

Blood-Sugar-Friendly Breakfast Builder™

Create satisfying breakfasts with protein, fiber and healthy fats to support steadier energy and blood sugar.

Choose one or more options from each section.

Use your appetite, preferences and personal health needs as your guide.

1 Begin with Protein

Eggs • Greek yogurt • Cottage cheese • Tofu or tempeh • Leftover chicken or fish • An unsweetened protein powder that suits you

Protein can make breakfast more satisfying and help it last longer.



2 Add Fiber-Rich Plants or Carbohydrates

Berries • Apple or pear • Vegetables • Oats • Beans or lentils • Whole-grain toast • Sweet potato

Choose minimally processed options you enjoy and tolerate well.



3 Include a Healthy Fat

Avocado • Chia, flax, hemp or pumpkin seeds • Seed butter • Extra-virgin olive oil • Tahini • Olives

A modest amount can add flavor, satisfaction and staying power.



4 Finish with Flavor

Cinnamon • Fresh herbs • Lemon or lime • Unsweetened cocoa • Vanilla • Salsa • A favorite spice blend

Flavor makes a nourishing breakfast something you actually want to eat.



Try These Combinations

- Greek yogurt + berries + chia or pumpkin seeds
- Eggs + vegetables + whole-grain toast + avocado

- Tofu scramble + vegetables + beans + salsa
- Oats + Greek yogurt or protein powder + berries + ground flax



Martine's Midlife Wellness Tip

If breakfast leaves you hungry an hour later, look at the protein first. A piece of fruit or toast on its own may not provide enough staying power.



There is no single breakfast that works for everyone. Adjust for allergies, medications, medical conditions and guidance from your healthcare provider.