



Swimsuit-Ready in 20 Days: Breakfast Recipes

Cream of Wheat and Protein

2 ¼ cups nonfat milk

¾ cup Cream of Wheat

1 scoop protein powder (100% whey)

1 teaspoon ground cinnamon

1. In a saucepan, combine the milk, Cream of Wheat, and protein powder and bring to a boil. Whisk until smooth and creamy.

To serve: Ladle into bowls and garnish with cinnamon.

Servings: 2

Note: If you can't find 100% whey protein, use soy protein.