

Legend

• Proteins

• Carbs

• Fats

• Veggies

• Other

Eggs & Oats with Berries



28 Protein | 45 Carbs | 15 Fats

- 2 Egg
- .25 Cup Liquid Egg Whites
- .7 Cup Old Fashion Oats
- .5 Cup Blueberries
- 1 tsp Chia Seeds

Eggs & Oats with Berries



42 Protein | 90 Carbs | 20 Fats

- 2 Egg
- .50 Cup Liquid Egg Whites
- 1.35 Cup Old Fashion Oats
- .5 Cup Blueberries
- 2 tsp Chia Seeds

Classic Breakfast #1



28 Protein | 45 Carbs | 15 Fats

- 1 Egg
- 3 oz Plain Greek Yogurt
- 2 Slice "Ezekiel 49" Bread
- .3 Medium Banana
- 1 TBSP Almond Butter

Classic Breakfast #2



35 Protein | 78 Carbs | 16 Fats

- 1 Egg
- 3 oz Plain Greek Yogurt
- 3 Slice "Ezekiel 49" Bread
- .3 Medium Banana
- 1 TBSP Almond Butter

Protein & Cheerios #1



28 Protein | 45 Carbs | 15 Fats

- .5 Scoop Whey Protein
- .8 Cup Fairlife Fat Free Milk
- 2 Cup Cheerios
- .8 TBSP MCT Oil
- 8 oz Black Coffee

Protein & Cheerios #2



44 Protein | 90 Carbs | 20 Fats

- .5 Scoop Whey Protein
- 1.5 Cup Fairlife Fat Free Milk
- 4 Cup Cheerios
- .9 TBSP MCT Oil
- 8 oz Black Coffee

Food Quality Index



- Egg / Liquid Egg Whites
- Lean Ground Turkey
- Old Fashion Oats
- Berries
- Egg Yolk
- Avocado



- Plain Greek Yogurt
- Banana
- "Ezekiel 49" Bread
- Black Beans
- Almond Butter
- Milk Fat



- Fairlife Milk
- Whey Protein
- Cheerios
- Kodiak Cakes
- Peanut Butter
- Meats (Sausage)