1 – Protein-filled smoothie

Smoothies are another classic quick breakfast option.Making a smoothie that will actually keep you full. Try to choose the ingredients that provide protein and healthy fat in your smoothie.

* Protein powder (pure protein)
* Nut butter (healthy fats and proteins)
* Seeds (like hemp, chia, or flaxseeds)
* Greek yogurt (nice protein, low fats)
* Milk/soy milk.

Mom-tip: to be faster in the morning, keep some of your favorite veggies and fruits for one smoothie in a freezer bag overnight  
Nutri-serving: 290 calories, 5 grams fat , 34 grams carbs, 4 g fiber, 21 g sugar, 27 grams protein.

2 – Breakfast burritos in the freezer

* Eggs: packed with protein and nutrition — one large egg contains 6g of protein and nine essential amino acids. Don’t throw away the yolk!
* Whole wheat tortillas: Nice thing to wrap your ingredients, instead of bread
* Sweet potatoes: Lots of vitamin A & C and fiber thanks to these guys.
* Avocado: Healthy fats are essential to brain health and fueling your body

Nutri-serving: 448 calories, 20 grams fat (4 grams saturated), 44 grams carbs, 7 grams fiber, 6 grams sugar, and 22 grams protein.