

10 Low-Carb Breakfasts That Will Fill You Up

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Overview

Are you a carb watcher? There are many reasons why a carb-conscious breakfast may be just what the dietitian ordered! If you tend to overeat carbs later in the day, it can be a good idea to keep them lower in your morning meal. If you're focused on building or maintaining muscle, you may be interested in upping protein rather than carbohydrates as the base of your breakfast. Or perhaps your doctor advised you to do so. Whatever your reasons, you'll love digging into any of these 10 tasty dishes. Each of them provides about 20 grams or less total carbohydrates. Eggs are definitely a mainstay of the carb-friendly breakfast, and you'll find four intriguing egg options here. But you can keep your carbs in check without eggs by picking any of the other recipes, which range from savory yogurt preparations to vegan hash.

Full recipe sideshow: <http://www.livestrong.com/slideshow/1011438-10-lowcarb-breakfasts-fill-up>