6 TIPS FOR BREAKFAST

ADD SOME FAT

INCLUDE PROTEIN

EAT WHOLE FOODS

LUNCH FOR B-FAST

MEAL PREP

TRANSFORM

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

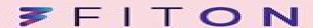
It boosts metabolism, supports weight loss goals, and helps promote satiety

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

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

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

Transform all your favorite breakfast foods into a nourishing meal



Act Practice Protein Breakfast Tips

Guillaume Favre

Act Practice Protein Breakfast Tips:

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