

THE 3 O'CLOCK BOX

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What Nutritionists Eat for Breakfast

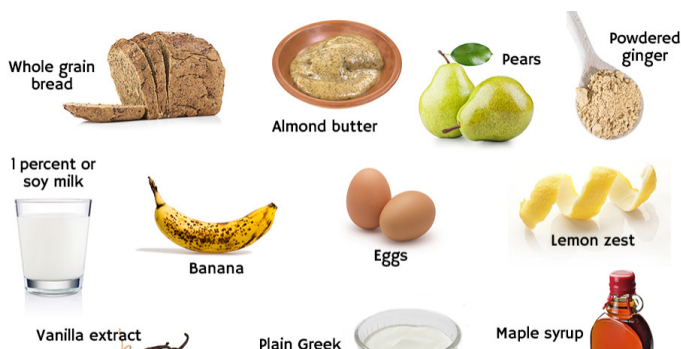


5-Ingredient Pancakes You Can Feel Great About



We're used to seeing pancakes piled high, topped with pats of butter and doused in syrup, but there's a much lighter way to enjoy these treats. **Nutritionist and trainer Franci Cohen** regularly whips up a supersimple, flourless batter consisting of old-fashioned oats, egg whites, grated apple and a dash of cinnamon. The key is to let the mixture sit for 5 to 10 minutes before cooking, so the oats plump up from the moisture in the egg and fruit. She ladles spoonfuls onto a griddle, flips them when they start to bubble, puts them on a plate and eats them with fresh berries. The cakes are high in fiber, protein and vitamins, and will keep you full all morning

(you may even want to pack an extra in your bag for an afternoon snack).

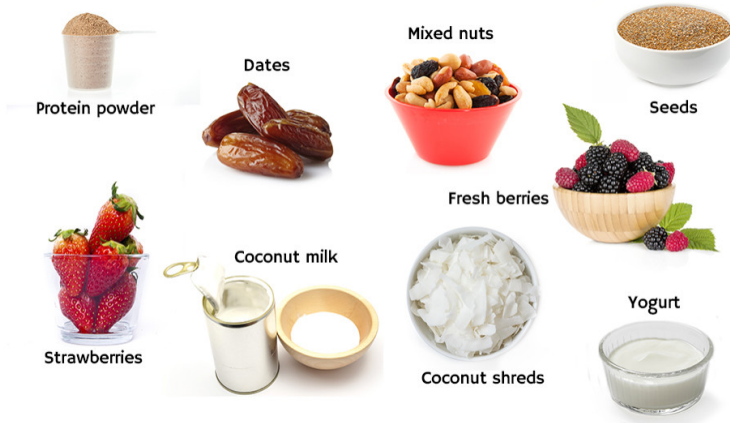


Broccoli (Yes, Broccoli)

Registered dietician Ashley Koff tries to eat broccoli every day, since it contains glucoraphanin, a phytonutrient that converts to an antioxidant when consumed. She has two favorite ways to eat it; the first, is to add a serving of frozen broccoli to a smoothie (it's great with peach, mango or banana along with a small handful of cashews or hazelnuts, water, ginger and protein powder). Koff also likes to sauté the florets and

leaves (which taste sweet) in avocado or coconut oil, then cook an egg, scrambling it right in with the veggies.

A Classic Breakfast Food with a Lunchtime Twist

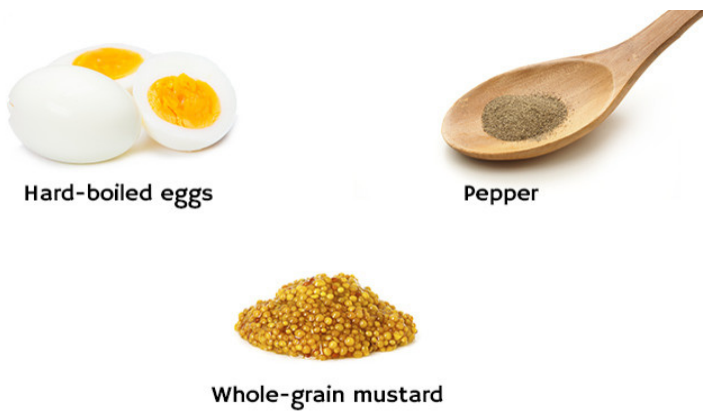


Stuffed French toast may sound fancy or fussy, but nutritionists Stephanie Clarke and Willow Jarosh, of C&J Nutrition, swear it's a snap. They both make it regularly, since it fits the bill as a tasty, high-fiber and protein-rich meal. First, they prepare an almond-butter-and-pear sandwich; then, they plunge it into a mixture of milk, egg, vanilla extract and lemon zest. The final step is to sauté the soaked sandwich until it's golden and crispy on both sides.

A Parfait That's Not What You're Expecting

Sophie Jaffe, a yoga teacher, chef and nutritionist, likes to make a layered parfait—but instead of using the usual yogurt, granola and berries, she mixes up her own puree in a blender, consisting of pitted dates, berries, coconut milk and protein powder. The dates add sweetness and fiber, plus they give the mixture some heft. Then she layers the mixture with nuts, seeds, fresh berries and shredded coconut (yogurt optional!).

Sophie Jaffe, a yoga teacher, chef and nutritionist,



Eggs with a Kick

You'd expect nutritionists to love vitamin- and fiber-rich green smoothies, and Trishna Joshi, lead nutritionist for the meal-delivery service The Fresh Diet, is definitely a fan; she often makes one with a whole bag of spinach, plus water, whatever fruits she has on hand and flax or chia seeds. But when she doesn't have time to pull out the blender, Joshi opens the fridge and takes out a few hard-boiled eggs, which she keeps cooked and ready for when she's in a rush. Her go-to way to eat them is to peel them, slice them in half and

top each piece with whole-grain mustard and pepper; both add great flavor with very few calories.