

PROTEIN POWERHOUSE BREAKFAST MEAL

by Nick Holtzman.

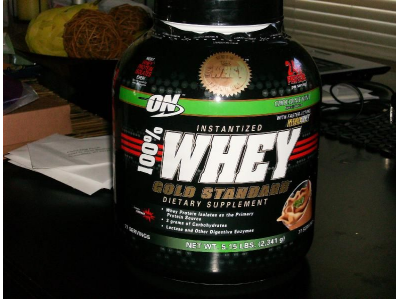
As we all know, in order to increase lean muscle mass and burn maximum fat throughout the day, it is vital that you increase your protein intake with every meal. It is important that we do this throughout the entire day, not only after workouts, but also at crucial meals such as breakfast. The problem is many of us are on the go in the morning, whether it's hurrying off to work, or getting the kids' breakfast together before school. The best many of us can do is whip up a quick bowl of cereal or a bagel and head out the door with our coffee in hand.

It is important to realize that our breakfast is quite possibly the most important meal of the day: it sets the tone for the rest of the day by making sure your metabolism is raised to handle the amount of activity you have in store for yourself. As stated earlier, because of our busy lifestyles, many of us skip breakfast, or whip up something quick that is lacking in the fuel that we need for the busy day ahead of us. While I don't claim to be a dietician or nutrition guru, any expert will agree that a breakfast high in protein is beneficial and will fuel you for the morning- guaranteed!

Check out this great breakfast meal told to me by FP expert trainer Joshua Van Schaick that also is a PROTEIN POWERHOUSE BREAKFAST MEAL perfect for busy folks on the go. It takes only a few minutes to prepare, and provides you with all the protein you will need to raise your metabolism and get you ready for the day.



There is a cereal called GO LEAN by Kachi that can be found at any commercial grocery store (pictured above). This is a high protein, high fiber cereal with 13 grams of protein and only 1 gram of fat per serving.



Pour yourself a bowl of GO LEAN, add in a scoop of chocolate protein powder (I recommend WHEY PROETIN by OPTIMUM NUTRITION, pictured above), add in some skim milk, and we're talking about a PROTEIN POWERHOUSE BREAKFAST MEAL here: almost 50 grams of protein, and only about 18 grams of sugar and 2 grams of fat! Not to mention it tastes fantastic: it tastes like chocolate milk; you'll be surprised that it's so good for you!

***Note: It is very important to check with your doctor before adding certain protein powders to your diet. Some, such as the product listed above, have a high amount of cholesterol and sodium in them. There are many protein powders out there that are cholesterol and sodium free; it is recommended that you check with a dietician or nutritionist if this to be a concern.**

Try this meal out for a high protein, high nutrition breakfast the next chance you get. You don't even need to prepare it specifically for breakfast; I have been known to have a bowl at night before bed. That way my body is fueled with protein while I sleep, giving the body a chance to build up muscle while I rest up for the next day. Just make sure that you put one scoop of protein powder on the dry cereal before you pour the milk on. Enjoy!!