



**Avoid these “nutritional bandits” that will leave you feeling empty and tired.**

- Bagels
- Doughnuts
- Muffins
- Pastries
- Toast and jam
- French toast and pancakes with maple syrup
- Oatmeal with brown sugar or maple syrup
- Eating only fruit
- Cereal with skim milk
- Low fat flavored yogurt
- Fruit smoothie
- Juice (fruit or veggie)
- Breakfast bars
- Coffee or tea on an empty stomach
- Simply not eating!



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## *Breakfast: The most important meal of the day!*

Breakfast is the key to a grrreat day... and I’m not talkin’ your typical flaks of corn or toasted O’s, but a well balanced, nutrient dense, power meal that will keep you going strong for hours. Eating a well-balanced breakfast will (Zelman 2014):

- Replenish the body with essential nutrients
- Improve concentration and cognitive function by fueling the brain
- Boost metabolism, helping in weight loss and weight management
- Stabilize blood sugar.

Here are some quick, power-house breakfast ideas:

- 2 eggs (or 1/2 cup tempeh), over easy atop 1/2 cup quinoa, black rice, or black beans with sautéed veggies (organic bell pepper, summer squash or zucchini, leafy greens and tomatoes)
- 1 cup quinoa with nuts/seeds, fresh or frozen berries, topped with cinnamon, coconut flakes, and coconut milk, almond milk, or a splash of organic cream.
- 3/4 cup full-fat, organic cultured cottage cheese or plain yogurt with fresh or frozen berries topped with 2 TBS ground flax seeds, chopped nuts, and cinnamon (add 1/2 tsp honey if desired).
- 2 soft boiled eggs or eggs over easy topped with 1/4 avocado, sliced tomato, and sea salt with a side of squash or sweet potato topped with coconut oil.
- 2 scrambled eggs with full-fat, organic cultured cottage cheese, leafy greens, and tomato slices.
- 4 oz sliced baked turkey or chicken wrapped in lettuce leaves with 1/3 avocado, tomato and cucumber slices.
- 1 slice whole grain toast with 2 TBS almond butter and a half of a slice banana with a 1/2 cup side of full-fat, organic cultured cottage cheese, or plain yogurt topped with 1 TBS chia or ground flax seeds.
- 1 buffalo/turkey/or chicken bratwurst with sautéed cabbage or broccoli and grated carrots. Add a dash of curry powder or coconut aminos for additional super power.
- A blow of homemade chicken soup. It’s perfect in the winter!
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Source:

Zelman, K. (2014) The Many Benefits of Breakfast. WebMD. Available at: <http://www.webmd.com/diet/features/many-benefits-breakfast>. Last accessed June 24, 2014