

Healthy Breakfast Options

NEVER start your day without breakfast

Breakfast should be your biggest nutrient dense meal of the day. Within 30 minutes of waking you should have at least a snack if not breakfast and then within 2 hours of waking you should have a full meal if you didn't earlier. Why?

When you eat breakfast, you activate the thermogenesis process which stimulates your metabolism. Plus, studies have shown that eating a meal in the morning boosts your metabolism more than eating the same meal in the evening.

When you eat breakfast you stop the fasting process (from sleep) and tell your body that there are plenty of calories to be had for the day. When you skip breakfast the message your body gets is that it needs to conserve rather than burn any incoming calories.

There is a reason for the saying "breakfast will jump start your day". It will...

1. boost your metabolism
2. stabilize blood sugar for the day
3. reduce risk of starving
4. feel fuller which in turn will eat less calories in a day
5. will consume more vitamins, minerals and fibers
6. improve your concentration and productivity
7. give you energy to workout
8. reduce mood swings
9. overeating later in the day

...and the list goes on.

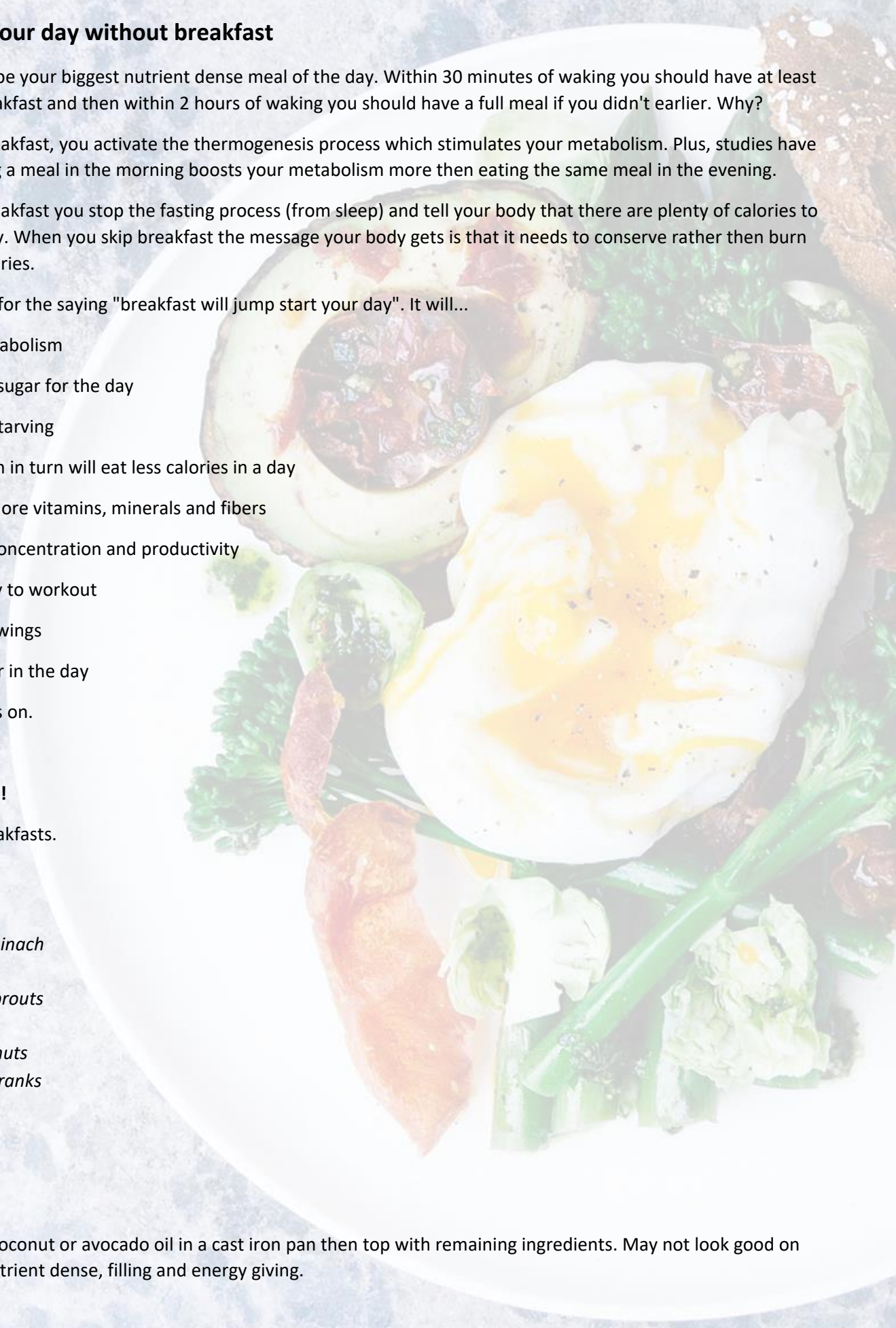
EAT BREAKFAST!!!

My 3 favorite breakfasts.

Sautéed Veggies

- *Broccoli*
- *Kale or Spinach*
- *Onion*
- *Brussel Sprouts*
- *Celery*
- *Raw Walnuts*
- *Salsa or Franks*
- *Turmeric*
- *Salt*
- *Pepper*

Sauté veggies in coconut or avocado oil in a cast iron pan then top with remaining ingredients. May not look good on paper but is so nutrient dense, filling and energy giving.



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Quinoa (yep for breakfast - a great protein)

- *Quinoa*
- *Avocado Oil*
- *Flaxseed*
- *Pure Maple Syrup*
- *Raw Cashews*
- *Frozen Berries*
- *Optional - Almond Milk*

Cook Quinoa as directed then add the rest. Oatmeal didn't sit well with my gut so I replaced it with Quinoa. It gives me so much energy and lasts for hours.

Smoothie

- *Banana or Apple*
- *Spinach*
- *Broccoli*
- *Avocado*
- *Frozen Berries*
- *Flaxseed*
- *Protein Powder (I use Sunwarrior Natural)*

Blend together and enjoy.

