



Tasty Bites

Take a look at Ayesha Curry's smoked salmon scramble recipe that will make your mouth water. [Page 6](#)



Dairy Goodness

Discover the key nutritional benefits of dairy and how to incorporate more of it into a healthy breakfast. [Page 7](#)



More Veggies

Read up on why we need to find ways to eat more vegetables and produce for breakfast and beyond. [Online](#)

Morning Meals With Transformation Specialist Chris Powell

Trainer Chris Powell of ABC's "Extreme Weight Loss," co-creator of the TRANSFORM app, talks us through how to make the most out of every breakfast.

What does the typical breakfast look like for you, your wife, Heidi, and your children?

Chris Powell: Typically, I'll have a protein shake with added fiber and bran flakes with raisins. I switch between these two shakes to keep it fresh: chocolate/peanut butter powder/almond milk/psyllium fiber or vanilla/mixed berries/almond milk/psyllium fiber. Heidi will have a protein shake and a Rice Krispies bar. And the kids will have either eggs and toast, whole grain waffles and peanut butter, or Kodiak protein pancakes.

Having multiple children, I can imagine that your household is hectic in the morning. What are some ways in which both parents and kids can make sure they are eating a nutritious breakfast while pressed on time?

We have approximately 30 minutes between waking up and getting the kids off to school, so convenience and speed are of the



utmost importance. That's why we choose quick-prep meals (2 to 10 minutes of preparation) and grab-n-go meals (less than 2 minutes of preparation). Fortunately, there are a ton of healthy options nowadays for eating on the go.

Some of the fastest protein sources are shakes, cottage cheese and Greek yogurt. We eat these all the time when we are racing out the door. If you have a little more time, you can cook up some eggs, protein pancakes on the

griddle or protein oatmeal in the microwave. For fast and healthy carbs, we've got high-fiber cereals, whole-grain toast, fruit and low-fat granola. And for healthy fats we use cheese, nut butters or coconut oil powder in our shakes.

What are some key nutrients that we should be consuming in the morning in order to burn fat and lose weight?

Always eat some source of protein. This will give your body the building blocks it needs to build and maintain muscle. Plus, it slows digestion, keeping you feeling fuller, longer.

Eat a source of high-fiber carbs (oatmeal, whole-grain toast, bran cereal, sweet potatoes, etc.). Fiber also slows digestion and has been proven to help prevent hunger and cravings later in the day.

Also eat a source of healthy fats (avocado, almonds, etc.) to feed and nourish the brain. Fats are the most powerful hunger-curbing macronutrients that slow digestion and keep you feeling full for a long time.

What is your go-to breakfast after a morning workout?

I typically do a post-workout protein shake blended with banana and amino acids. The protein and amino acids help repair the damaged muscles from the tension under the weights, and the carbs from the banana help replenish the carb fuel (glycogen) in the muscles.

What is one piece of advice that you can give to adults and families on getting a positive and healthy start to each day?

First and foremost, you don't have to go to the extremes to start a healthy lifestyle. But as parents, we have the power to create a healthy and fit culture in our family. By starting out our day with a balanced and nutritious breakfast we teach our kids how to prime their bodies for maximum energy, power and mental clarity. Keep it convenient and delicious, and your whole family will be well on the way to total health and fitness transformation. ■

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