ON THE RIGHT TRACK

BUSY MORNINGS? TRY THESE BREAKFAST IDEAS TO PREPARE THE NIGHT BEFORE

OVERNIGHT OATS

1/2 CUP ROLLED OATS
1/2 CUP ALMOND MILK
1/4 CUP GREEK YOGURT
2 TBSP PEANUT BUTTER
1 TSP CINNAMON
-MIX INGREDIENTS, COVER, REFRIGERATE OVERNIGHT
TOP WITH FRUIT IN THE MORNING

CHIA SEED PUDDING

1/4 CUP ALMOND MILK
1/4 CUP GREEK YOGURT
2 TBSP CHIA SEEDS
1 TSP VANILLA
-MIX THESE INGREDIENTS WELL, REFRIGERATE OVERNIGHT
-TOP WITH ALMONDS, FRUIT, OR WHATEVER YOU LIKE IN THE MORNING

FOR THOSE MORNINGS WHEN YOU HAVE MORE TIME:

Try to make a warm breakfast, such as:
whole grain toast with egg + avocado + sauteed spinach OR with nut butter and banana