

The Benefits of Breakfast



◇ Energy, Alertness, & Focus—Avoid Food Cravings, Anxiety, Depression

After the fast from your dinner to now, breakfast may be the most important meal. Skipping breakfast may trigger a stress response that elevates cortisol, imbalances blood sugar and blood pressure, slows your thyroid, can decrease bone density, and can lower brain power.

◇ Think Protein:

Speaking of blood sugar, protein with meals slows the post-meal blood sugar rise—and mid-AM crash. Simple carbohydrates, such as donuts, pastries, toast, cereal, and juices, elevate your blood sugar too quickly. Not only will you feel hungry and tired by mid-morning, you could elevate your triglycerides, cholesterol, and body fat.

Speaking of focus and moods, protein provides the amino acids your brain needs to make neurotransmitters and function at its optimal level, give you energy, and make you feel more awake and alert.

Eating incomplete proteins (see over) gives you only some of the amino acids you need. It's fine to eat incomplete proteins when you make sure to have alternate protein sources at other meals. Balance.

◇ Mid-morning “Hangry” (Hungry and Cranky)?

A breakfast high in protein and healthy fats (olive oil, coconut oil, butter, nuts) can help you stay full longer compared to having a low protein breakfast.

◇ Detoxify:

Add fruits, vegetables, nuts, quinoa, buckwheat, chia, flax... to help clean out your digestive tract, improve your immune system, and provide fibers, vitamins, and minerals essential to good health.

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Protein Options For Breakfast (or anytime)—Start your day with 21 grams

Meats & Eggs:

- Eggs – (pasture-raised are best) 6 grams per large egg
- Breakfast Sausage (sugar/nitrate/nitrite-free—see recipe) 20 grams per 4 ounce patty
- Poultry (turkey, chicken—pasture raised) 20 grams per 4 ounce serving
- Beef bacon, 2 grams per slice
- Fish, Shellfish (salmon, shrimp), varies, 4 large shrimp give 6 grams of protein—now that's breakfast :-)
- Beef, Lamb (grass-fed), 24 grams per 4 ounces

Complete Proteins Other Than Meat Or Eggs:

- Leftovers from dinner? This is traditional in many parts of the world.
- Protein Powder* Smoothies—I carry a variety of carefully-vetted, high quality plant-based, whey, and collagen proteins. Please don't grab cheap protein powders. 15-20 grams per 2 scoops.
- Buckwheat ([various recipes on OurNutritionKitchen.com](#)) 19 grams per cup, dried
- Chia seeds ([various recipes on OurNutritionKitchen.com](#)) 16 grams per ½ cup, dried
- Quinoa ([See recipe on OurNutritionKitchen.com](#)) 8 grams per cup, cooked

Home-made Turkey Breakfast Patties

1 pound [ground turkey \(organic\)](#)*
½ teaspoon sea salt
½ teaspoon fennel
½ teaspoon thyme
½ teaspoon black pepper
1 teaspoon sage
¼ teaspoon garlic powder
¼ teaspoon nutmeg
1 granny smith apple, grated (optional but really good)

1. Mix well and form into patties (if you wet your hands with water, the mixture won't stick to them).
2. Fry in pan with coconut oil, avocado oil or duck fat (medium heat) or bake in 350° oven on cookie sheet.
3. *If too dry, add shredded apple or use ground dark meat turkey (you may have to ask the meat department)
4. **These are fairly mild, experiment with other seasonings

Turmeric Latte Smoothie

1 cup unsweetened almond milk
½ tablespoon coconut oil
½ teaspoon turmeric spice (or 1½ tablespoons fresh, finely grated)
½ teaspoon cinnamon spice
¼ teaspoon ginger spice (or 1 teaspoon fresh, finely grated)
pinch of ground cardamom
pinch of black pepper
(optional) 1 teaspoon grade B maple syrup

Warm almond milk and coconut oil over medium high heat. Transfer to a blender and mix on high until frothy.

Incomplete Proteins—Vegan:

- Nut Butters (almond butter, peanut butter, etc.) 7-8 grams per 2 Tablespoons
- Nuts/Seeds (cashews, pumpkin seeds, flax seeds, etc.) 12 grams per cup
- Beans, Legumes, Lentils—15 grams per cup
- Tempeh (traditionally-fermented soy—if it isn't organic then it is genetically modified)
- Beans, Legumes, Lentils 15-18 grams per cup (smaller beans have more protein)
- Hemp hearts 10 gram per half cup
- Broccoli 4 grams per cup
- Spinach 1 grams per cup
- Kale 3 grams per cup
- Green peas 8 grams per cup

*There is misinformation regarding the need for a «complete» protein every meal. Mix it up to get the 9 essential amino acids throughout the day (those your body cannot make).

Toni's Quinoa Hot Cereal

First of all: read my article on [Get Off The Grain Train](#).

1 cup [rainbow quinoa](#) or [buckwheat groats](#), soaked overnight in 1 cup filtered water—rinsed extremely well in clean water.
2 cups almond milk (homemade or Silk unsweetened.)
1 cup soaked pumpkin seeds
¼ cup flax seeds
¼ cup chia seeds
½ cup coconut milk or almond milk kefir
dash of cinnamon
dash of vanilla
1 tsp minced ginger
½ cup unsweetened shredded coconut

1. Put the quinoa or buckwheat in a glass, non-reactive bowl. Cover with filtered water.
2. Place the pumpkin seeds, flax seeds and chia seeds in a different bowl and add filtered water to cover.
3. Soak seeds overnight or longer.
4. Drain the quinoa using a fine sieve and continue to run clean water over it until it runs clear.
5. Combine quinoa, almond milk, cinnamon, vanilla, and ginger in a saucepan.
6. Bring to a boil then reduce heat to low and simmer another 15-20 minutes. Turn the heat off and cool enough to handle.
7. Drain and rinse the soaked pumpkin, flax, and chia seeds.
8. Blend all in a Magic Bullet or food processor, top with fruit or yogurt or... and serve. NomNomNom

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www.OurNutritionKitchen.com