

# Power Packed Oatmeal

By Brian Copeland, RKC

Another quick breakfast, or anytime meal.

## Ingredients:

- ½ cup plain oats (Quaker Oats will do or find some organic oats)
- 1 scoop of protein powder
- ½ cup water
- ½ cup of organic milk (or for some of you... raw unpasteurized milk)
- 1 TBSPN of natural organic peanut butter (optional)
- Small hand full of chopped walnuts, almonds or other (optional)

## Steps:

1. Put the oatmeal and the protein powder into a bowl and mix together
2. Add the water, milk and stir still protein powder blends in
3. Add peanut butter and chopped nuts
4. Cook on high for 1 minute
5. Remove and stir to make sure it is smooth. If you skip this it could come out kinda clumpy as the protein powder will clump together
6. Put back into microwave and cook an additional 30 sec to 1 min depending on how runny or thick you like your oatmeal.
7. Remember that the oatmeal will come out of the microwave a little runnier than it will be once it cools, it continues to cook a little when you remove it.

In a hurry for work? This doesn't take long and you can wash the dish when you get home. Now eat breakfast!

To learn more or if you are ready to make real progress, contact me for some personal training program designs. If you feel guilty forking out a little dough, then consider that my services generally cost less than you spend eating out for lunch in a 2-week period. And now that you save money by eating out less you will have the extra dough ...er cash.

**What do you have to loose except some unwanted body fat and a lot of bad lifting habits?**

Brian Copeland is a Denver, Colorado based strength and conditioning coach, personal trainer and Certified Russian Kettlebell Instructor. Brian specializes in functional strength and athletic training, conditioning for martial artists, kettlebell lifting, fat loss and muscle gain. Brian has also rehabilitated several severe lower back injuries, including his own, through the use of "proper" strength and flexibility training.

Brian is available for private and group lessons and personal program design. If you are tired of not seeing results contact Brian, he will design a personalized program based on YOUR goals, YOUR time and YOUR lifestyle.

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