

12 Weeks to Weight Loss Success

This Week's Tip:

Breakfast IS the Most Important Meal of the Day!

Does your breakfast usually consist of a coffee? If you are serious about your new healthy lifestyle, making the time for breakfast is a very important habit. According to the National Weight Control Registry, 78% of those who have maintained a 30lb (or more) weight loss for at least a year say that they eat breakfast every day.

Eating early in the day keeps us from “starvation eating” later in the day. It also jump starts your metabolism - eating breakfast helps to produce the enzymes needed to metabolize fat after your overnight fast. It can also set the tone for healthy eating throughout the rest of your day.

We are all busy and yes, sometimes hitting the snooze button seems more worthwhile than getting up and preparing a breakfast, but being short on time doesn't necessarily mean you have to give up breakfast. We've got some great ideas for quick & healthy breakfasts to help you get your day started right!

Fruit & Cheese Mini-Platter

A great balanced & easy to prepare in advance option – grab an apple, wrap 1-2 ounces of cheddar in plastic and toss ¼ cup of fiber & protein rich walnuts into a plastic bag.

Peanut Butter Waffle

Toast a whole-grain waffle and spread 2 tablespoons of peanut butter on top of it. You can also add 1 tablespoon of raisins, sesame seeds or extra peanuts for even more fiber, which will help deliver the nutrients slowly & steadily.

Strawberry & Banana Protein Smoothie

In a blender, add 1 cup of milk (cow's, rice or almond), 1 banana, 1 cup of strawberries and a scoop of vanilla or unflavoured protein powder. Blend and serve for a quick on the go breakfast!

Morning Pizza

Instead of that leftover slice from last night, try this more sophisticated take on pizza – take a slice of crusty bread, spread it with 3 tbsp of ricotta cheese and add tomatoes. Finish with a drizzle of olive oil and broil lightly (if desired).

Banana-Bran Muffins

Prepare these on the weekend to have on-the-go breakfast ready for the week! For added protein & nutrients, grab a container of low-fat Greek yogurt & an apple to go with it.

Ingredients:

2 large eggs	2/3 cup light brown sugar, packed
2 ripe bananas, mashed	1 cup milk [cow, rice, almond]
1 cup wheat bran	¼ cup canola oil
1 tsp vanilla extract	1 cup whole-wheat flour
¾ cup all-purpose flour	1 ½ tsp baking powder
½ tsp baking soda	½ tsp ground cinnamon
¼ tsp salt	

Preparation:

Preheat oven to 400°F. Place paper liners in 12 muffin cups.

Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in bananas, milk, wheat bran, oil & vanilla.

Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, cinnamon and salt in a large bowl. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined.

Scoop the batter into the prepared muffin cups (they'll be quite full).

Bake until the muffins until the tops are golden brown and spring back when touched lightly (15-25 minutes). Let cool in the pan for 5 minutes before removing and placing on wire rack to finish cooling.

Source: www.realsimple.com, www.webmd.com, www.fitnessmagazine.com