

Ridiculously Simple Protein Cereal

By Brian Copeland, RKC

Breakfast, don't skip it. In a hurry, here you go!

Ingredients:

- Pick a super high fiber organic cereal like Ezekiel 4:9 brand
 - Forget any cereal that has sugar and enriched flour! Toni the Tiger doesn't care about your health!
- 1 scoop of protein powder
- Organic milk (or for some of you... raw unpasteurized milk)

Steps:

This is tough, ready?

1. Mix a bowl of cereal with a scoop +/- of protein powder, stir before adding milk
2. Add milk... stir till mixed... eat

You have no excuse to skip breakfast now!

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 lose 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.

Visit me today at www.bccorefitness.com