

Better Blood Work Campaign Week 1

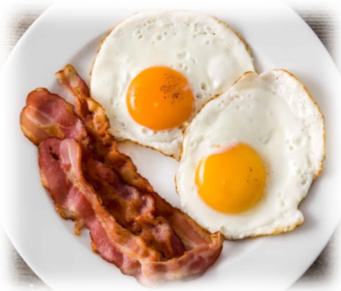
Work this week on a “Savory Breakfast”

Our society as a whole tends to eat a high sugar, high carb, low protein, low fiber breakfast with little to no healthy fat. This change alone will go a long way in keeping you full, maximize energy, and aid in controlling cravings as well as regulating blood sugar levels. This will even minimize inflammation from food. Apply this same concept to your children’s lives.

A Simple Way to Take Action

Savory Breakfast Ideas

Pick quality ingredients



Simple eggs and bacon

Simple steak and eggs

Arugula salad with a soft egg

Breakfast Frittata

Egg cups

Veggie and aged cheese breakfast
quesadilla using a low carb wrap

Almond Flour pancakes

Greek yogurt parfait

Savory cottage cheese bowl

Tofu scramble

Protein bites

Protein of choice and veggies

**EAT YOUR WAY TO
GOOD HEALTH!**

