

Healthier Breakfast Options

Looking for ways to improve your health? Consider what you're eating for breakfast. Excess sugar, refined carbs, and refined grains can wreak havoc on your gut, blood sugar, and heart health. This is especially true if you're already struggling with weight or chronic health issues. But here's the good news: by making smart food choices, you can transform your health! Build a nutrient dense, low-sugar breakfast to set the tone for your energy, mood, and long-term health.

What Makes A Better Breakfast

A better breakfast is one that includes protein, healthy fats, high quality fiber, and a variety of micronutrients. Ideally start with whole foods. Avoid "enriched" cereals and grains (think sprayed on chemical vitamins).

- **Stabilizes Blood Sugar:** A breakfast rich in protein and healthy fats prevents blood sugar spikes and crashes, reducing insulin resistance risk.
- **Enhances Cognitive Function:** Nutrient-dense meals with protein and healthy fats support neurotransmitter production, improving focus and mental clarity.
- **Supports Metabolic Health:** Breakfasts with fiber, protein, and micronutrients improve insulin sensitivity and reduce inflammation.
- **Promotes Satiety:** Protein-rich breakfasts curb hunger and prevent overeating later in the day.
- **Boosts Energy and Performance:** A balanced breakfast fuels muscle repair and physical performance.

Fasting

Intermittent fasting is also a great option for many people. It enhances insulin sensitivity, reduces inflammation, and improves brain function. It also promotes cellular renewal, optimizes metabolism, and supports gut health and weight management.

Why Change My Breakfast?

Common breakfast choices like cereal, pastries, and bagels are high in refined sugars and processed carbohydrates. These foods:

- **Spike Blood Sugar:** Rapid glucose spikes lead to energy crashes and increased fat storage.
- **Lack Nutrients:** Processed carbs are stripped of fiber, vitamins, and minerals, offering little nutritional value.
- **Increase Inflammation:** Frequent consumption of refined carbs promotes systemic inflammation, causing chronic diseases like diabetes and heart disease.
- **Disrupt Gut Health:** Processed foods lack the fiber needed for a healthy gut microbiome.

An Alternative Cereal

If you are committed to having cereal or occasionally want it as an option, try a grain-free option with whole food ingredients, low or no sugar, and without seed oil.

You may not be gluten intolerant, but grain can be inflammatory. Even the healthiest of grains may be causing damage to our gut.



Nutrition Content:

170 cal per 1/3 cup
5 g protein
5 g sugar

INGREDIENTS: Organic Sunflower Seeds, Cashews, Organic Pumpkin Seeds, Organic Coconut Sugar, Organic Coconut Oil, Organic Coconut Flakes, Almond Flour, Organic Chia Seeds, Cashew Butter, Organic Hemp Seeds, Vanilla Extract, Organic Cinnamon, Sea Salt.



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Veggie and Egg Scramble

Ingredients: Free-range eggs, spinach, mushrooms, avocado, and a side of sauerkraut.

Benefits: Eggs are a complete protein source, rich in choline for brain health. Vegetables add fiber and micronutrients, while fermented foods like sauerkraut support gut health.

Prep Tip: Sauté veggies in olive oil, add scrambled eggs, and serve with avocado for healthy fat.

Protein-Packed Greek Yogurt Bowl

Ingredients: Full-fat, unsweetened Greek yogurt, mixed berries, chia seeds, hemp seeds, walnuts, and a drizzle of almond butter.

Benefits: Greek yogurt provides protein and probiotics for gut health. Berries offer antioxidants, while seeds and nuts add healthy fats and fiber, supporting satiety and brain health.

Prep Tip: Layer ingredients in a bowl and top with a sprinkle of cinnamon for blood sugar regulation.

Chia Seed Pudding

Ingredients: Chia seeds, unsweetened almond milk, sliced almonds, blueberries, and a touch of vanilla extract.

Benefits: Chia seeds are high in omega-3s, fiber, and antioxidants, promoting heart and gut health. This option is great for meal prep and sustained energy.

Prep Tip: Mix chia seeds with almond milk and let sit overnight. Top with nuts and fruit.

Avocado Toast With a Twist

Ingredients: Sprouted grain or nut-based bread, mashed avocado, smoked salmon, pumpkin seeds, and arugula.

Benefits: Sprouted grain or nut-based bread is lower in refined carbs, while salmon provides omega-3s for brain and heart health. Seeds add crunch and micronutrients.

Prep Tip: Toast bread, spread avocado, and layer with salmon and seeds.

Smoothie With Protein and Greens

Ingredients: Unsweetened almond milk, spinach, frozen berries, protein powder (grass-fed beef or plant-based), flaxseeds, and half an avocado.

Benefits: This smoothie combines protein, fiber, and healthy fats for balanced nutrition. Include greens for micronutrients and antioxidants.

Prep Tip: Blend all ingredients until smooth. Add a handful of ice for a refreshing texture.