



ULTIMATE BREAKFAST GUIDE

<p>STEP 1</p>	<p>START WITH PROTEIN</p> <ul style="list-style-type: none"> • Whole eggs prepared: scrambled, Fried, Over Hard/Medium/Easy, Omelet, Frittata, Hard or Soft Boiled, etc. • Low Sodium Bacon • Meat or Poultry • Protein Powder
<p>STEP 2</p>	<p>ADD A VARIETY OF VEGES</p> <ul style="list-style-type: none"> • Dark leafy greens: Kale, Spinach • Capsicum • Broccoli • Cauliflower • Mushrooms • Onions • Cabbage
<p>STEP 3</p>	<p>ADD SOME FLAVOUR</p> <p>Mexican Spices</p> <ul style="list-style-type: none"> • Chili Powder • Cumin • Garlic Powder • Crushed Red Pepper <p>Other Options</p> <ul style="list-style-type: none"> • Thyme, Oregano, Turmeric, Salt & Pepper • Salsa, Hot Sauce (Tobasco, Red Hot, etc)
<p>STEP 4</p>	<p>AND A LITTLE EXTRA</p> <ul style="list-style-type: none"> • Add some fat: Cook in Coconut or Avocado Oil, Avocados • For More Carbs: Sprouted Bread, Kumara, Potatoes, Squash
<p>STEP 5</p>	<p>HEALTHY BEVEAGES</p> <ul style="list-style-type: none"> • Water (add extra flavour with fresh lemon/lime, cucumbers) • Soda water (unsweetened) • Coffee (no added sweeter or cream) • Tea