

FUNCTIONAL MEDICINE

RESEARCH CENTER

Ongoing Research by Metagenics, Inc.

BREAKFAST and SNACK SUGGESTIONS

The following are some additional breakfast/snack options you may use to design your own dietary program.

Breakfast Suggestions

(275-325 calories)

Omelet made with 3 egg whites, 1 whole egg, and unlimited Category 1 vegetables, chopped and cooked with 1 tsp. olive oil
1 slice whole-grain toast
(servings: 1 protein, 1 grain, 1 oil)

¾ cup nonfat or lowfat cottage cheese
2 small fresh peaches
8 walnut or pecan halves, chopped, sprinkled with cinnamon
(servings: 1 protein, 1 fruit, 1 nut)

4 oz. plain lowfat yogurt or 6 oz. nonfat yogurt
1 ½ cups mixed strawberries, blueberries, and raspberries
2 Tbsp. sliced almonds
(servings: 1 fruit, 1 dairy, 1 nut)

½ whole-wheat pita
¼ cup nonfat or lowfat ricotta
1 ½ oz. smoked salmon/lox
Red onion slices
(servings: 1 protein, 1 grain)

1 poached egg
1 slice whole rye bread, toasted
1 half grapefruit
(servings: 1 protein, 1 grain, ½ fruit)

Scramble together 2 oz. tofu, 1/3 cup egg substitute
Category 1 vegetables, chopped; cook with 1 tsp. olive oil
1 Tbsp. Parmesan cheese
3 approved crackers
(servings: 1 protein, 1 grain, 1 oil)

Morning/Afternoon Snack Suggestions

(150-175 calories)

1 egg, hard-boiled
1 medium apple
(servings: ½ protein, 1 fruit)

1 medium pear
10 whole almonds
(servings: 1 fruit, 1 nut)

1 slice whole rye bread, toasted
1 Tbsp. almond butter
(servings: 1 grain, 1 nut)

1 medium carrot
Celery and cucumber sticks, unlimited
¼ cup hummus
(servings: ½ category 2 vegetable, 1 legume)

2 pieces turkey bacon
1 egg, hard-boiled
(servings: 1 protein)

1 small nectarine or peach, sliced
½ cup blueberries
4 oz. plain lowfat yogurt or 6 oz. nonfat yogurt
(servings: 1 fruit, 1 dairy)

Unlimited Category 1 vegetables, raw
1 Tbsp. tahini
3 approved crackers
(servings: 1 nut, 1 grain)