

SPORTS NUTRITION TIPS



BREAKFAST IDEAS

Breakfast is an opportunity to provide fuel for the day and stimulate protein synthesis.

Try to include a source of high quality protein, carbs, and a bit of color.

Consider including some of these options into your breakfast routine.

OVERNIGHT OATS

1. Use a jar of your choice and fill with desired amount of old-fashioned oats
2. Flavor oats with cinnamon, cacao powder, vanilla, etc.
3. Add protein powder and mix ingredients
4. Pour milk
5. Leave in fridge overnight
6. Top with desired fruits and nuts or nut butters (chia seeds, flax seeds, or walnuts)



Old-fashioned oats are high in fiber and will provide energy throughout the day.

QUICK EGGS

EGGS IN A CUP

1. Crack 2-3 eggs in a microwave-safe bowl or mug.
2. Season with salt and pepper. Add milk if desired for softer texture.
3. Microwave for 45 seconds. Stir.
4. Microwave for an additional 30-45 seconds.

Each whole egg has 6 grams of protein. Aim for at least 2-3 in order to meet protein needs.



YOGURT BOWL

1. Use a small packaged greek yogurt or scoop portion into a bowl
2. Top with fruits, granola, or honey, nuts and seeds



Greek yogurt contains plenty of high quality protein and will stimulate muscle growth and repair

SMOOTHIE

1. Add in desired ingredients in a blender such as milk, Greek yogurt, fruits, veggies/greens.
2. Add nuts/nut butters, honey, vanilla or cinnamon for added flavor

Smoothies are an easy way to incorporate more fruits and vegetables in your diet.

With milk and Greek yogurt, protein needs should be easy to meet, but if necessary, whey protein can be included.



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