



## Healthy Breakfast and Snack Ideas

By combining protein, healthy fat, fiber and carbohydrates, your brain and body will be nourished and satisfied for longer. Also, you won't experience blood sugar swings, which is a key to a healthy lifestyle.

### Breakfast

Smoothies – Try adding coconut milk or water, almond milk, yogurt, oatmeal, kale, ground flax, chia seeds, carrots or cucumber

Nut butter on whole grain toast  
Add sliced bananas or honey

Peanut butter banana burrito

Scrambled eggs with spinach and feta or:  
Tomatoes and brown rice  
Black beans and salsa  
Leftover veggies and salmon

Egg burrito with Canadian bacon

Yogurt parfait

Avocado on whole grain toast

Oatmeal (rolled or steel cut) and stir in:  
Nuts or nut butter, yogurt, cinnamon and dried or fresh fruit

Muesli – raw oatmeal, fruit and nuts

Healthy cold cereal – protein and fiber

Leftover dinner! (chicken, soup...)

### Snacks

Hard-boiled egg and fruit

Go nuts! A handful of nuts a day keeps the doctor away.

Fresh fruit with plain Greek yogurt or a Greek yogurt parfait

Trail mix. Try adding pumpkin seeds and dark chocolate

Nut butter with apples, celery or pears

Cheese with nuts and dried figs

Edamame (organic)

Hummus with:  
Jicama, carrots, celery, bell peppers, radishes or cucumbers

Other healthy dips or spreads:  
Guacamole, salsa, white bean or olive tapenade

Cottage cheese with:  
Applesauce, pineapple or other kinds of fruit  
Fresh tomatoes and ground black pepper  
Dried cranberries and walnuts



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## More Tips

**Seafood** – Especially those that are high in omega-3 fatty acids like wild salmon, sardines and mackerel. Most seafood contains omega-3's, just in different concentrations. Bake, broil, grill or sear. Use leftovers to top salads or even put in scrambled eggs.

**Other Quality Animal Proteins** – Organic chicken, turkey and grass fed lean meats like top sirloin. Grill or roast extra lean meat for the week. Use for salads, sandwiches and wraps. Add ground turkey and chopped spinach or kale to spaghetti sauce.

### Plant Proteins

Legumes - Black, kidney, garbanzo and pinto beans; and brown, red and green lentils and soybeans.

- All are awesome as side dishes and in soups and salads.

Nuts and seeds – Great to top salads and even soup. Walnuts, flax, chia and hemp seeds also contain omega-3 fatty acids.

Tofu and tempeh (organic) - Stir-fry, grill or broil.

- *Tempeh* is made by fermenting cooked soybeans and then forming it into a firm dense cake.

**High antioxidant fruits & veggies** – Organic blueberries, raspberries, strawberries, currants, pomegranates, mangoes, apples, artichokes, broccoli, kale, spinach, parsley, garlic, cabbage, beets, sweet potatoes...

**Just more veggies in general!** Roast, grill or blanch. Roasted cauliflower with curry or turmeric is my favorite.

Winter squashes like butternut - Puree for soup, roast and add to stews.

### Strive for ten handfuls of veggies and fruits everyday!

One apple contains about **10,000** phyto or plant chemicals (antioxidants etc.) for health and healing at a cellular level!

**Whole grains** – Brown, black, red or wild rice; and barley, bulgur, amaranth and quinoa. Use a pressure cooker to make extra rice or barley and freeze. All are great as a side dish. Add to salads, soups, wraps and even scrambled eggs.

Gluten free pasta for main dishes or salads. I like the organic brown rice penne at Trader Joe's.

**Green Leafy Salads** - Top with anything on this list and use a healthy dressing like balsamic vinegar or fresh lemon juice and extra virgin olive oil.

**Whole Plant Food Supplements** – Make sure they are clean (non-GMO, pesticide free), no artificial colors and *science* based. Make sure there science that proves it will get absorbed into your body. If you need a recommendation, don't hesitate to contact me.



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