



WHAT'S FOR BREAKFAST?

Start your day with a whole foods meal that is packed with the nutrients to fuel you through the morning.

- organic coconut yogurt and fruit smoothie (serve with a straw!); try adding nut butters
- granola or muesli with coconut milk and chopped apple
- pastured eggs prepared in any fashion in ghee or organic butter with sprouted corn tortillas warmed over flame; spread tortillas with ghee or coconut butter and sprinkle with sea salt (try adding veggies to the scramble and/or include nitrate free bacon or ham with no sugar added)
- crustless quiche or frittata—prepare the night before and have it ready to go
- cooked quinoa or millet (prepared the night before and rewarm) with coconut oil or ghee, nut milk (sugar-free), a drizzle of raw honey, chopped nuts and fruit
- fresh organic apple or pear slices with nut or seed butter and good quality GF bread toasted with ghee or coconut butter and unsweetened apple butter
- sweet congee: leftover whole grains (brown rice, millet, amaranth) re-cooked with coconut milk, sectioned orange or chopped apple, cinnamon, salt, and chopped nuts
- home-made nut cheese and fruit with nut-crumbs topping
- ham on GF bread, topped with a tomato
- GF bread, toasted, and topped with ghee, mashed avocado, salmon (smoked or not), and tomato
- grainless granola with choice of nuts, seeds, dried fruits (goji berries are actually a great source of protein), coconut flakes, and coconut oil in a food processor (have your kids help add the ingredients); add select sweetener and salt to taste; serve with coconut yogurt or milk
- mashed sweet potatoes with almond butter & a glass of warm homemade nut milk
- don't be afraid to eat foods that you might have at other meals for breakfast, like miso soup, tempeh hash, or beans or sardines spread on toast.
- high fiber pancakes

NOTE: For added fiber, 1 Tbspn freshly ground flax meal can be added/hidden in smoothies, muesli, and other cereals after cooking.