



by [Vicki Santillano](#)

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12 Meals Nutritionists Always Eat for Breakfast

The best ways to jump-start your day



I'm always on the lookout for new breakfast ideas that are healthy, filling, and perhaps most importantly on weekday mornings, fairly easy to throw together. Fortunately, several registered dietitians and nutritionists were kind enough to share their own go-to morning meals that keep them fueled until lunch.

If you're bored with your usual eats, or you find yourself lagging (or worse, hangry) by noon, try making these nutritionist-approved dishes a part of your A.M. routine.

Avocado and Egg Toast



"When I want a quick yet wholesome breakfast, I enjoy avocado and egg toast. I spread a large slice of toasted whole-wheat sourdough bread with a mashed mixture of some Hass avocado and a squirt of lemon juice, then top with a sunny-side-up organic egg or sliced boiled egg and a pinch of sea salt and fresh tarragon or rosemary to taste.

"I usually pair it with fresh seasonal fruit, too. It's a simple and super tasty way to get quality protein and fiber. Plus, carbohydrate-rich foods, like bread, provide your body with the energy it needs to get going first thing in the morning."

- [Jackie Newgent](#), RDN, culinary nutritionist and author of [The With or Without Meat Cookbook](#)

Egg and Cheese on English Muffin



"One of my favorite breakfasts is an egg sandwich: egg with low-fat cheese on a whole-wheat English muffin with a side of fresh berries. It's delicious, satisfying, and easy! It's packed with protein and fiber to keep me full longer, which helps me get the day started on the right foot."

- [Monica Lebre](#), MS, RDN, LDN

Toast with Nut Butter and Banana



"When I am in a hurry, I enjoy whole grain toast topped with peanut or almond butter and sliced bananas. This is a quick, easy, and tasty choice because it provides whole grain carbs, protein, heart-healthy fats, and fruit."

- [Vandana R. Sheth](#), RDN, CDE, and spokesperson for the Academy of Nutrition and Dietetics

Nutrient-Packed Smoothies

"I always love starting every morning with a smoothie — it always makes me feel more awake and energized."

These are two of her favorites:

The Best Green Smoothie Ever



Ingredients:

1 banana

1/2 cup or more pineapple

1-2 cups spinach

1 cup kale

1 cup water or coconut milk to blend

Optional: 1 teaspoon maca, 1 tablespoon chia seeds

Photo source: Jemy Giblin

"I love this one because you get all the amazing benefits from the greens, but only taste the tropical fruit. It's the perfect way to start the day, especially if you've never tried a green smoothie before."

Summertime Smoothie



Ingredients:

1/2 cup pineapple

1 cup mango (I use frozen chunks)

10 strawberries

Water or coconut milk to blend

Optional: 1 teaspoon maca (natural energy boost) and 2 tablespoons chia seeds

Photo source: Jemy Giblin

"This adds extra protein and boosts hydration, which is so essential for summer. (You can also add 1 cup spinach or kale, but it changes the pretty bright pink color!)"

- [Jenny Giblin](#), *Certified Nutrition Coach*

Greek Yogurt Bowl



"Greek yogurt with a blend of whole grains such as the frozen Ancient Grains Blend by Engine 2 with fresh blueberries. In one bowl, I get tons of texture, fiber, and nutrients! This keeps my blood sugar stable and my body full for a few hours. It's easy and delicious!"

- *Laura Cipullo, RD, Nutritionist, and Certified Diabetes Educator*

Blueberry Walnut Oatmeal



"Old-fashioned oats made with skim milk, topped with cinnamon, walnuts, chia seeds, and blueberries (or any kind of berries). This dish is high in protein, fiber, and healthy unsaturated fat, all of which help to keep me full until lunch!

"I try to eat within an hour or two of waking, as it gives me the energy to start the day and kick-starts my metabolism after an overnight fast. It also sets me up to make healthier choices during the day."

- [Alissa Rumsey](#), Registered Dietitian and Spokesperson for the Academy of Nutrition and Dietetics

Oatmeal Bake



"My go-to breakfast is an oatmeal bake. Mornings are hectic for everyone and a lot of people who skip breakfast do so due to a lack of time.

"My oatmeal bake combines filling and fiber-rich oatmeal with mashed bananas, almond milk, Greek yogurt, walnuts, and fruit. I bake it on the oven and then keep it in my refrigerator. It holds together like a bar. That way in the morning, all I have to do is cut a slice and I'm out the door.

"If I haven't had time for the oatmeal bake, then I love a Van's power waffle with some natural peanut butter."

- [Carissa Bealert](#), RD, LD/N

Scrambled Eggs with Peppers, Spinach, Broccoli, and Beans



"I usually make a big batch on Sundays so I have this readily accessible during the busy work week. As a mom to a very active 8-month-old, making breakfast ahead of time has been a huge help to ensure that I always start my day with a nutritious and filling meal... I find this meal sustains me, especially on mornings I am slammed with meetings."

- *Kim Ferreira, MS, RD, LDN*

Whole Wheat Chocolate Chip Pancakes



"When I make pancakes for the kids, I join in! We make whole-wheat buttermilk pancakes with wheat germ and dark chocolate. No syrup, as the chocolate is sweet enough! And I always add milk and eggs for calcium and protein."

- *Laura Cipullo, RD, Nutritionist, and Certified Diabetes Educator*

Veggie Sauté with Protein Boost



Photo source: Vandana Sheth

"When I have a little bit more time, my favorite breakfast choice is colorful vegetables sautéed in olive oil and seasoned with garlic, salt and pepper. Top this dish with a sprinkling of mozzarella cheese or cubed tofu for protein.

"Enjoy this inside a whole-grain tortilla for a vegetarian breakfast burrito or with a whole-grain slice of toast. I love this option because it is flavorful, visually appealing, [and] loaded with veggies, lean protein, and whole-grain carbs."

- [**Vandana R. Sheth**](#), *RDN, CDE, and spokesperson for the Academy of Nutrition and Dietetics*

High-Energy Breakfast Blend



"My favorite high energy breakfast: 3/4 cup of Greek yogurt, 1/3 cup (or so) of berries, 1/4 cup of Barleaus brand Flax, Chia, Coconut blend (adds fiber and healthy fats), and a sprinkle of Hemp Hearts (yes, hemp!). It adds a dose of much-needed minerals, protein, and fiber.

"I highly recommend this breakfast because it's high in fiber, protein, and minerals, And, bonus: it's easy to eat on my daily commute."

- [Deborah Enos](#), *Nutritionist*

Energy-Boosting Smoothie



"I have experimented and come up with a recipe that suits me well: coconut water, splash of apple cider vinegar, plain yogurt, 1 tablespoon almond butter, a couple greek yogurt AND blueberries, fruit slices, frozen berries and mango, flaxseed, splash of lime juice, and spinach or kale (I add water if it needs more liquid).

"I used to shy away from smoothies because I found myself hungry after a couple hours, but this combination keeps me full and full of energy first thing in the morning. Also, a great way to start your day with servings of fruit and veg! I love the apple cider vinegar and lime juice for a bit of a tang.

Again, I typically make a large batch that will last me 2-3 days so I'm ready to pour and go in the mornings."

- *Kim Ferreira, MS, RD, LDN*

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