



## THE BREAKFAST OF CHAMPIONS

A healthy body wakes up hungry!

The end goal is to make breakfast the biggest meal of the day by consuming 30 grams of protein and no grains. This kind of hearty breakfast results in a vital metabolism with healthy blood sugar regulation, minimizing insulin secretion. You will notice increased energy levels and an enhanced sense of well being through out the day. Cravings will subside as your body begins to fall in line with the circadian rhythm Mother Nature intended. Breakfast even affects the quality of our sleep!

1 egg = 1 ounce of meat = 7-8 grams of protein

### One of My favorite breakfasts...

- 4 pork sausage links from Valentine's Meats (Falls Church, VA, Farmer's Market)
- 2 pastured eggs, scrambled with 1 TBS raw butter
- 2 almond muffins
- 1 cup wild, organic blueberries

### Almond Muffins

- 1 ½ cups raw almonds (you may also use a combination of pecans and walnuts)
- ¼ cup maple syrup
- 3 eggs
- 1 teaspoon vanilla extract
- ¼ teaspoon salt.

Preheat oven to 375 degrees. In a blender, grind almonds until flour-like consistency; use a spatula to scrape sides if it becomes sticky. Combine maple syrup, eggs, vanilla and salt in a small bowl; mix well. While blender is grinding almonds, slowly pour the liquid mixture in; continue to blend until well-combined. Pour into buttered muffin pan. Bake 11 minutes, until golden brown. Makes about ½ dozen standard size muffins.

### Breakfast Option #2

#### Crustless Quiche

- 6-8 eggs
- 1-2 cups cream
- 1-2 cups sautéed onions or other vegetables
- 1-2 cups cheddar cheese



Bacon/ham/sausage (pre-cooked)

Season to taste

Preheat oven to 425 degrees. There are no rules when it comes to making quiche; you can be as creative as you want and it is always good. Combine ingredients and pour into pie pan. Back for 15 minutes; then turn oven down to 300 degrees and bake 30 minutes, or until a knife inserted into the middle comes out clean.

### **Breakfast Option #3**

1 pound grass-fed ground beef or buffalo

Taco seasoning (I like Simply Organics or Penzey's Spices)

1 can organic black beans

2 eggs

¼ cup raw cheddar cheese, grated

½ cup guacamole (I buy mine from Whole Foods)

Cook meat; add taco seasoning and then stir in can of beans – This is meant to last about a week. Scramble eggs in butter and when cooked, add ½-1 cup of the taco & bean mixture. Top with cheddar cheese and guacamole.

### **Breakfast Option #4**

Make a 3 egg omelet or egg scramble with vegetables and cheese.

### **Breakfast Option #5**

6-8 new potatoes, diced

Olive oil

Herbs de Provence

Sea salt

Pepper

1 pound grass-fed ground beef or buffalo

2-3 cloves garlic, diced

1 onion, diced

1 Tablespoon butter

2-3 eggs, whisked

Tony Chachere's Cajun Seasoning (salt, red pepper, paprika, garlic powder, etc)

Dried parsley



Preheat oven to 400 degrees. In a bowl, toss diced potatoes with olive oil, herbs de provence, salt and pepper. Bake 20-25 minutes on a cookie sheet or dish that you may want to line with greased tinfoil for easy clean up. At the 10 minute mark, stir the potatoes to keep them from sticking. Bake until potatoes are tender when poked with a fork.

While potatoes are baking, cook beef on medium heat in a sauce pan. Meanwhile, dice garlic and onion. When fully cooked, remove beef from pan, place in a bowl and set aside. Add butter to skillet and sauté garlic until its aroma is released, then add the onions and cook until translucent.

Whisk eggs and add to onion and garlic, scrapping and stirring constantly until eggs are cooked. Turn off the heat on the stove top, then add back the beef and mix thoroughly, finally adding the potatoes. Season to taste and add parsley for color.

It is very nice topped with salsa and/or cheese. This can easily be made ahead of time in a large batch. While this is a breakfast suggestion, it makes an excellent lunch or dinner as well.

### **Breakfast Option #6**

Leftovers from last night's dinner – 3 ounces of meat (beef, buffalo, lamb, chicken, fish, pork, etc) with your choice of vegetables emphasizing unstararchy vegetables, like leafy greens (kale, spinach, collard greens, etc) and cruciferous vegetables (broccoli, cauliflower, etc).

### **Breakfast Option #7**

A breakfast burrito filled with scrambled eggs, sautéed onions or other vegetables, raw cheese, and/or some kind of meat/sausage wrapped in a slightly warmed brown rice tortilla (made by Food for Life, usually found in the frozen section at a health food store).

### **Breakfast Option #8**

#### Salmon Cakes

1 can wild Alaskan salmon ([www.vitalchoice.com](http://www.vitalchoice.com))

1 egg from pastured chicken

2-3 green onions, chopped

Seasonings (Salmon Marinade from Vital Choice)

Handful of parmesan cheese and/or whole grain bread crumbs

1 Tablespoon olive oil

1 Tablespoon butter

Lemon wedges

Combine salmon, egg, green onions, seasoning, and cheese/crumb mixture in a bowl and form into small patties. Cook over medium-heat in a saucepan using a combination of olive oil and butter; brown on both sides. Serve with lemon wedges.



### **Experiment with breakfast side dishes:**

1-2 almond muffins

1 cup wild, organic blueberries

½ cup cow, goat, or sheep yogurt (must be made from whole milk and plain with nothing added) topped with flax seeds.

You can add one of these to your breakfast or all three. The intention is to find the most satisfying combination for your particular metabolism. Healthy hunger feels like a slight nudge to eat, with a bit of rumbling in the stomach; healthy hunger does *not* manifest emotionally with anxiety and irritability. Notice how your hunger, cravings, and sense of well being fluctuate during the day with your breakfast choices. Snacking is a compensatory behavior for poor blood sugar regulation and an inadequate breakfast. Remember when our parents said, "Don't snack between meals!" We need to return to that wisdom. Have fun experimenting and please let me know what your winning combination of morning foods turns out to be! ☺

### **One final thought...**

After eating breakfast this way for 1-3 weeks without exception. Return to your previous breakfast pattern for a day. Usually this is not eating at all, having coffee or juice, a bowl of cereal or a bagel, just do whatever you used to do. And see how you feel. Learn to observe yourself. For instance, observe how your hunger manifests at lunch time – do you feel ravenous or is it more subtle? How long can you go between breakfast and lunch? This is how you discover what your body needs to feel its best – experiment and learn to trust your intuition!

\*\*\*Must give credit where credit is due! Learning to eat breakfast this way was inspired by Paul Bergner's research on insulin resistance. Paul is a nutritionist and herbalist and a fantastic clinician and educator. He is director of the North American Institute of Medical Herbalism in Boulder, CO, and his website is: <http://medherb.com/> I have much respect for him and his work.