# Leyla Weighs In: Kickstart 2025 with Protein-Packed Breakfast Ideas

written by Leyla Muedin MS, RD, CDN | January 10, 2025

Nutritional Insights for a Healthy New Year: Breakfast Ideas and Metabolic Health: Nutritionist Leyla Muedin discusses the importance of a protein and fat-rich breakfast to stabilize blood sugar levels. She emphasizes the metabolic benefits of avoiding carbohydrate-heavy meals in the morning and shares various breakfast ideas that are convenient and nutritious, such as protein shakes, cottage cheese, hard-boiled eggs, and leftovers from previous meals. Leyla also highlights the impact of diet on menstrual health, citing studies showing how ketogenic diets can regulate menstrual cycles and treat conditions like polycystic ovarian syndrome (PCOS). Listeners are encouraged to adopt these dietary habits for better overall health and well-being in the new year.