

Making Your Morning Coffee Part of Your Weight Loss Journey

Believe it or not, your morning coffee can support your weight loss journey or derail your progress. Start your day off the right way with mindful eating and smart choices.

Here's how you can make your morning coffee work for you!



Focus on Protein at Every Meal



Getting enough protein at every meal is crucial for weight loss. Protein helps you feel full longer, preserves muscle mass, and supports overall metabolism. However, it's easy to miss this critical macronutrient in your morning routine, especially if you're grabbing a quick coffee on the go.

Hidden Calories in Your Coffee



Caffeine acts as a natural stimulant and appetite suppressant to benefit weight loss. However, many people add cream, sugar, and flavored syrups to their coffee, which can quickly add up to hundreds of hidden calories. These extra calories can negate the hard work you've put in throughout the week and slow your progress.

A Simple Hack: Protein-Packed Coffee

One hack I've found effective is mixing a high-protein, low-carb protein powder into my coffee. This not only boosts the protein content of your morning beverage but also helps keep you full and energized without the extra calories from cream and sugar.

[Here's the protein powder I use:](#)



I mix 3/4 of a scoop into my coffee. I've discovered that using less doesn't provide the best taste while using more can cause the protein powder to clump and create a weird texture.

Protein powder provides an energy boost, 18 grams of protein, and only about 80 calories, making it a perfect start to the day.

How to Implement this Hack?

- 1. Choose Your Protein Powder:** Select a [high-quality, low-carb protein powder](#) that blends well with coffee.
- 2. Measure Correctly:** Mix 3/4 of a scoop into your coffee to avoid clumping and achieve the best taste.
- 3. Stir Well:** Stir thoroughly to ensure the protein powder is well integrated.
- 4. Enjoy your protein-packed coffee,** knowing you're starting your day right.