



## Start Your Day the Healthy Way!

One of the best things we can do for our health and wellbeing is to eat a healthy nutritious breakfast, based on protein and healthy fat.

## Simple Healthy Breakfast Guide

Oh no, she's probably going to tell us to give up coffee, to eat "super foods" and to become some sort of domestic goddess!

Actually I'm not, I am simply suggesting that you try replacing shop bought processed breakfast foods with some of the ideas below. Why?

Because it will improve your health, energy and overall mood. If we start our day with a healthy nutritious breakfast we stabilise our blood sugars, we give our brain and body what they need, the right fuel, so they can run better all day.

Not only that but it is a revolutionary act, a way to take a stand, to say no to the big multinational corporations who dominate our food systems, pollute our planet and have helped create the mess we are in. By changing your breakfast you are helping to change the world, oh yea!

If you are trying to reduce inflammation or recover from physical or mental ill health I would recommend eliminating gluten and dairy from your diet for a set period of time, at least two weeks, then you can try a staged reintroduction.

Here are some ideas to get your started which include lots of dairy and gluten free options.

### Breakfast Smoothies

Choose something from each category and whizz them in a blender until smooth. Play with combinations, there are no hard and fast rules except to think protein and fat first.

#### **Basics - 1 serving or more of the following.**

2-3 tbs Nut butter

2-3 tbs Nuts - preferably soaked over night.

1-2 tbs Seeds - you may need to grind these first.

1/2 - 1 Avocado ( thickens the smoothie as well as adding lots of good stuff)

3-4 tbs Yogurt

3-4 tbs Kefir

1-2 tbs grass fed gelatine powder.

#### **Fats - some suggestions below.**

1-2 tbs Coconut oil

1-2 tbs Hemp oil

1-2 tbs Udo's oil

1-2 tbs Ghee

**Fruit and Veg - choose what you like.**

1 large handful of spinach or other easy to whizz green leafy veg.

Couple of handfuls of fruit of your choice; berries, raspberries, blueberries, strawberries

**Additions - for added flavour try**

Vanilla

Cinnamon

Raw cocoa powder ( no added sugar)

**Liquid - add enough to reach a consistency you like.**

Any milk of your choice, nut, hemp, etc

Coconut milk or water

**Tip:** keep a jar of ground nuts and another of ground seeds in your fridge ready for making smoothies.

## Other Breakfast Ideas

- Tinned sardines, mackerel or salmon with salad/toast.
- Beans on Toast ( try to choose low sugar varieties)
- Mashed avocado on toast or with salad.
- Cheese on toast with tomato
- Eggs - boiled, poached, baked, scrambled, raw in smoothies.
- Omelette with added green veg.
- Prawns/smoked fish with wilted green veg
- Kedgeree
- Buckwheat pancakes filled with fruit and yogurt.
- Porridge: added nuts, seeds and coconut oil or butter, fruit, coconut milk, yogurt or kefir to make it more nutritious.
- Handful of oats, 1 cup milk of your choice, 1 tbs lemon juice, 1 apple grated, 2-3 tbs nuts and seeds. Combine and leave to soak overnight. Serve with a portion of fruit.
- Leftovers - dinner from the night before, soup or other main meal foods that you have left over.
- Chia pudding - mix 2 tbs chia seeds with nut milk till thick then add fruit, nut butter, cocoa powder

**Tip:** always have a raw salad and fermented vegetables in your fridge to add on the side of any savoury breakfast

## Change is a process.

We may resist change even if we know it would be a good for us, so be aware of this.

We may feel like we don't have enough time, or we need something sweet or some other reason comes up telling us why changing will be hard. My suggestions is to use EFT tapping to help with this. You can find a guide on my website resources section to help you learn how.

### Examples of things you may need to tap on are:

Breakfast should be sweet, it's just not satisfying without sugar.

I just don't have time to do all that.

People will think I'm crazy if I have soup for breakfast.

I hate eggs and so on.

### Here are some tips to help make the changes:

- Check your diary and think realistically about each morning. If you don't have much time choose something simple to start with. Remember a smoothie can be made the night before, kept in the fridge and taken with you.
- Plan your breakfast menu and go shopping so you have all the ingredients to hand.
- If you are going to use ground nuts or seeds do these in a big batch one evening or at the weekend and store them in the fridge.
- Start with something that you think you will really enjoy.
- Give yourself a little extra time to begin with, you are learning something new.
- Enjoy the process and give yourself a pat on the back every time you make the revolutionary choice!

I'd love to hear about how you get on with your new breakfast choices and if there is anything else that I could add to my list.

With love



[www.changeisalwayspossible.com](http://www.changeisalwayspossible.com)  
[mairi@changeisalwayspossible.com](mailto:mairi@changeisalwayspossible.com)