

● Simple Breakfast

1. Choose ONE Breakfast Base

(Pick one per day)

Cold Cereal Mix (50 g total)

- 30 g cold cereal (Cheerios / Catalina Crunch / Alpen, etc.)
- 20 g rolled oats (uncooked, mixed in)

Add:

- 100–120 ml low-carb soy milk (7-11 糖質 75% オフ)



Hot Oatmeal or Oat Bran (50 g uncooked)

Cook with:

- 150–180 ml water or low-carb soy milk
- Optional: pinch of cinnamon, vanilla, or a few chopped dates (5–10 g)

Whole Grain Bread

Choose one:

- 1 slice Kirkland bread (45 g)
- 1 slice Boyd's homemade bread (≈50 g)

Toast and serve with:

- Optional 5–10 g nuts
- 5 g softened butter or 5 g peanut butter (if desired)



2. Add ONE Protein Booster

(Choose one each morning)

A. Greek Yogurt

- 123 g Oikos (plain, unsweetened)
95 kcal | 18 g protein

B. Onsen Tamago

- 1 egg (50 g)
72 kcal | 6.5 g protein

C. Optional “double protein day”

For high-protein mornings:

- Yogurt + Egg



3. Add ONE Omega-3 Booster

- Chia seeds – 10 g (= 1T)
49 kcal | 1.8 g Omega-3 | 3.4 g fiber
- Hemp seeds – 10 g
55 kcal | 1.0 g Omega-3
- Walnuts (chopped) – 10 g
65 kcal | 0.9 g Omega-3
- Peanuts / Almonds / Cashews – 10 g
Good fats, but not high in Omega-3



Recommended rotation:

Mon–Wed–Fri → Chia or Hemp

Tue–Thu–Sat → Walnuts or mixed nuts

Sun → free choice

4. Add 1–2 Fruits

Use whatever is seasonal or frozen:

- Blueberries / Raspberries
- Strawberries



- Apples (½ small = ~60 g)
- Kiwi (1 fruit = ~75 g)
- 柿 / 洋梨 when in season

Typical serving: **50–100 g**



5. Sample “Balanced Breakfast” Templates

A. High-Protein Morning

- 30 g cereal + 20 g oats
- 120 ml soy milk
- 123 g Greek yogurt
- 10 g chia
- 80 g blueberries

Macros: Excellent protein + high omega-3



B. Light but Filling Morning

- 1 slice Kirkland bread
- 1 onsen egg
- 10 g hemp seeds (sprinkled on yogurt or fruit)
- 100 g fruit



C. Warm & Comforting Morning

- 50 g oat bran (hot)
- 150 ml soy milk
- 5 g chopped dates
- 10 g walnuts
- 1 kiwi



6. Very Simple Tracking (No Weighing Needed)

You only need to weigh:

- **Cereal (30 g)**
- **Oats (20 g with other cereal or 50 g alone)**

Everything else is a fixed habit:

- Yogurt = **123 g container**
- Egg = **1 egg**
- Fruit = **50-100g**
- Omega-3 booster = **10g**

This gives you:

- **20–30 g protein**
- **6–10 g fiber**
- **1–2 g Omega-3**
- Very stable calories day-to-day



Protein from eggs and dairy



Omega-3 from nuts and seeds



Fiber from fruit and grains