



Oatmeal with Egg

Add extra protein to your morning oats by stirring in a lightly beaten egg as the oatmeal is cooking. "Oatmeal contains protein, but it's easy to give it an additional boost with an egg," Cooper says. "It thickens it up nicely, too." Top with a drizzle of pure maple syrup, 1/2 cup blueberries and a handful of chopped walnuts for a one-bowl morning meal that provides a myriad of nutrients for the day.