

Anabolic Breakfast

Ingredients:

- 8 egg whites
- 2 whole eggs
- 50 g low fat mozzarella cheese (½ cup grated)
- ½ cup beans
- ½ cup dry oats
- 1 cup spinach
- ½ cup diced tomato
- ½ cup diced red onion
- 1 cup blueberries
- 1 glass of water

Calories: 850

Protein: 70 grams

Carbs: 88 grams

Fat: 23 grams

The Anabolic Breakfast Ingredients

Here's the "why" behind the meal, and some tips on how to make it.

Egg whites

Egg whites provide an excellent source of protein without a lot of extra carbs, fat or added calories.

2 whole eggs

Whole eggs are a phenomenal source of protein, and are rich in vitamins and minerals. You can cook them however you want — scramble, microwave, boil, fried; they're all good.

Low fat mozzarella cheese

Has a good amino acid profile, is rich in calcium, and adds a certain deliciousness to any meal that's hard to beat. Not only does it have less fat than cheddar, it also shreds easily and melts well in omelettes.

Beans

By the time you wake up each morning, close to 50% of your liver glycogen stores are depleted, just from keeping you alive while you sleep. Since we'll be needing that supply of energy to power through our daily workouts, we've gotta quickly restore our glycogen levels. Beans, a solid source of carbs, protein, and fibre, are the perfect candidate.

Oats

Cortisol, a stress hormone, promotes fat storage and even makes it harder for us to build muscle. In the morning, our cortisol levels are higher, so we want to get it down fast. The best way is to eat complex carbs like oats.

Spinach

The tales of Popeye and his spinach were based on the real deal. The stuff about spinach being a superfood is no lie. Spinach is an incredible source of vitamins and helps protect your muscles, bones, kidneys and just about every other organ you have.

Fresh veggies

With so many options we don't even know where to begin. On top of providing all of the micronutrients needed to sustain life, brightly-coloured veggies can make any meal look like a masterpiece. 1 Cup is just enough. Mix them into your omelette, I've picked tomatoes and red onions for this omelette.

Fresh fruit

Rounding out the meal, you have the choice of any fruit on the planet. You can choose from apples, bananas, strawberries, oranges, pineapples, mangos, raspberries, blueberries, peaches...the list goes on and on. Experiment and enjoy "nature's lollies."

How To Make Your Anabolic Breakfast – 10 Easy Steps

With all the ingredients ready to go, here's how to put 'em together:

1. Take out everything you need and put it all on the counter.
2. Set up two frying pans. Coat one with an olive-oil spray (medium-low heat), and fill the other with water (1 cup; high heat).
3. Whip the 2 eggs and 1 cup of egg whites in a bowl. Pour into the medium-low heat pan.
4. Chop or shred veggies and cheese then spoon them on top of the eggs.
5. The water in the high heat pan should be boiling by now. Pour ½ cup of oats in and reduce to medium heat. Stir.
6. Use a large, flat spatula to fold the omelette over so the cheese can melt.
7. Drain a can of beans and put a ½ cup in the microwave for 1-2 minutes.
8. Once the oats have soaked up enough water (to whatever consistency you like), spoon into a bowl and garnish with your choice of fruit (I like blueberries).
9. Slide omelette onto a plate, and remember to turn off the stove.
10. Remove the beans from the microwave, pour a glass of water to drink, and enjoy.

The Finished Product

If you followed the 10 steps, you should have a brilliant meal in front of you:

