



PATTY WILSON COACHING

— FREE GUIDE · WOMEN 35+

5 High-Protein *Breakfasts*

30 grams of protein in under 10 minutes, and no crash by 10am.

30g+ protein each

Under 10 minutes

No-cook + make-ahead

Created by **Coach Patty Wilson** · Scottsdale, AZ · pattywilsoncoaching.com

Win the first meal. *The whole day gets easier.*

The mid-morning crash isn't a willpower problem. It's usually a low-protein breakfast. Fix the first meal and the cravings, energy dips, and 3pm snack attacks get a lot quieter.

Most women I've worked with used to start the day with coffee and nothing else, or with something carb-heavy like toast, a muffin, cereal, or a granola bar. Blood sugar goes up fast, comes down fast, and by 10am you're hungry, foggy, and reaching for sugar.

Front-load protein instead and you stay full, steady, and in control. These are the five breakfasts I come back to again and again. They're fast, they're real food, and none of them needs a cooking marathon.

How to use this guide

- 01 Pick two favorites**
Use the chart on page 3 to find your fit.
- 02 Shop and prep once**
List and 10-minute prep plan on page 7.
- 03 Track two weeks**
Log your mornings on page 8 and watch your 10am energy.



5

BREAKFASTS

Real food, no cooking marathons.

30g+

PROTEIN EACH

Every recipe clears the bar.

<10

MINUTES

Most take two to six minutes.

30g

The 30-gram rule

Aim for at least 30 grams of protein at breakfast. It's the amount I coach women 35+ to hit to help protect muscle and take the edge off cravings. Every recipe in this guide clears it.

Five breakfasts, *at a glance.*

Busy morning? Go no-cook. Rushed every morning? Go make-ahead. Out of protein powder? Three of the five never use it, and the other two have a powder-free swap.

BREAKFAST	PROTEIN	TIME	NO-COOK	MAKE-AHEAD	POWDER-FREE	PAGE
1. Cottage Cheese Berry Bowl	32g	2 min	✓	✓	✓	4
2. Greek Yogurt Protein Parfait	34g	3 min	✓	✓	Swap	4
3. Veggie Egg & Turkey Scramble	33g	6 min	–	–	✓	5
4. Overnight Protein Oats	31g	5 min*	✓	✓	Swap	5
5. Smoked Salmon Avocado Toast	30g	8 min	–	Eggs	✓	6

*Prepped the night before. Protein numbers are estimates and vary by brand; check your labels.

Build your own *30g breakfast*

Once you know the pattern, you can make endless versions. Pick a base, add a booster, and finish with fiber.

STEP 1

Pick a base

1 cup cottage cheese ~25g
 1 cup Greek yogurt ~22g
 3 eggs ~18g
 1 scoop protein powder ~20-25g

+

STEP 2

Add a booster

3 oz smoked salmon ~15g
 ½ cup cottage cheese ~12g
 2 slices deli turkey ~8g
 1 tbsp nut butter ~4g

+

STEP 3

Finish with fiber

Berries
 Spinach or peppers
 1 tbsp chia seeds
 Oats or seedy toast



COACH PATTY TIP

Have your protein before or with your coffee, not instead of it. Coffee on an empty stomach is a fast track to the 10am crash.

Grab a spoon. *You're done.*

1 Cottage Cheese Berry Bowl

32g protein

2 minutes

No-cook

YOU NEED

- 1 cup cottage cheese
- ½ cup berries
- 1 tbsp chia seeds
- A sprinkle of granola

DO THIS

1. Spoon the cottage cheese into a bowl.
2. Top with the berries, chia, and a sprinkle of granola. That's it.

Make it ahead: portion cottage cheese and berries into jars on Sunday. Add the granola in the morning so it stays crunchy.



2 Greek Yogurt Protein Parfait

34g protein

3 minutes

No-cook

YOU NEED

- 1 cup Greek yogurt
- ½ scoop protein powder
- Berries
- 1 tbsp nut butter

DO THIS

1. Stir the protein powder into the yogurt until smooth.
2. Layer it in a glass or jar with the berries.
3. Top with the nut butter.

No powder? Stir in ½ cup cottage cheese instead. You'll still clear 30g.



COACH PATTY TIP

Not a cottage cheese fan? Blend it for 20 seconds. It turns silky, like a thick yogurt, and most women never notice the texture again.

Six minutes, or *zero in the morning.*

3 Veggie Egg & Turkey Scramble

33g protein

6 minutes

One pan

YOU NEED

- 3 eggs
- 2 slices turkey (or turkey sausage)
- A handful of spinach
- Feta

DO THIS

1. Chop the turkey and warm it in a nonstick pan with the spinach until the spinach wilts.
2. Add the eggs and scramble everything together over medium heat.
3. Finish with feta. Six minutes, start to finish.

Mix it up: add peppers, onions, or leftover roasted veg. Same protein, new breakfast.

4 Overnight Protein Oats

31g protein

5 min the night before

Make-ahead

YOU NEED

- ½ cup oats
- 1 scoop protein powder
- 1 cup milk of choice
- Chia seeds
- Berries

DO THIS

1. Mix the oats, protein powder, milk, and chia in a jar the night before.
2. Refrigerate overnight.
3. Top with berries and grab it on your way out.

Milk matters: dairy or soy milk adds about 7–8g of protein a cup; almond or oat milk adds only 1–3g. Use dairy or soy to be sure you clear 30g.

No powder? Swap the scoop for ¾ cup Greek yogurt and use dairy or soy milk.

Double it

Make two jars of oats at once. Tomorrow's breakfast is already done.

Eat it warm

Prefer hot oats? Microwave the jar for 60 to 90 seconds and stir. Add the berries after.

Change the flavor

Stir in cinnamon, vanilla, or a spoon of cocoa. Swap the berries for diced apple.

The one that feels *like brunch*.



5 Smoked Salmon Avocado Toast

30g protein

8 minutes

Powder-free

YOU NEED

- 2 eggs
- 3 oz smoked salmon
- ½ avocado
- 1 slice seedy toast

DO THIS

1. Toast the bread and cook your eggs: soft-scrambled, or use two you boiled on Sunday.
2. Mash the avocado onto the toast.
3. Top with the smoked salmon and the two eggs.

Faster: slice two hard-boiled eggs from your Sunday batch and this is a 3-minute breakfast.

Where the protein comes from

- 3 oz smoked salmon: about 15g
- 2 eggs: about 12g
- Seedy toast + avocado: about 5g

Want more? Add a third egg or a little more salmon.

Seedy toast, explained

Look for a bread with whole seeds and grains you can see, and more fiber and protein on the label than a regular slice. Sprouted breads are a great choice.



COACH PATTY TIP

Smoked salmon is salty. Drink a big glass of water with this one and skip extra salt on the avocado.

Ten minutes of prep, *three grab-and-go mornings.*



Sunday, 10 minutes

01

Boil a dozen eggs

Snacks, a fast scramble, and salmon toast, covered.

02

Pre-portion cottage cheese + berries in jars

Three no-think breakfasts, lined up in the fridge.

03

Make two overnight oats at once

Tomorrow and the day after, done.

Shopping list for all five

Check items off as you shop. Amounts cover making each breakfast once or twice.

- | | | |
|--|---|---|
| ☐ Cottage cheese (large tub) | ☐ Plain Greek yogurt (large tub) | ☐ Eggs (1 to 2 dozen) |
| ☐ Deli turkey or turkey sausage | ☐ Smoked salmon | ☐ Feta |
| ☐ Protein powder (optional) | ☐ Milk of choice | ☐ Berries, fresh or frozen |
| ☐ Spinach | ☐ Avocados | ☐ Rolled oats |
| ☐ Chia seeds | ☐ Granola | ☐ Nut butter |
| ☐ Seedy or sprouted bread | | |

Also grab:

Frozen is fine

Frozen berries cost less, keep for months, and never go bad before you use them. Thaw them overnight on your oats or yogurt.

Hard-boiled egg storage

Keep them in the shell in the fridge and eat them within a week. Peel as you go.

Two weeks of *better mornings.*

Log what you ate, tick the 30g box, and rate how you felt at 10am and at 3pm (1 = low, 5 = high). By the end of week two, you'll know which breakfasts carry you best.

DAY	BREAKFAST I HAD	30G+	EATEN BY 9AM	10AM ENERGY 1-5	3PM CRAVINGS 1-5
WEEK 1					
Mon		☐	☐		
Tue		☐	☐		
Wed		☐	☐		
Thu		☐	☐		
Fri		☐	☐		
Sat		☐	☐		
Sun		☐	☐		
WEEK 2					
Mon		☐	☐		
Tue		☐	☐		
Wed		☐	☐		
Thu		☐	☐		
Fri		☐	☐		
Sat		☐	☐		
Sun		☐	☐		

My two go-to breakfasts:

What changed by week two:

Breakfast handled. *Ready for the rest?*

If one high-protein meal made you feel this much better, imagine a full plan for your body, with a coach in your corner.

“

Patty is an incredible coach and motivator. She helps you establish your goals, and provides the tool to reach them. She is the best in the business!

KATHRYN B.

Book your free 15-minute call

Tell me what your mornings look like and where you want to be in 90 days. I'll map out your best next step, no pressure.

pattywilsoncoaching.com/contact



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