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POWER BREAKFASTS

FROM THE HEALTH HABIT
NINE TO THRIVE
PROTOCOL



BREAKING THE FAST

People like to debate if and when to eat break-fast (breaking the over night fast!), but that's not today's subject; (contact me later if you want to know more) instead, what I want to talk about is WHAT you break your fast with.

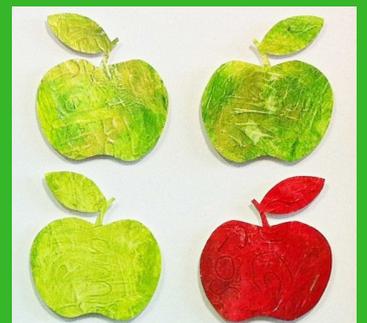
What you eat for breakfast not only sets the tone for your entire day, but it determines how stable your blood sugar will stay, supporting a healthy weight, a stable mood, and balanced energy /productivity. Unstable blood sugar causes mood swings, cravings and hanger pangs that nobody in the office will thank you for!

When you break your fast, be sure to consume something that follows these three criteria:

1. Contains good proteins
 2. Is low in sugar
 3. Includes fibre from whole fruits, vegetables and grains
- ..And does not contain highly-processed white carbohydrates.

That means that plain 'ol fruit juice, sugary cereals and croissants don't fit the bill! They will spike your blood sugar and leave you feeling hungry, energy less and unable to concentrate by mid morning.

The good news is that you have SOOO many awesome options. A whole fruit and veggie smoothie with your favourite healthy protein powder, eggs with veggies, avocado and whole grain/ sourdough toast or overnight oats and chia puddings made with wholegrains are just a few of your many options. Whatever you choose, just be sure to follow the criteria above when breaking your fast. Here are 3 of my super quick morning faves.



CHOC-NUT- BERRYLICIOUS SMOOTHIE

Chocolate Peanut Butter Shake

Makes 2 servings

Ingredients:

- 1 cup milk of choice (unsweetened almond, rice, full fat dairy)
- 2 scoops protein powder (brown rice, hemp or vegan blend)
- 1 tbsp natural peanut butter (just nuts, nothing else!)
- ¾ cup blueberries (fresh or frozen)
- 1 cube frozen spinach
- 1 tbsp of chia seeds (whole or ground)
- 1 tbsp of cacao powder
- 3 to 4 ice cubes

Directions:

Combine in blender and blend until smooth

Divide into 2 servings and enjoy



PRO TIP:

In a hurry in the morning - prep the dry ingredients the night before then just add the milk and frozen items before you blend and go.

VERY BERRY CHIA PUD

Very Berry Chia Pudding

Makes 2 servings

Ingredients

1 cup unsweetened coconut milk (or almond)

2 tbsp chia seeds

1/2 tsp pure vanilla

1/2 cup raspberries (fresh or frozen) chopped

1/2 cup blueberries (fresh or frozen) , chopped

1 tbsp pistachio nuts and flax seeds to serve

Directions:

Prepare this breakie the night before:

Mix all ingredients in a medium-sized bowl.

Divide into 2 servings, in portable containers if you are taking to work (save 1 for the next day or treat a loved one!)

Allow to set in the fridge overnight (for at least 4 hours)

Next morning top with nuts and seeds and a couple of fresh berries if you like



PRO TIP:

Chia Seeds are an excellent source of protein and brain healthy omega 3's

GREEN EGG CUPS

Makes 12 egg muffins (6 servings)

Ingredients:

6 whole eggs and 3 egg whites, mixed, seasoned with S&P.

½ tbsp olive oil

1 cup broccoli (stalk and all!)

1 cup spinach,

1 cup mushrooms, finely chopped

½ cup onion, finely chopped

Directions:

Preheat oven to 180° C and grease a muffin tin

Using a food processor whizz the raw broccoli and spinach until finely chopped. Set aside.

Finely chop mushrooms and onions by hand. Heat a frying pan over medium heat, add oil and sauté mushrooms and onions until tender. Combine mushroom and onion mixture with broccoli and spinach.

Spoon vegetable mixture into the bottom of each muffin tin.

Pour egg mixture over vegetables until ¾ full.

Bake for 15 – 20 minutes or until firm.



PRO TIP:

Wrap 2 in parchment paper then toss into a freezer bag and pull a little bundle out when needed and defrost.

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