

High Fiber Breakfast for Endurance Athletes

Breakfast is the most important meal of the day! Try these nutrient-dense breakfast ideas. Each option is a good source of fiber, complex carbohydrates, and protein, ensuring sustained energy and muscle recovery. Portions can vary depending on athletes needs and training regimen.

1. Steel Cut Oats

- **Ingredients:**
 - ½ cup steel cut oats, dry
 - 1 tsp chia seeds
 - 1 tablespoon ground flaxseed meal
 - 1 large banana, sliced (and/or ½ cup berries)
 - 2 Tablespoons chopped nuts (almonds, walnuts)
 - 2 Tablespoons brown sugar
 - **Preparation:** Cook oats with water or milk according to package directions. Stir in chia, flaxseed meal. Top with banana, berries, nuts and sugar to taste.
 - **Approximate Nutrition:**
 - **Carbs:** ~95g
 - **Protein:** ~16g
 - **Fiber:** ~16g
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2. Greek Yogurt Parfait

- **Ingredients:**
 - 1 cup vanilla Greek yogurt
 - 1 cup whole grain granola
 - 1/2 cup sliced peaches
 - ½ cup berries of any kind
 - 2 Tablespoons pumpkin seeds/sunflower seeds
 - 1 Tablespoon honey or syrup
- **Preparation:** Layer the ingredients in a bowl. Top with pumpkin seeds and drizzle with honey.
- **Approximate Nutrition:**
 - **Carbs:** ~100g

- **Protein:** ~32g
 - **Fiber:** ~14g
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3. Blueberry Protein Smoothie

- **Ingredients:**
 - 1 cup frozen blueberries
 - 1 ripe banana
 - 1 cup vanilla soy milk
 - 3 ounces silken tofu (can also use vanilla greek yogurt)
 - 1 tablespoon chia seeds
 - ½ cup orange juice (juice from 1 orange)
 - 1 teaspoon lime juice
 - **Preparation:** Blend all ingredients until smooth.
 - **Approximate Smoothie Nutrition:**
 - **Carbs:** ~74g
 - **Protein:** ~20g
 - **Fiber:** ~12g
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4. Whole Wheat Toast with fixings

- **Ingredients:**
 - 4 slices of whole wheat bread
 - 1 large avocado, mashed
 - 2 tablespoons peanut butter
 - 1 small apple, sliced
 - 1/4 cup raisins
 - **Preparation:** Toast the bread. On two slices, spread the peanut butter. On the other two slices, spread the mashed avocado. Top the peanut butter with slices with apple slices and raisins.
 - **Approximate Nutrition:**
 - **Carbs:** ~100g
 - **Protein:** ~25g
 - **Fiber:** ~17g
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5. The Breakfast Burrito

- **Ingredients:**

- 2 large whole wheat tortillas
- 3 large eggs, scrambled
- 1/2 cup black beans, rinsed and drained
- 1/2 cup sweet potato, diced and roasted
- 1/4 cup avocado, sliced
- 1/4 cup salsa

- **Preparation:** Scramble the eggs. In a separate pan, heat the black beans and roasted sweet potato. Fill the tortillas with the eggs, beans, sweet potato, avocado, and salsa. Roll up and enjoy.

- **Approximate Nutrition:**

- **Carbs:** ~102g
- **Protein:** ~24g
- **Fiber:** ~20g

Pro-Tip: Remember to drink plenty of water with your meal to aid digestion and hydration, which are crucial for optimal athletic performance. Adjust portion sizes based on your individual energy needs and training schedule. Start with aiming for half your weight in fluid ounces. So if you're 150 lbs, start with 75 ounces of water and gage depending on the color of your urine.