

# Protein & Fats Breakfast

This simple approach can optimize your energy, focus, and performance.

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## 1. Start the day right: protein + fats

Breakfast options:

- Eggs + avocado
- Greek yogurt + almonds
- Cottage cheese + olive oil
- Espresso or black coffee (if needed)

Benefits & science:

- Stabilizes blood sugar: Protein and fats have a minimal impact on insulin levels, preventing blood sugar spikes that lead to energy crashes.
- Promotes fat-burning: Eating low-carb meals in the morning forces your body to rely on fat as the primary source of energy.
- Boosts mental clarity: By avoiding sugar and refined carbs, you stay focused, clear-headed, and ready to take on tasks.

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## 2. Keep it lean for lunch

Lunch options:

- Grilled chicken + veggies
- Tuna salad (no mayo)
- Turkey lettuce wraps
- Quinoa + roasted veggies

Benefits & science:

- Prevents insulin spikes: A high-protein, low-carb meal ensures you stay in fat-burning mode while maintaining steady energy levels.
- Sustains performance: The combination of protein and fiber keeps you full and energized without

feeling sluggish.

→ Supports muscle maintenance: Lean protein helps preserve muscle mass and keeps you strong throughout the day.

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### 3. Power up for dinner: protein + carbs

Dinner options:

- Steak + brown rice
- Salmon + sweet potato
- Chicken + quinoa

Benefits & science:

→ Refuels muscles: After a long day, your muscles are primed for recovery, and carbs help replenish glycogen stores that fuel performance.

→ Prepares for better recovery: Consuming protein and carbs in the evening supports muscle repair, improves sleep quality, and aids in overall recovery.

→ Supports metabolic balance: Eating carbs later in the day helps the body maintain metabolic balance and avoid the negative effects of consistent high-fat or low-carb intake.

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