

## 10 Nourishing Breakfast Meals - Boost Mood & Metabolism!

Goal: Select 1-2 new morning meals to try this week! (modify as desired)

- **Glorified Hot Cereal:** Prepare ½ - 1 cup cooked oatmeal, quinoa, millet or steel cut oats.
  - Top with ¼ cup frozen/fresh berries, 1 Tbsp. nuts/seeds(*walnuts, pumpkins seeds*), cinnamon, 1 Tbsp. flax; 1 tsp. drizzle of Maple syrup or stevia.
  - Include 1-2 eggs or lean chicken or turkey sausage (*organic – Try Bilinski’s or Applegate*)
- **Protein Power Oatmeal or Millet:** Prepare 1 cup cooked oatmeal (1/2 cup uncooked) or millet with 1-cup milk. *After cooking: stir in ½ scoop vanilla protein powder OR 1 tbsp. nut butter; 1 Tbsp. flax or chia seed, and 1Tbsp. dried fruit.*
- **Egg McMuffin:** Place 1-2 poached egg, ¼ sliced avocado, sliced tomato on slice of sprouted/GF toast or ½ sweet potato or roasted veggies. *Pair w/ fresh berries.*
- **Festive Egg Muffins:** refer to recipe\* or create your own. *Pair with fruit or ½ sweet potato!*
- **Lavash & Greens:** Layer 1-2 scrambled eggs or non-GMO organic tofu, ½ cup baby spinach or arugula, and ¼ avocado on a GF Lavash or flatbread. *Pair with side of salsa or pico if desired!*
- **Smoothie\*\*:** *See recipes provided if you enjoy smoothies!*
- **Easy Egg Burrito:** Scramble 1 egg + 2 egg whites, veggies as desired, add 1/3 cup black beans, turmeric (*and added spices as desired*), chopped tomato, pico, avocado, cilantro.
  - Pair with 1-2 sprouted corn tortillas.
  - *Double for leftovers the next day!*
- **Yogurt Parfait:** Mix together 6oz cup of plain organic Greek yogurt or unsweetened vanilla coconut yogurt (optional: ½ tsp almond extract) 1 tsp cinnamon, 1-2 tsp. Using ½ cup of fresh fruit, layer yogurt and fruit in a large cup. *Top with 1 Tbsp. each of chia seeds & toasted almonds/walnuts OR ¼ cup low sugar GF granola.*
- **Tofu Tex-Mex Scramble:** (*can make days ahead*) 6-8 oz. extra firm (non-GMO) organic tofu mashed, sauté in 1-2 tsp olive oil with ¼ tsp. turmeric for ~4 min. Add ½ cup black beans + ½ cup salsa – heat through and serve (makes 2 servings)
  - Pair with small corn tortilla and fruit!
- **The Non-Traditional:** Leftover’s from the night before.... Try 2-3oz lean chicken or fish + ½ small sweet potato, and fruit. (*Julie’s Favorite: sprouted toast with smear of avocado top with 2oz left over cold salmon and fresh tomato and ground pepper- YUM!*)
- **Overnight Muesli or Oats!**