

20–30g Protein Breakfasts for Women

Simple, calorie-conscious breakfasts that support fat loss, muscle, hormones, and blood sugar.

Why protein at breakfast matters

Starting your day with 20–30 grams of protein helps control hunger, stabilize blood sugar, protect lean muscle, and makes staying in a calorie deficit far easier for women—especially during perimenopause and menopause.

4 Go-To Protein Breakfasts

1. Protein Egg Scramble (≈25–30g protein | 300–350 kcal)

- 2 whole eggs
- 2–3 egg whites
- Non-starchy vegetables (spinach, mushrooms, peppers, zucchini)
- Optional: 1 tbsp feta or goat cheese

2. Greek Yogurt Protein Bowl (≈20–30g protein | 250–350 kcal)

- $\frac{3}{4}$ –1 cup plain nonfat or 2% Greek yogurt
- 1 tbsp chia or ground flaxseed
- Handful of berries
- Cinnamon or vanilla extract
- Optional: $\frac{1}{2}$ scoop protein powder if needed

3. Simple Protein Smoothie (≈25–30g protein | 250–350 kcal)

- 1 scoop protein powder such as **Taylor Duke's Wellness Bone Broth Protein Powder**
- Unsweetened almond milk or water
- Ice
- Spinach or frozen cauliflower for volume
- Optional: 1 tbsp nut butter OR $\frac{1}{2}$ banana (not both)

Taylor Duke's Wellness Bone Broth Protein Powder: [Click here to view](#)

4. Cottage Cheese Power Bowl (≈25–30g protein | 220–300 kcal)

- 1 cup low-fat or 2% cottage cheese
- Savory option: tomatoes + everything-but-the-bagel seasoning
- Sweet option: cinnamon + a few berries

Key Coaching Principles

- Breakfast doesn't need to be big—it needs to be protein-anchored.
- Aim for 20–30g protein before adding carbs or fats.
- Keep breakfast repeatable to reduce decision fatigue.
- Consistency beats perfection.

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