

# the *true* BREAKFAST OF CHAMPIONS

Mornings can throw all *kinds* crazy at you, but in all the hustle and bustle, keep breakfast a constant. A must. A nourishing breakfast will keep your mind alert, metabolism moving, and stomach full while you are busy working!  
Below are a few of my favorites!

## COCOA SHAKE

1 frozen banana  
1/4 cup blueberries  
1.5 tablespoons cocoa powder  
1 cup almond milk  
2 tablespoons chia seed  
¼-1/2 teaspoon ground cinnamon  
1 scoop chocolate protein powder, optional\*  
½ cup freshly brewed local coffee, chilled or add ice to smoothie, optional

Add ingredients to blender, press blend and watch the magic begin!

Hold up! To maximize your workout results, drink one of these shakes within one hour post high-intensity workout.

## CHIA BOWL

2 Tbl. chia seed  
1/4 cup oats  
1/2-3/4 cup almond milk  
1 Tbl. unsweetened coconut flakes  
1/2 chopped apple  
handful of berries  
sprinkle of cinnamon  
1/4 cup cashews, almonds, and/or pumpkin seeds  
Dollop of Greek yogurt (optional)

Measure out chia, oats, and almond milk in bowl. Let sit for 5 minutes or overnight.

While grains are soaking, chop apple and any other fruit of your desire.

Top it all ingredients together and enjoy!

\*To keep things moving, pre-portion dry ingredients for the week so you don't have to assemble every day!

## BANANA PANCAKES

1 ripe banana  
2/3 cup oats  
1/2 tsp cinnamon  
sprinkle of salt  
1 tsp. baking soda  
1 egg  
1 cup almond milk  
1 tsp pure vanilla extract

Blend the oats until they form a rough flour consistency.

Add the remaining ingredients and blend until smooth.

Heat pan and pour batter to the size you prefer. Flip and cook the other side.

Toss onto plate and top the short stack with chopped apples, pecans, Greek yogurt, and a drizzle of honey!

## LOADED FOR LUNCH

Need some refreshing, easy, and packable lunches? Here is my go-to lunch equation that keeps me energized and focused throughout the day.

Lettuce + Grains + 2 Veggies of your choice + Protein + Dairy

Example: Chopped kale + Quinoa + Tomatoes + Cucumber + Hummus + Feta + Greek yogurt