

Protein Forward
breakfast

FOR MIDLIFE WOMEN

Why Protein?

Most women are not aware that their protein needs increase during peri and post-menopause. Having adequate protein from food is important to provide the body with the building blocks to support muscle mass which naturally declines during this phase of life.

Aiming for 30-40g of protein with breakfast, and especially after resistance training and high intensity interval training (HIIT) can help to mitigate muscle loss. While all foods containing protein are beneficial, protein foods which contain the amino acid leucine are particularly helpful for stimulating muscle growth.

I am always asked by my clients what my morning routine looks like when it comes to nourishing my body, so here's a brief rundown:

- **Wake Up Between 5-6am**
- **Drink Water with Electrolytes**
- **Coffee**
- **Light Pre-workout meal (may include banana with almond butter, my chia pudding, or something light)**
- **Workout**
- **30-40g High Protein Breakfast**

I like to eat a large, high protein breakfast in the morning, a lighter lunch, and a small dinner with protein smoothies in between to fuel my body. On the next several pages, I'll be sharing some of my favorite high protein breakfasts. Let's dig in.



Avocado Delight Omelette

SERVINGS: 1

COOKING TIME: 5 MINUTES

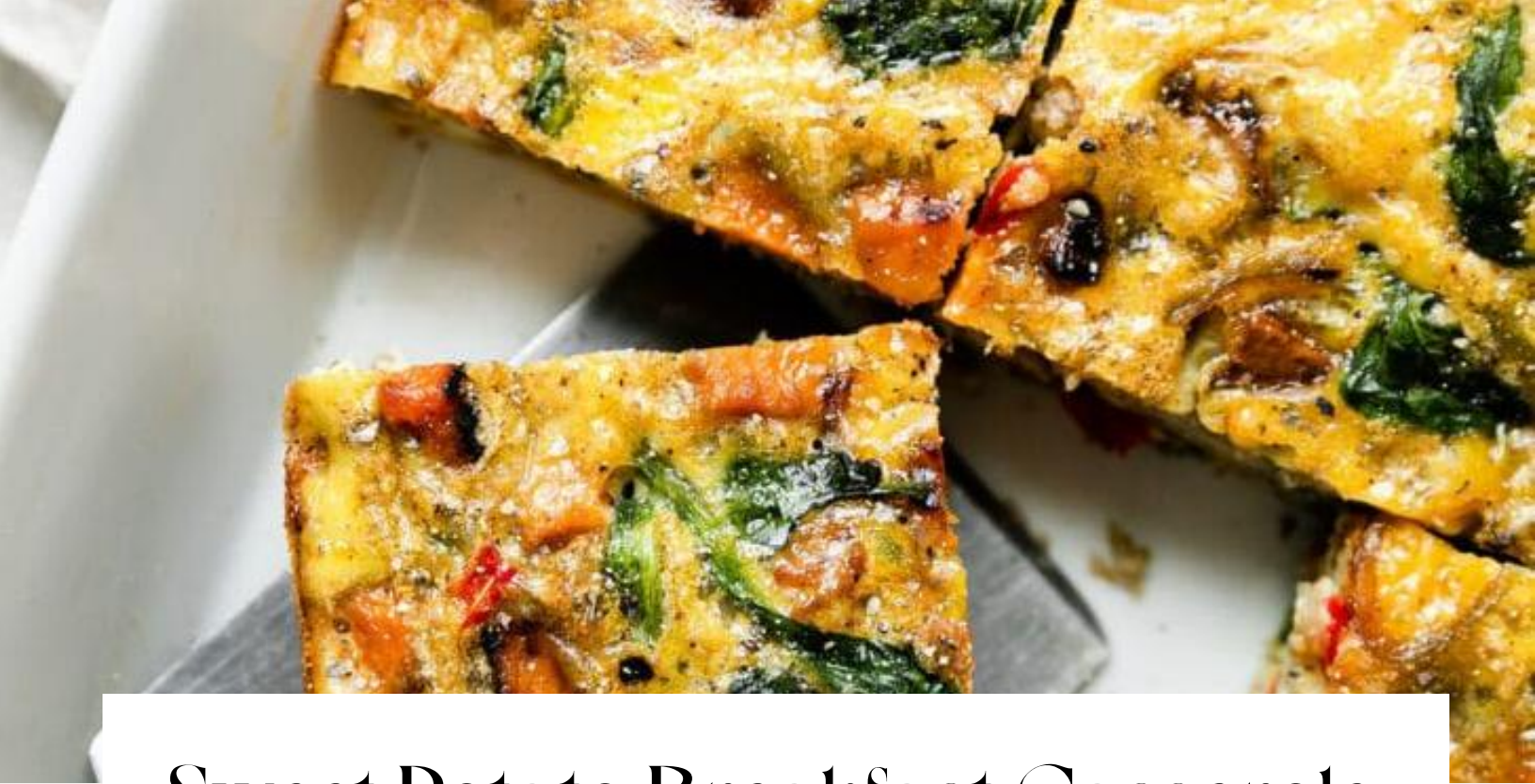
INGREDIENTS

- 2 whole eggs
- 2 egg whites
- 1/2 cup baby spinach
- Salt and pepper to taste
- 1 tbsp avocado oil
- 1/2 small avocado, chopped
- 2 slices of turkey bacon
- 1/2 cup cottage cheese
- 1/2 cup raspberries

DIRECTIONS

1. Whisk together the whole eggs, egg whites, turkey bacon, salt, and pepper until well combined.
2. Warm avocado oil in a small skillet, coating the inside.
3. Pour the egg mixture into the skillet and cover. Once the eggs easily separate from the bottom of the pan, flip them.
4. Place spinach on top of the eggs in the skillet and let it slightly wilt.
5. Add avocado slices and fold the omelet in half.
6. Serve with cottage cheese & raspberries.

NUTRITION INFO Calories: 628 , Carbs: 15g, Protein: 47g, Fat: 42g, Fiber 9g



Sweet Potato Breakfast Casserole

SERVINGS: 6-8

COOKING TIME: 22 MINUTES

INGREDIENTS

- 1.5 tsp avocado oil
- 1 sweet potato, cubed
- 1/2 lb ground chicken sausage
- 1/2 tsp garlic powder
- 1/4 tsp italian seasoning
- 1/4 tsp fennel
- 1/4 tsp ground sage
- 1/2 tsp fine salt & pepper
- pinch of cayenne pepper
- 1/2 small red onion, diced
- 1/2 red bell pepper, diced
- 8 large eggs,
- 1 avocado, sliced

DIRECTIONS

1. Preheat oven and prepare the casserole dish with cooking spray.
2. In a medium or large skillet sauté the sweet potato. To speed up the cooking of the sweet potatoes, cover the pan with a lid. Eventually you'll add the peppers and onion to the tender sweet potatoes and continue cooking. Once the peppers and onions are soft, add the spinach and cook until wilted. Then, stir in the sausage and remove the pan from heat.
3. In another sauté pan on medium heat make the ground pork sausage.
4. In a medium or large bowl, whisk eggs.
5. Add the sweet potato and sausage mixture to the prepared baking dish. Then pour whisked egg mixture over the top. Make sure to submerge all of the ingredients so that they are covered with the eggs.
6. Bake and enjoy. Serve with sliced avocado, hot sauce, and/or green onion if desired.
7. Store leftovers in an airtight container in the refrigerator for up to 3 days.

NUTRITION INFO Calories: 209, Carbs: 9g, Protein: 24g, Fat: 14g, Fiber 2g



Berry Bliss Smoothie

SERVINGS: 1

COOKING TIME: 0 MINUTES

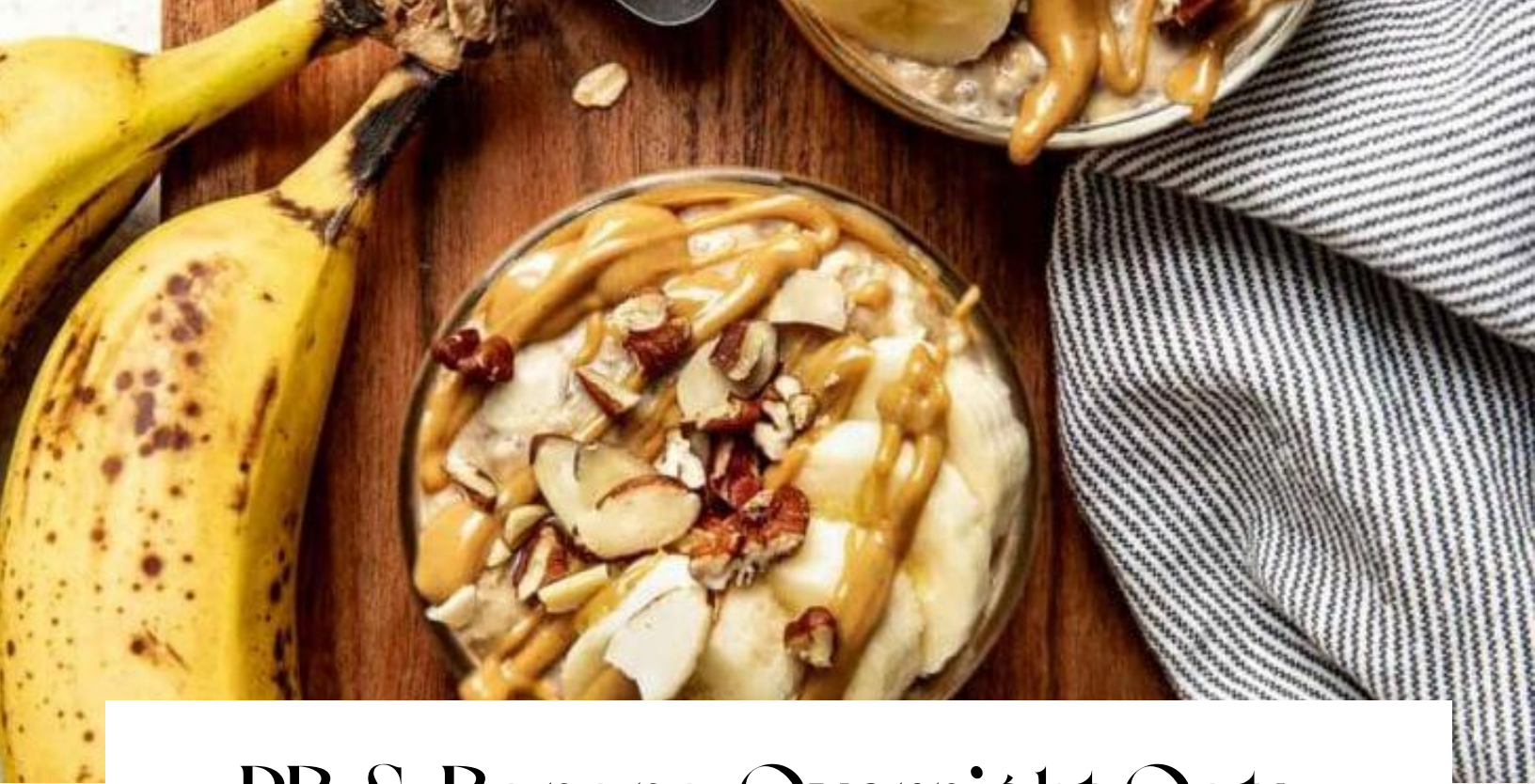
INGREDIENTS

- 1 banana
- 1 cup almond milk
- 3/4 cup nonfat plain Greek yogurt
- 3 tbsp hemp hearts
- 1 tbsp almond butter
- 1/2 cup sliced strawberries
- 1/2 cup raspberries
- Vanilla Protein Powder

DIRECTIONS

1. Blend all ingredients together in a blender until smooth and enjoy!

NUTRITION INFO Calories: 663, Carbs: 53g, Protein: 53g, Fat: 49g, Fiber 10g



PB & Banana Overnight Oats

SERVINGS: 1

COOKING TIME: 22 MINUTES

INGREDIENTS

- 1 cup gluten free rolled oats
- 1 cup almond milk
- 1 ripe banana, mashed ($\frac{1}{3}$ - $\frac{1}{2}$ cup)
- 2 tablespoons creamy peanut butter
- 1 tablespoon pure maple syrup
- 1 tablespoon chia seeds
- $\frac{1}{2}$ teaspoon pure vanilla extract
- Pinch of fine salt
- 1 scoop vanilla protein powder
- For optional toppings: sliced bananas, peanut butter, chopped nuts, etc

DIRECTIONS

1. In a bowl, whisk together all of the ingredients except for the toppings.
2. Divide among 3 jars or containers.
3. Seal and refrigerate for at least 4 hours or overnight.
4. Add toppings just before eating.

NUTRITION INFO Calories: 380, Carbs: 50g, Protein: 32g, Fat: 15g, Fiber 12g



Blueberry Breakfast Cookies

SERVINGS: 2

COOKING TIME: 16 MINUTES

INGREDIENTS

- 1/2 cup (56 g) almond flour
- 1/3 cup (29 g) rolled oats
- 1/4 tsp (1 g) baking soda
- 1/4 tsp (0.6 g) cinnamon
- 1 scoop (30 g) vanilla protein powder
- 2 tbsp (32 g) almond butter
- 1 egg
- 2 tbsp (30 g) almond milk
- 1/4 cup (32 g) dried blueberries (or any dried fruit)
- 1/4 cup (28 g) chopped walnuts

DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, combine almond flour, rolled oats, baking soda, cinnamon, and protein powder.
3. In a separate bowl, whisk together eggs, almond milk, and almond butter.
4. Stir the wet ingredients into the dry ingredients until well combined.
5. Gently fold in the blueberries and walnuts.
6. Roll the batter into 1-2 inch balls and lightly press them onto a greased baking sheet.
7. Bake for 14-16 minutes until they are cooked through.

NUTRITION INFO Calories: 581, Carbs: 36g, Protein: 36g, Fat: 35g, Fiber 15g



Mushroom Frittata

WITH ROASTED POTATOES

SERVINGS: 1

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1/2 tbsp ghee
- 1/2 cup sliced portabella mushrooms
- 3 eggs
- 1/4 cup Low-fat cottage cheese
- 4 small red potatoes
- 1/2 tsp dill
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 400°F.
2. In a small, oven-safe skillet, melt the ghee over medium heat and add the portabella mushrooms.
3. Saute the mushrooms for 3-5 minutes or until they begin to soften.
4. While the mushrooms are cooking, blend the eggs and low-fat cottage cheese in a blender until smooth and frothy.
5. Pour the egg mixture into the skillet, season with salt and pepper, then place it in the oven to bake.
6. Bake for 12-15 minutes or until the eggs are cooked through to your preferred texture.

NUTRITION INFO Calories: 515, Carbs: 46g, Protein: 32g, Fat: 22g, Fiber 15g



Sausage & Hash Egg Muffins

SERVINGS: 12 MUFFINS

COOKING TIME: 20 MINUTES

INGREDIENTS

- 2 ½ cups frozen hash browns
- ¾ cup diced green pepper
- ¾ cup diced sweet bell pepper, any color
- ½ cup diced yellow onion
- ½ lb. chicken sausage
- 12 whole eggs
- ½ tsp salt
- ¼ tsp pepper
- Avocado Oil

DIRECTIONS

1. Preheat oven 350°F. Grease the wells of a muffin pan.
2. On medium high heat, brown the sausage in a pan. Once no longer pink, drain and remove from pan. Place on a plate with a paper towel. Set aside.
3. To the pan, add a little avocado oil. Once hot, add the hash browns and cook until lightly brown. Split the hash browns up amongst the muffin wells.
4. To the skillet, add avocado oil if needed as well as the peppers and onions. Saute until tender and cooked through.
5. Top the hash browns with sausage and top the sausage with the peppers and onions.
6. In the bowl crack the eggs and add the salt and pepper. Whisk well. Pour the eggs into the muffin wells over the hash browns, sausage and peppers. Muffin wells will be full.
7. Bake for 18-22 minutes or until centers of egg muffins are firm and cooked through. Remove from the oven and let set for 5-10 minutes before serving.

NUTRITION INFO Calories: 255, Carbs: 10g, Protein: 24g, Fat: 17g, Fiber 2g



Nut Butter Banana Greek Yogurt

SERVINGS: 1

COOKING TIME: 5 MINUTES

INGREDIENTS

- 1 cup plain Greek yogurt
- 2 tbsp almond butter
- 1 medium banana
- 1 tbsp chia seeds
- 1 tbsp hemp hearts

DIRECTIONS

1. Add 1 cup of Greek yogurt to a bowl.
2. Add 2 tbsp of almond butter and stir.
3. Cut up one medium banana into slices and place on top of yogurt bowl.
4. Sprinkle with chia seeds and enjoy!

NUTRITION INFO Calories: 451, Carbs: 32g, Protein: 30g, Fat: 22g, Fiber 8g



Pineapple Cottage Cheese with Matcha Latte

SERVINGS: 1

COOKING TIME: 2 MINUTES

INGREDIENTS

- 1 1/4 cup low-fat cottage cheese
- 1 cup chopped pineapple
- 1/2 tbsp chia seeds
- 1 serving matcha powder
- 1.5 cup almond milk
- 1 tbsp maple syrup
- 1/2 tsp ceylon cinnamon

DIRECTIONS

1. Place cottage cheese in a bowl and layer it with pineapple chunks and chia seeds.
2. Heat almond milk and mix in matcha powder, whisking until thoroughly blended.
3. Add in maple syrup and cinnamon, blend & enjoy!

NUTRITION INFO Calories: 373, Carbs: 33g, Protein: 39g, Fat: 11g, Fiber 8g



Protein Forward Pancakes

SERVINGS: 2

COOKING TIME: 10 MINUTES

INGREDIENTS

- 3/4 cup almond flour
- 2 whole eggs
- 1/2 cup egg whites
- 1 mashed banana
- 1 tsp baking powder
- 30 g vanilla protein powder
- 1/4 tsp cinnamon
- A pinch of salt
- 1 tbsp ghee
- Optional topping: 1 tbsp maple syrup (adds 52 calories and 14 g carbohydrates)

DIRECTIONS

1. Combine all ingredients in a blender and blend until mostly smooth.
2. Heat small amount of ghee in a large skillet.
3. Pour batter onto the skillet, forming circles about the size of your palm.
4. Once the pancake easily lifts from the pan with a spatula, flip it and continue cooking until the center is no longer gooey.
5. Repeat this process with the remaining batter.

NUTRITION INFO Calories: 523, Carbs: 24g, Protein: 42g, Fat: 30g, Fiber 12g



Protein Packed Power Bowl

SERVINGS: 1

COOKING TIME: 5 MINUTES

INGREDIENTS

- 1 cup plain non-fat Greek yogurt
- 16 raw almonds
- 1/4 cup natural paleo granola
- 1/2 cup sliced strawberries
- 1/2 cup diced mango
- 1 tsp honey

DIRECTIONS

1. Add Greek yogurt, almonds, granola, strawberries and mango to a large bowl.
2. Drizzle with honey.
3. Serve & enjoy.

NUTRITION INFO Calories: 474, Carbs: 40g, Protein: 36g, Fat: 18g, Fiber 4g



Ricotta Breakfast Bowl

SERVINGS: 1

COOKING TIME: 5 MINUTES

INGREDIENTS

- 1 cup ricotta cheese, part skim
- 1/2 tbsp hemp hearts
- 2 tbsp pistachios
- 1/3 cup blackberries
- 1/4 cup paleo granola

DIRECTIONS

1. Add ricotta to a bowl and top with all other ingredients. Enjoy!

NUTRITION INFO Calories: 514, Carbs: 26g, Protein: 31g, Fat: 33g, Fiber 8g

MY FAVORITE PROTEIN POWDER

While most of your protein should come from whole food sources, using a protein powder supplement is an easy and convenient way to help you reach your protein goals in Midlife. The quality of the supplement you use is key! I recommend avoiding powders with added artificial sugars or colors, fillers, or binders. Ideally, your protein powder should provide 20-25g of protein per serving. I'm sharing the three protein supplements that I use and trust!



Equip Prime Protein (GRASS-FED BEEF)

For those sensitive to dairy, this is a wonderful option for high-quality protein from grass-fed beef isolate, which is non-dairy, and sourced from muscle, not milk. With no added fillers or sugar, this is another clean protein go-to.

USE CODE HOLLY15 FOR 15% OFF



FASTER Way Protein (GRASS-FED BEEF & PLANT-BASED)

FASTER Way offers both a high-quality grass-fed beef protein for those sensitive to dairy, and a pea protein formulation for those who prefer a plant-based protein option.

SHOP FASTER WAY PROTEIN HERE



Just Ingredients (GRASS-FED WHEY)

Stellar ingredients, 3rd party tested, and it tastes great! This is my new favorite! Whey protein is the most bioavailable protein supplement for muscle building. It is dairy, but using the highest quality whey isolate makes this virtually lactose-free.

USE CODE HOLLY FOR 10% OFF



Hey, I'm Holly.

I'm so excited you're here in the FASTER Way Program with me and downloaded my Protein Forward Breakfast guide. I hope it helps you on you create high-protein breakfasts that jumpstart your day and get you energized and going in the right direction.

Getting enough protein in your diet on a daily basis is a necessity, especially for us 'pausal women. Protein can help regulate blood sugar levels by slowing down the absorption of carbohydrates and reducing insulin spikes. Bone health: Women are at an increased risk of osteoporosis after menopause due to the decline in estrogen levels.

Paired with quick 30-minute workouts and getting in daily walks is exactly what helped me lose unwanted belly fat and weight after I turned 40. And it will help you too! This 6-week journey is an incredible experience - but the real magic happens once you get into VIP!

So, lets keep the momentum going - and make sure you share your favorite high protein breakfast in our group chat!

xo. holly



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Paired with quick 30-minute workouts and getting in daily walks is exactly what helped me lose unwanted belly fat and weight after I turned 40. And it can help you too! Want to learn more about my program and join my next 6-week round? Click the link below to get started.

[JOIN MY NEXT 6-WEEK ROUND →](#)

xo, holly