



Quick Breakfast/M meal Options on the Go

Oatmeal: In a glass jar with a screw top, add 1/3 cup plain rolled oats & 1/2 cup non-dairy milk. Top with 1 Tbsp chopped nuts + 1 tsp flax seeds + 1/3 cup berries + spices such as cinnamon, turmeric, cardamom, ginger. Leave in refrigerator overnight.

Eat as is, or heat in microwave, adding more milk, if needed.

Or

If you have hot water or microwave at your destination, bring a packet of oats (or measure out a serving) & a small container with chopped nuts & cinnamon.

Breakfast Smoothie: Once blended, ingredients will degrade, so make it fresh.

Save time: Prep all ingredients the night before & blend them together in the morning.

Basic recipe: Pick one or more from each category:

Smoothie Base: 1 cup unsweetened Almond, Hemp or Coconut Milk.

Fruit (best frozen): handful of berries, ½ banana, chopped mango, or pear.

Greens: baby spinach, kale, romaine, mixed greens.

Or

Get one at a juice bar, not the refrigerator case. Ready-to-drink choices are all sugar.

Energy Ball: Process 1 cup pitted dates (soak to soften if needed), 1 cup nuts & seeds (mix it up as you like-almonds, walnuts, flax, pumpkin seeds, cashews), pinch sea salt

Add-ins: unsweetened shredded coconut, cacao nibs or chocolate chips (Lily's brand).

Roll into balls and freeze.

Or

A meal/snack bar with no artificial sweeteners, only a few ingredients, fiber & under 7gm sugar. Keep an extra one in your desk or glove compartment, because life happens.

2 Eggs: Hardboiled or poached with sprouted grain bread & any veggies.

Or

Omelet with 5 veg: Ex: spinach, onion, mushroom, get lettuce & tomato on the side.

Avocado Toast: ¼ large or ½ small avocado on 1 slice sprouted grain bread or thickly slice cooked sweet potato on the long side, then air-fry or toast. Sprinkle with nutritional yeast, sea salt, & pepper. Add microgreens/sprouts for a concentrated source of nutrients.

Yogurt parfait: Plain organic Greek yogurt with fresh fruit & chopped nuts or seeds.