

Breakfast Ideas:

Ensuring adequate protein and fat in the morning is essential for blood-sugar control, energy, adrenal function, thyroid and other hormone functioning and even healthy weight management as well as supporting optimal mood. I recommend at least 20 g of protein for the morning meal and one serving of fat.

Smoothie:

- 1 cup leafy green (kale, spinach, chard)
 - ½ cup fruit (berries, ½ banana, pineapple, etc.)
 - 1 serving fat (2 tbs coconut oil, 2 tbs flaxseed, ½ avocado, full-fat greek yogurt or kefir, 2 tbs nut butter, etc.)
 - 20-30 g of protein (protein powder, Vega, Sunwarrior, or Whey Isolate, 1 cup of greek yogurt or kefir)
- optional: cocoa powder, gelatin, flaxseed, fibre
- 1 cup water, almond milk, cashew milk, etc.

Breakfast Sandwich or Omelet:

- ½ avocado
- 2-3 eggs
- 2-3 slices of turkey breast
- 1-2 pieces of toast (gluten free or whole grain, optional)

Yogurt Bowl:

- 1 cup Greek yogurt or kefir (coconut yogurt for those who are dairy-intolerant, but then 1 scoop protein powder must be added, or 4 tbs gelatin, to make up for the lowered protein content).
- ½ cup berries
- 2 tbs flaxseed or chia
- ¼ cup oats
- let sit overnight

Oatmeal in a Jar:

- ½ cup large flake oats
- 2 tbs ground flaxseed
- 2 tbs peanut butter or 2 tbs coconut oil
- ½ scoop protein powder + ¼ cup pumpkin seeds + OR 2 tbs gelatin
- ¼ cup dried fruit or berries or ½ banana or chopped apple.
- optional, coconut flakes, gelatin, nuts and seeds
- put in jar, add hot water and let sit, then consume.

Seed bowl:

- ¼ cup pumpkin seeds
- 2 tbs hemp seeds, chia seeds or flax seeds
- ¼ c walnuts or other nuts
- ½ cup coconut milk (full fat from the can)
- optional: fruit, granola, coconut flakes, cacao nibs, 2 tbs gelatin

Re-Thinking how we “Break Fast”:

Many cultures consume non-traditional breakfast foods, such as meat, soups and stews. I often recommend people consume leftovers from dinner or lunch, such as a piece of fish or chicken breast with veggies and salad. These are often healthier options for glucose control than the traditional cereal and toast breakfast of the Standard American Diet (SAD).



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