BLACK FOREST

THE WORKING BODY

The 1945 Breakfast

What your grandfather ate before work, weighed in grams of protein. Six plates. Every one clears the line where a meal starts building muscle.

THE PLATES



55 g ✓ CLEARS 30

Steak & eggs

6 oz ribeye, 2 eggs



42 g ✓ CLEARS 30

Ham steak & eggs

5 oz ham steak, 2 eggs



40 g ✓ CLEARS 30

The lumber camp

4 eggs, 4 strips bacon, fried potatoes



38 g ✓ CLEARS 30

Bacon & eggs

3 bacon, 3 eggs, whole milk, buttered toast



37 g ✓ CLEARS 30

Kippers & eggs

2 kippered herring, 2 eggs



35 g ✓ CLEARS 30

Farm oatmeal

Oats in whole milk, 2 eggs, 2 slices ham



AND TODAY

The 2026 morning

Coffee with creamer, a bagel or a bowl of cereal, a glass of juice

11 g
DOES NOT CLEAR IT

Thirty grams is where a meal starts building muscle. Every plate above clears it. The 2026 morning does not get close.

WHY IT BUILDS YOU

+25% more muscle built over a day when the same protein is spread evenly across meals, instead of saved for dinner.
MAMEROW ET AL., J. NUTRITION 2014

40% less muscle lost over three years by the older adults who ate the most protein, against those who ate the least.
HOUSTON ET AL., HEALTH ABC, AM. J. CLIN. NUTRITION 2008

9 / 9 essential amino acids delivered by whole animal food. Most single plant foods fall short on at least one.
FAO PROTEIN QUALITY REPORT, 2013

20–30% of protein's calories are burned just digesting it, the highest of any macronutrient, and it is the most filling gram for gram.
HALTON & HU, J. AM. COLL. NUTRITION 2004

~30 g of protein at breakfast raised fullness all day and cut evening cravings and snacking.
LEIDY ET AL., AM. J. CLIN. NUTRITION 2013

Every plate on this page takes fifteen minutes and a pan.
That is why nearly 1 in 6 Americans skip it.

PROTEIN WEIGHED AGAINST USDA FOODDATA CENTRAL; CONSUMPTION TRENDS USDA ERS FOOD AVAILABILITY; BREAKFAST-SKIPPING USDA / NHANES 2017–2020. STUDIES CITED ABOVE. PRODUCT-FREE, NOTHING TO BUY.