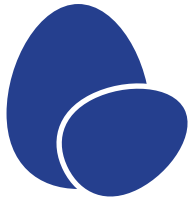




THE ULTIMATE BREAKFAST



START WITH PROTEIN

- Whole Eggs prepared: Scrambled, Fried, Over-Hard/Medium/Easy, Omelet, Frittata, Hard or Soft Boiled, etc.
- Nitrate/Nitrite-Free Bacon
- Meat or Poultry
- Protein Powder (see shake guide for recipe ideas)

01
STEP



ADD A VARIETY OF VEGGIES

- Dark leafy greens: Kale, Spinach
- Bell Peppers
- Broccoli
- Cauliflower hash
- Mushrooms
- Onions
- Sauerkraut or Kimchi

02
STEP



ADD SOME FLAVOR

Mexican Spices

- Chili Powder
- Cumin
- Garlic Powder
- Crushed Red Pepper

Other Options

- Thyme, Marjoram, Turmeric, Salt & Pepper
- Salsa, Hot Sauce (Tobasco, RedHot, etc)

03
STEP



AND A LITTLE EXTRA

- **Add some fat:** Cook in Coconut or Avocado Oil, Avocados
- **For More Carbs:** Sprouted Bread, Sweet Potatoes, Potatoes, Squash

04
STEP



HEALTHY BEVERAGES

- Water (add extra flavor with fresh lemon/lime, cucumbers)
- Selzer water (unsweetened)
- Coffee (no added sweetener or cream)
- Tea

05
STEP