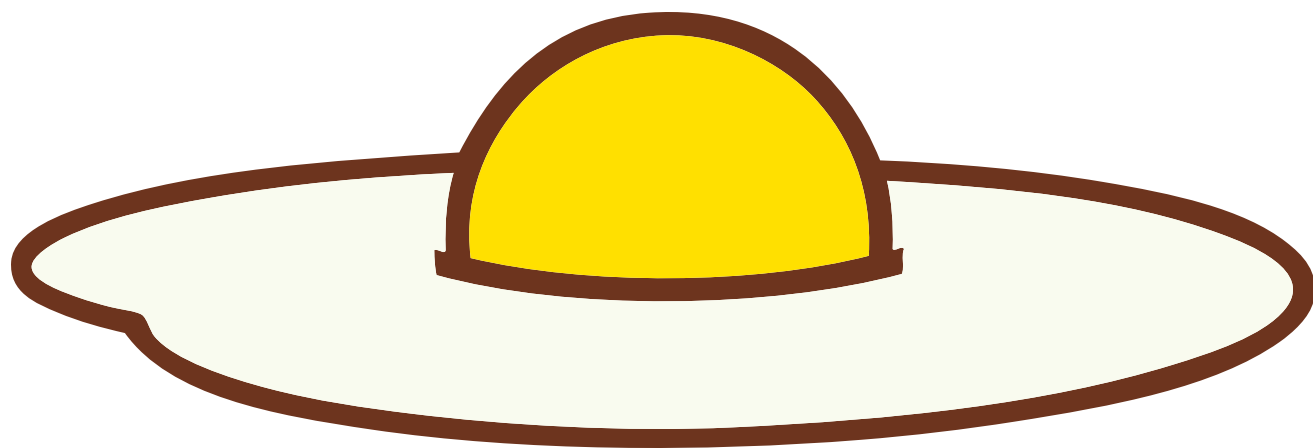


Real Food BREAKFAST GUIDE



Simple Solutions that Fit

MAKE A WEEKLY PLAN

Factors to Consider

1. How much time do you realistically have in the morning to prepare your breakfast?
 - If not much then having breakfast prepped and even portioned ahead of time can be a huge help.
2. What time do you eat breakfast and lunch? Are you usually starving by the time lunch rolls around?
 - If you find yourself needing to go a long period of time between meals or being very hungry at lunch - adjust your breakfast accordingly. Add in extra protein and/or healthy fat to help you feel satisfied longer.
3. If you are going to prep ahead for breakfast, when will you make the time to do it?
 - Prepping ahead only works when....you actually do it. Set aside a time each week when you can make it happen.
4. Last, but perhaps most importantly: what types of foods do you actually enjoy?
 - If you despise hard boiled eggs, don't make yourself eat them! There are tons of other ways to work protein (even eggs) into your breakfast. Feeling satisfied and pleased with the foods you choose has SO MUCH to do with sticking to a plan.

RETHINK YOUR COFFEE

What's in your Coffee?

If your morning cup of coffee consists of refined sugar or processed creamers, it's time to rethink it!

Of course avoiding sweetener altogether might be the best, but if you are like me and dislike black coffee, here are some hacks for a much better and still very enjoyable cup of coffee!

Instead Of...

Choose...

Refined Sugar
Artificial Sweeteners



Maple Syrup
Honey
Liquid Stevia*

Flavored Creamer
Coffee Syrups
Non-Dairy Creamer



Half & Half
Milk (any variety)

For flavoring: Cinnamon,
Vanilla, Unsweetened Cocoa
Powder, Peppermint Oil

Coffee Shop Mocha



Start with Regular Brew
Coffee. Add Half & Half,
Honey, and Unsweetened
Cocoa Powder.

*I don't buy stevia as I personally prefer to avoid it. However, it is a much better option than artificial sweeteners. If you do buy it, liquid stevia is best, such as Sweet Leaf drops. (I do occasionally eat stevia when in another product I buy.)

BREAKFAST PREP

Meal Prep Your Breakfast

The best way I've found to stay on track with breakfast is to PLAN and PREP ahead of time. Whenever is convenient for you, set aside some time to prep breakfast. This will save you both hassle in the morning and resorting to opening a cereal box.

The following pages are some of my favorite ways to prep breakfast.

Eggs

- Hard Boiled Eggs
- Egg Bake *Recipe Included
- Egg Burrito (great to freeze)
- Egg Muffins (Similar to egg bake; honestly, I prefer the bake as it is less time consuming to make and clean the dish.)
- Deviled Eggs - If plain hard boiled just doesn't appeal, fancy it up!
- Potato, Broccoli, & Egg Scramble

Yogurt

- Yogurt Parfaits: Greek Yogurt, Unsweetened or minimally sweetened Granola, and Frozen Berries.

BREAKFAST PREP (CONTINUED)

Oatmeal

- Reheated Steel Cut Oats
Apple Cranberry Instant Pot Steel Cut Oats Recipe Included
- Overnight Oats
Chia Seed Overnight Oats Recipe Included
- Oat Bake - Look for a recipe with no processed sugar and minimal sweetness in general (including honey and maple syrup. Some recipes made with fruits are a win because the fruit helps to sweeten the oat bake

Whole Grain Muffins, Scones, Etc.

- Look for any recipe featuring whole grains (oats, whole wheat flour, etc) and sweetened with fruit, honey, or maple syrup.
- Freeze and Reheat: muffins, pancakes, etc. Keeping your freezer stocked allows for quick access to these items.
- Recipe included for *Whole Wheat Lemon Cranberry Scones*

FAIL TO PLAN

Breakfast with Quick Morning Prep

Toast with a Topping

- Nut butter and sliced banana or berries
- Mashed Avocado (goes great with sliced eggs below)
- Sliced Hard Boiled Eggs or Scrambled Eggs
- Greek Yogurt and Honey Drizzle
- Cottage Cheese and Tomato or Fruit

Old Fashioned Oats

- Cook in microwave for fastest method.
- Mix in fat and protein to help the oats last longer: Nut butter, yogurt, nuts, or even protein powder.
- For Taste: Mix in cinnamon, fruit of choice, and small amount of honey or maple syrup (optional).

Smoothies

- Green Smoothie: Recipe Included for Apple Cider Green Smoothie (a perfect starter green smoothie.)
- Protein: Make your smoothie last a little longer by working protein into smoothies with use of greek yogurt, protein powder, or even nut butters.

Quick Pancakes

- Kodiak Cake Pancake mix - for very quick pancakes
- 3 Ingredient Pancakes:

Blend and Cook in traditional pancake fashion:

- 1/3 Cup Oats
- 2 Eggs
- 1 Small Banana

FAIL TO PLAN (CONTINUED)

Packaged and/or No Prep Breakfast

Sometimes against all our best intentions, life happens. For whatever reason we fail to plan ahead and don't have the time to even spend 2 minutes making a bowl of oatmeal. Maybe we need to eat breakfast in the car or during a morning meeting. In these cases, something quick that we can grab certainly trumps nothing at all and will help to hold us over until lunch. It's a good idea to have some healthy packaged foods to fall back on.

- Siggi's Yogurt - Individual flavored yogurts that feature more protein than sugar!
- RX Bars - filled with high quality protein from egg whites
- Lara Bars (Lower in protein than RX bars and not as filling, but will hold you over)
- Trail Mix
- Fruit (bananas, Sliced apples) with Nut Butter
- Orgain Protein Drinks*
- Kefir*

*In general, liquids aren't as filling as actual food. However, I do find these to work in a pinch.

APPENDIX: RECIPES



Favorite Breakfast Recipes

- 1 5 Minute Egg Bake
- 2 Chia Seed Overnight Oats
- 3 Apple Cranberry Instant Pot Steel Cut Oats
- 4 Whole Wheat Lemon Cranberry Scones
- 5 Apple Cider Green Smoothie

Find All Recipes At: [MUSCLE AND MANNA](https://www.muscleandmanna.com)

5 MINUTE EGG BAKE



Ingredients

- 10 Eggs
- 3/4 cup Cottage Cheese
- 3 cups Broccoli fresh or frozen
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 1/4 tsp Garlic Powder

Instructions

1. Preheat oven to 375°F and grease an 8 x 8 baking dish.
2. Whisk together eggs in large mixing bowl.
3. Stir in cottage cheese, broccoli, salt, pepper, and garlic powder
4. Pour egg mixture into baking dish and bake for 35-45 minutes or until set in the center.

CHIA SEED OVERNIGHT OATS



Ingredients

- 1/2 cup Rolled Oats
- 1/2 cup Milk (Unsweetened plant, coconut, or dairy)
- 1 Tbsp Chia Seeds
- 1/2-1 tsp Honey Depending on your preferences
- 1/4 cup Plain Yogurt
- 1 Tbsp Peanut Butter
- Fruit (My favorites are bananas and frozen berries)
- Unsweetened Shredded Coconut For topping

Instructions

1. Mix together rolled oats, almond milk, chia seeds, honey, plain yogurt, and peanut butter in individual portion containers. I like to use ball jars with screw on lids.
2. Top with unsweetened shredded coconut and fruit.
3. Let sit in refrigerator overnight. Enjoy!

APPLE CRANBERRY INSTANT POT STEEL CUT OATS



Ingredients

- 1 cups Steel Cut Oats
- 2 cups water
- 1 cup apple cider
- 1 pinch Salt
- 2 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/4 tsp Vanilla
- 1/4 cup Dried Cranberries
- Honey or Maple Syrup Sweeten to taste
- Nuts, Extra cranberries, fruit, coconut

Instructions

1. Mix steel cut oats, water, apple cider, salt, cinnamon, nutmeg, vanilla, and cranberries together in instant pot.
2. Close the lid to the instant pot and set on manual for 3 minutes. Once it beeps that it has finished the 3 minute cook time, allow to depressurize naturally.
3. The oats will look liquidy on the top. Just stir and dip into bowls. If you like them sweetened, mix in honey or maple syrup to taste. Top with fruit, nuts, coconut flakes, or any other toppings you love.

WHOLE WHEAT LEMON CRANBERRY SCONES



Ingredients

- 3/4 Cup Greek Yogurt
- 1 Egg
- 2 3/4 Cup Whole Wheat Flour
(I recommend white whole wheat for a lighter texture)
- 4 Teaspoons baking powder
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Baking Soda
- 1/2 Cup Butter
- 1 Lemon, Zested
- 1/2 Cup Maple Syrup
- 1 Cup Cranberries

Instructions

1. Preheat oven to 375°F. Mix together greek yogurt and egg in a small bowl . Set aside.
2. In a large bowl, mix dry ingredients: whole wheat flour, baking powder, salt, and baking soda.
3. Cut butter into flour mixture until mixture resembles coarse peas.
4. Mix in in the zest of 1 lemon, maple syrup, cranberries.
5. Add yogurt mixture and stir until a soft dough forms. Knead about 10 times. Form dough into two balls and pat into circles approx 3/4-1" thick.

APPLE CIDER GREEN SMOOTHIE



Ingredients

- 2 cups Spinach, Kale, or Other greens
- 1 cup Frozen Fruit
- 3/4 cup Apple Cider
- 1/4 cup Water
- 1 Tbsp Chia Seeds (optional)

Instructions

1. Blend above ingredients together in blender. Enjoy!