

BALANCED BREAKFAST



Balanced Breakfast Ideas

Two eggs, 2 slices of nitrate free bacon, 1 slice of gluten free bread ([see GF bread recipe](#)) or high fiber, whole grain bread with 1 tsp of organic butter.

Two egg omelet filled with sauteed vegetables, 1 slice of gluten free bread or high fiber, whole grain bread and 1 tsp of organic butter.

Avocado toast: GF or whole grain toast with avocado, topped with smoked salmon, an egg and/or veggies of your choice.

Smoked salmon topped with sauteed spinach and side of fruit or whole grain or GF bread.

Steel cut organic oatmeal with 1/4 cup chopped nuts or a tablespoon of tahini or almond butter, sprinkle of cinnamon, 1/4 cup berries and full fat milk (coconut milk, almond milk, hemp milk preferred over dairy).

Homemade muesli or granola with organic rolled oats, dried fruit, mixed seeds with nut milk of choice or full fat dairy

Full fat plain yogurt with 1/4 cup nuts, 1/4 cup berries or other fruit.

Chia pudding made from almond or coconut milk and topped with chopped nuts and fruit

Power smoothie: Can be made with a variety of seeds, such as chia seeds, pumpkin seeds, hemp seeds along with a handful of greens, 1/2 cup of berries, mango or pineapple and full fat coconut or almond milk.