

6 TIPS FOR BREAKFAST

ADD SOME FAT

Healthy fats, like omega-3 fatty acids, are super important for our health

INCLUDE PROTEIN

It boosts metabolism, supports weight loss goals, and helps promote satiety

EAT WHOLE FOODS

Reach for whole foods like fruits, veggies, lean proteins, nuts, and seeds

LUNCH FOR B-FAST

Makes a meal that's going to help keep our blood sugar levels stable and energy levels high

MEAL PREP

Try making your breakfast the night before so you can just grab and go in the morning

TRANSFORM

Transform all your favorite breakfast foods into a nourishing meal

Act Practice Protein Breakfast Tips

Puja Mehta



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