



# THE ULTIMATE BREAKFAST



## 1 PROTEIN

### START WITH A PROTEIN

- WHOLE EGG PREPARED: SCRAMBLED, FRIED, OVEN-HARD/MEDIUM/EASY, OMELET, FRITTATA, HARD OR SOFT BOILED, ETC.
- NITRATE/NITRITE-FREE BACON
- MEAT OR POULTRY
- PROTEIN POWDER (SEE SHAKE GUIDE FOR RECIPE IDEAS)



## 2 VEGGIES

### ADD A VARIETY OF VEGGIES

- DARK LEAFY GREENS: KALE, SPINACH
- BELL PEPPER
- BROCCOLI
- CAULIFLOWER HASH
- ONIONS
- SAUERKRAUT OR KIMCHI



## 3 FLAVOR

### ADD SOME FLAVOR

#### MEXICAN SPICES

- CHILI POWDER
- CUMIN
- GARLIC POWDER
- CRUSHED RED PEPPER

#### OTHER OPTIONS

- THYME, MARJORAM, TURMERIC, SALT & PEPPER
- SALSA, HOT SAUCE (TOBACCO, REDHOT, ETC.)



## 4 EXTRA

### ADD A LITTLE EXTRA

#### ADD SOME FAT

- COOK IN COCONUT OR AVOCADO OIL,
- AVOCADOS

#### FOR MORE CARBS

- SPROUTED BREAD
- SWEET POTATOES
- POTATOES
- SQUASH

## 5 HEALTHY BEVERAGES

- WATER (ADD EXTRA FLAVOR WITH FRESH LEMON/LIME, CUCUMBERS)
- SELTZER WATER (UNSWEETENED)
- COFFEE (NO ADDED SWEETENER OR CREAM)
- TEA

