

BREAKFAST MAKEOVERS

7 nourishing ways to break your fast and fuel your brain and body with long lasting energy

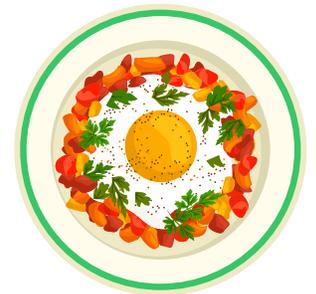
OATMEAL



Instead of instant oatmeal loaded with sugar and preservatives, use rolled oats or steel cut oats and layer with nuts, seeds, fresh or frozen fruit, or unsweetened coconut. Mix in a nut butter or a scoop of protein powder and top off with a touch of raw honey and a dash of cinnamon or nutmeg. Try making one of these overnight oats for a delicious, nutritious ready to eat morning meal. feelgoodfoodie.net

EGGS

Despite their high cholesterol content, eggs are an incredibly nutritious food. However, overcooking their yolks will oxidize the fat and cholesterol creating a potentially harmful compound. Pair lightly cooked eggs with lots of sauteed vegetables or even a few slices of uncured bacon with no added nitrates and from pork raised without antibiotics.

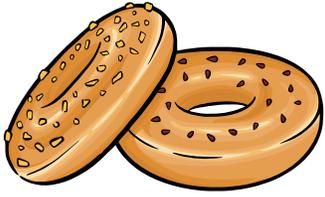


TOAST



Love your morning toast with jam? Choose a high fiber, whole grain bread, preferably organic, or one of the many gluten free brands on the market these days. Ditch the jam and top it off with avocados and tomatoes, a nut butter with apples or bananas, or full fat Greek yogurt with fresh berries and handful of chopped nuts.

BAGEL/LOX



Can't give up your bagel and lox, look for a high fiber, high protein bagel like Silver Hills sprouted bagels. There are many gluten free varieties as well. Slice it in half and load it up with wild smoked salmon, tomatoes, greens, onions, and sprouts. Instead of cream cheese, try a creamy soft nut cheese like one from Treeline. It provides more protein and is a delicious alternative to dairy based cheeses.

YOGURT/CHIA PUDDING

Yogurt can be a good choice for breakfast if you choose the right type! Steer away from low/non fat yogurts and towards plain Greek yogurt which has double the protein and half the sugar. Add your own natural sweetener, some nuts or seeds and you have nutritious meal packed with calcium and live bacterial cultures. If you are sensitive to dairy, try chia pudding. Chia seeds are also a wonderful source of calcium as well as omega 3 fatty acids. [Click here for some easy and healthy chia pudding recipes](#).



MAKEOVER MUFFINS



Using almond flour instead of wheat flour will increase the protein and lower the carbohydrate load over traditional wheat flour muffins. One of my favorites is a Paleo Pumpkin and Carrot Muffin which adds almond butter, coconut oil and eggs to enrich the protein and fat content.

SMOOTHIE

Smoothies are a great way to get additional greens and fruits into your diet, but be careful not to over do the fruits and make sure you add a source of protein and fat. Good choices would be nut butters, hemp seed, flax meal, protein powder, full fat yogurt or a nut milk.

