

### 3 Simple Fat Fighting Breakfasts....

One of the easiest things you can do to start melting the fat off your frame is to start eating a breakfast that boosts your metabolism and sets the tone for fat loss all day long.

Now, there's a very good chance you're shaking your head in agreement with me, but saying something like, "That's great. I know that. But what the heck do I eat?"

Glad you asked ;-)

Here are three simple fat fighting breakfasts from Registered Dietitian Jayson Hunter:

- 1- Cottage cheese mixed with real fruit
- 2- Hard boiled egg and yogurt mixed with real fruit
- 3- 2 pieces of fruit and a scrambled egg wrap

Seriously, would that be so hard? Don't you think you can manage that in the morning?

Well, if you can't Jayson, who is the Head of R & D at Prograde Nutrition, has another suggestion. You can use a nutritious meal replacement shake like Prograde Lean.

I've checked it out and it really has a delicious chocolate flavor. In fact, I know Prograde spent 6 months developing Prograde Lean just to get the taste right.

Ok, so there are 4 options for a Belly Fat Blasting Breakfast. Enjoy!

Yours in health,

Peggy Mincey

- The website is <http://fitbydesign.getprograde.com>

- If you want to check out Prograde Lean right away go here: <http://fitbydesign.getprograde.com/lean>

PS – I am a Prograde Nutrition partner