



NUTRITION WEEKLY

— S E L F - C A R E I N A N E M A I L —

Protein is a hot topic!

Some experts say you should aim for 1 gram of protein per pound of body weight, while others say that's too much.

How much protein **you** need per day, is highly individual because it depends on your age, current state of health and wellness goals.

That said, **it is** safe to assume that most of us could benefit from getting more protein with our first meal of the day.

Adding more protein to your breakfast will give you longer-lasting energy, stabilize your blood sugar and help you stay full longer.

This goes for kids, too!

Studies show that children who eat a protein-rich breakfast have better moods and an easier time concentrating at school.

Here are three ways to add more protein to your breakfast:

1. Add collagen

One serving adds a whopping 10 grams of protein. It's easy to use and won't change the flavour of your favourite breakfast meals. You can easily blend or mix it into:

- Smoothies
- Coffee or matcha
- Overnight oats
- Oatmeal
- Chia pudding
- Baked goods

I prefer collagen powder over traditional protein powders because it contains only one ingredient and is completely flavourless.

While there are some wholesome protein powders on the market that are free from questionable ingredients, they're usually very expensive.

Thankfully, these days, you can easily get grass-fed collagen for a reasonable price. My family and I love the Organika grass-fed collagen from Costco because it's high-quality protein at a low cost!

2. Add a high-protein side

We all have go-to breakfasts that we love and crave. So, instead of changing your entire breakfast routine, try adding a protein-rich side to your favourite meals. I do this every day with my daughters' breakfast. Some of our favourite high-protein sides include:

- A hard-boiled egg
- A spoonful of peanut butter
- Yogurt mixed with almond butter as a dip for fruit
- Leftover smoothie with added collagen
- Turkey or chicken breakfast sausages
- Bacon

To save time on busy school mornings, I meal-prepare any of the sides that would traditionally take longer to cook, such as hardboiled eggs, bacon, and chicken breakfast sausage patties.

I keep them in the fridge and warm them up just before serving.

3. Enjoy dinner leftovers

It doesn't get any easier than this! More often than not, dinner meals contain more protein than other meals. This is because it's generally centred around a main protein source such as meat, tofu or a combination of grains and legumes.

So, if you know you'll be pressed for time in the morning, double what you'd usually make for dinner and pack up the leftovers for an easy grab-and-go breakfast option.

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TASTY HEALTHY RECIPE OF THE WEEK

Hands down, these are the best-tasting **healthy chicken breakfast sausage patties** you'll ever make! This high-protein, low-calorie breakfast staple can be easily meal-prepped for the busy week ahead or frozen raw as an easy, lazy weekend brunch option.



HEALTHY CHICKEN BREAKFAST SAUSAGES

HEALTHY QUOTE OF THE WEEK

"Protein is responsible for the chemistry of life."

- Adapted from Randy Schekman

That's it for today, friend. I hope you have a wonderful week!

Until next time,

ash xo