

Protein Breakfast Recipe 2: How on Protein

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Beyond Carbs

A Protein Breakfast Improves ADHD Medication Outcomes

Fruit and carbs taste great, but the bottom line for brain efficiency: protein for breakfast works best. Yes, I know what many of you are going to say after that [last breakfast post](#)- “Good thinking, been there, just can’t do that.”

The simple solution for protein breakfast: think “**protein**,” not just “breakfast.”

Many subsets of protein work, so you can be creative. Oftentimes breakfast is just too complicated. Let’s simplify it with some suggestions. I will list a few, you can check out the possibilities, then I will give you the Secret Recipe for the infamous *Parker Power Protein Breakfast* [yes, joke], – just don’t tell anyone – it’s a secret.

Some easy protein breakfast solutions, especially helpful for those ADHD folks who just can’t eat breakfast, but react strongly to those stimulant medications with appetite suppression.

Protein = [Neurotransmitters](#)

For more science behind the necessity for protein breakfast and more on this neurotransmitter subject head over to the [Neuroscience Page here at CorePsych Blog](#) As you may have guessed, neurotransmitters control all brain activities: thinking emotions and most actions.

Children's Rule #1

- First most important rule, and this is a RULE:

Get the child involved in the process of selection. Take them to the store, have them think about it.

- This second part is not a rule, -it is obvious if you have done #1: Have fun with this, make it a project and work with it until you both get it. Take some time.

- Breakfast is not just a girl problem, many guys sneak past breakfast.

- Then, start with the absolute easiest solution, not the best, but better than pop-tarts or nothing:

Protein Bars

Look for the one with the least carbs. Some of the protein bars have a whiff of protein and a ton of pure carbs. They can eat this on the bus. If having breakfast/protein with meds, best to take protein *before* taking meds, not after meds. Many possibilities exist, these two are very easy to manage:

- [Cliff Builder 20 Gm Protein Bars](#) [This is an example of just one flavor so you can see what's available. Cookies and Cream is the most acceptable flavor for many picky eaters.]

- and the excellent, **Casein & Gluten Free**, 20 Gm protein, low carb [Think Thin Bars](#) with multiple [6] excellent flavors.

- Next best: Ready Made Protein Drinks. These are improving everyday, some are better than others. Give your child a chance to try a few flavors. You try a few. This is a 30 sec breakfast, and again, better than 0. Boost, Atkins Advantage, many are available in the same area as protein or supplements in your grocery.

- A bit more time: Anything protein from eggs to chicken to cold cuts. No, cold pizza does not count.

Shakes

If you are having trouble with these previous two on a taste/consistency complaint, a shake may become your fall back position. Certainly shakes are a great first choice:

Shakes have the advantage of providing a taste you can blend, and if they need it sweeter, try this one:

[Spirutein](#) – this one, as you can see from the reviews, is nothing really special, but the Cookies

and Cream flavor can get you over the breakfast speed bump. I am not trying to sell this here, you can get it almost anywhere, but this is what it looks like. It works often.

OK, I know you're waiting, Drum roll please...

Parker Power Protein Breakfast

I have had about 50% acceptance/luck with this Power Protein concoction, and confess that I do much arm twisting with adolescents and kids. About 60% acceptance with adults. I suggest and describe this first to see how noses turn, then go to the less acceptable choices I just reviewed. This is a very healthy protein breakfast, and it not only solves the problem of no-time-in-the-morning, it gives responsible adolescents an easy way to take care of themselves in the AM.

So what is the recipe with the *Parker Power Protein Breakfast* 🤪thing?

It looks horrible, but remember, that can make it fun.

1. Take out a cereal bowl and pour in egg whites, or stir up two eggs [or more].
2. Pour in a good amount of olive oil, your favorite cold-pressed, etc., for taste and to prevent/diminish sticking.
3. Salt and pepper, hot sauce, onions, cheese, your call for the flavor trimming.
4. Then, don't laugh, pour in some [Old Fashioned] oatmeal. Not a lot, just enough to give it some body, chewy consistency. As I said, it looks bad, but so do cookies before you bake them.
5. Throw, – er, place in the microwave for about 1.5 min, and go take your shower. Done. Don't eat too fast, will burn your tongue [that is why the shower fits in there]. Great on a winter morning. Easy in the summer.

It comes out like a great big, chewy cookie, without the sweet taste, and will last until about 2 PM. – No feeling like you have to eat a door knob around 10-11 AM. Surprisingly, some cheerleaders love it!

Give this a try. It might be a Boy Scout, guy thing, but many of my women/mom patients love the ease, the taste and timing. And, don't tell anyone, it's a secret 🤪

Flaxseed Meal for Fiber - Protein Breakfast Needs Proper Bowel Health

At your grocery, just down the flour aisle, right next to the cornmeal, is **flaxseed meal**. Two tablespoons on any of these breakfast recipes will help keep your #2 in the appropriate range of [18-24 hr Transit time](#) [download your Transit Time pdf at this link]. For more details on the value of flaxseed see this interesting [Flaxseed Meal link](#).

Give these a try, then drop a note below to tell us what you think about your new breakfasts... Protein breakfasts can easily work if you simply pay attention to easy details.

cp

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Read more: <http://www.corepsych.com/2007/02/power-breakfast-recipe-2-how-on-protein/#ixzz307gqMTGD>