

7 High Protein Breakfasts You Can Track with 1 Click

If you know me, you know I love MyFitnessPal. Not only does it offer a great service for free, they put out a ton of great content that would take me hours to put together. I'm going to make this short and sweet (or savory depending on your choice) of the recipes below. These are links to 7 great recipes you can click on and download right into MFP so not only are they easy to make, they are easy to track. You can look at the macros under the recipe and see what fits into your meal schedule and make adjustments as needed.

So a big thank you to MFP and all their great content.

1. USE-WHAT-YOU-HAVE CRUSTLESS QUICHE | MYFITNESSPAL'S RECIPES

Nutrition (per serving): Calories: 173; Total Fat: 11g; Saturated Fat: 4g; Monounsaturated Fat: 0g; Cholesterol: 259mg; Sodium: 290mg; Carbohydrate: 9g; Dietary Fiber: 1g; Sugar: 1g; Protein: 12g



2. KALE EGG-WHITE QUICHE WITH SWEET POTATO CRUST | MYFITNESSPAL'S RECIPES

Nutrition (per serving): Calories: 152; Total Fat: 6g; Saturated Fat: 2g; Monounsaturated Fat: 2g; Cholesterol: 126mg; Sodium: 207mg; Carbohydrate: 12g; Dietary Fiber: 3g; Sugar: 3g; Protein: 13g

3. PUMPKIN PIE OATMEAL | MYFITNESSPAL'S RECIPES

Nutrition (per serving): Calories: 284; Total Fat: 5g; Saturated Fat: 1g; Monounsaturated Fat: 1g; Cholesterol: 8mg; Sodium: 231mg; Carbohydrate: 45g; Dietary Fiber: 5g; Sugar: 17g; Protein: 13g

4. SWEET POTATO BREAKFAST BURRITOS | CLEAN EATING

Nutrition (per serving): Calories: 226; Total Fat: 9g; Saturated Fat: 3g; Monounsaturated Fat: 3g; Cholesterol: 113mg; Sodium: 500mg; Carbohydrate: 32g; Dietary Fiber: 10g; Sugar: 7g; Protein: 13g

5. BRUSSELS SPROUTS HASH WITH BACON AND EGG | SKINNYTASTE

Nutrition (per serving): Calories: 249; Total Fat: 16g; Saturated Fat: 4g; Monounsaturated Fat: 7g; Cholesterol: 199mg; Sodium: 503mg; Carbohydrate: 6g; Dietary Fiber: 6g; Sugar: 4g; Protein: 16g

6. CAULIFLOWER AND GREENS FRITTATA | MYFITNESSPAL'S RECIPE

Nutrition (per serving): Calories: 210; Total Fat: 11g; Saturated Fat: 6g; Monounsaturated Fat: 3g; Cholesterol: 109mg; Sodium: 333mg; Carbohydrate: 10g; Dietary Fiber: 3g; Sugar: 4g; Protein: 19g



7. PUMPKIN SPICE PROTEIN SMOOTHIE | MYFITNESSPAL'S RECIPES

Nutrition (per serving): Calories: 331; Total Fat: 2g; Saturated Fat: 1g; Monounsaturated Fat: 0g; Cholesterol: 19mg; Sodium: 99mg; Carbohydrate: 47g; Dietary Fiber: 7g; Sugar: 33g; Protein: 33g

Remember you can look at the nutrition information at the bottom of the recipe and break it into servings or log it directly to MyFitnessPal through the "Log-It" button. Check out their [entire collection](#) or explore: [low-carb](#), [high-protein](#) • [high-fiber](#) • [gluten-free](#) • [dairy-free](#) • [vegetarian](#) • [vegan](#) • [low sodium](#)

No Excuses from here! Pick a few recipes and try them out this week but don't forget to double it up and have some for several days. Divide it up into the servings you want, put them in your containers and have a great week.

Eat Well, Track It
~Coach Brant