

Quick Breakfasts to Hit 30g Protein

Let's keep mornings easy—here are plug-and-play ideas that hit about 30 g of protein fast.

Real-food plates (5–10 minutes)

- Egg + turkey scramble: 3 large eggs (18 g) + 3 oz turkey breast (18 g) -> ~36 g.
- Cottage bowl: 1 cup cottage cheese (24 g) + 2 Tbsp peanut butter (7 g) -> ~31 g.
- Greek yogurt parfait: 1 cup Greek yogurt (20 g) + 1 oz almonds (6 g) + 2 Tbsp hemp seeds (6 g) -> ~32 g.
- Smoked salmon & eggs: 2 eggs (12 g) + 3 oz smoked salmon (17 g) + capers -> ~29–31 g.
- Tofu scramble (vegan): 200–250 g extra-firm tofu (18–22 g) + 1/2 cup edamame (9 g) + 1 Tbsp hemp seeds (3 g) -> ~30–34 g.

Shakes & smoothies (2–3 minutes)

- When time is tight, blend and go.
- Whey milkshake: 1 scoop whey (24–25 g) + 1 cup milk (8 g) -> ~32–33 g.
- Greek yogurt smoothie: 3/4 cup Greek yogurt (15 g) + 1/2 scoop whey (12 g) + milk/water -> ~30–32 g.

Grab-and-go combos (zero cooking)

- Stock these and you're always covered.
- RTD protein shake (11-14 oz) -> ~25-30 g; add a string cheese (+6 g) if needed.
- Greek yogurt cup + jerky: yogurt (15-17 g) + 1 oz beef/turkey jerky (9-11 g) + mini cheese (5-6 g) -> ~30-34 g.
- Cottage cup + bar: cottage cheese single (18-20 g) + protein bar (10-12 g) -> ~28-32 g.
- Hummus & soy milk (vegan): protein bar (10-12 g) + 1 cup soy milk (7-8 g) + roasted chickpeas 1/2 cup (7-8 g) -> ~24-28 g (add a small tofu snack to hit 30 g).

Build-your-own formula (never count again)

- Anchor (20-25 g) + Booster (5-10 g) + Liquid (5-8 g) = ~30 g
- Anchors: whey/plant scoop, 1 cup Greek yogurt, 1 cup cottage cheese, 3 eggs, 250 g tofu.
- Boosters: 1 oz nuts, 2 Tbsp hemp, 1/2 cup edamame, 2-3 oz lean deli meat, string cheese.
- Liquids: 1 cup milk or soy milk (7-8 g); almond/oat (1-3 g).

Tip

- If appetite is low, start with a shake; if you get hungry early, choose a chewable plate (yogurt/eggs) for longer fullness.