

**Start every day with a protein rich breakfast, ideally 15-20 grams
Here are some ideas:**

Eggs (serving size is 2 or 3)

- Frittata – great to make for a couple days, add meat and veggies (see recipe below)
- Scrambled with veggies (try swiss chard, red pepper, onion, feta cheese)
- Poached or fried over sauteed spinach or kale and garlic
- Hard boiled: boil them the night before, quick and easy to grab in the morning. Enjoy with some fruit or veggies.

Yogurt Parfait

Start with 1 cup organic plain whole milk yogurt. Then add any of the following:

- Berries, melon, mango, guava, papaya (all high in antioxidants)
- Nuts (almonds, walnuts, pecans, brazil nuts)
- Seeds (pumpkin, sunflower, ground flax seeds, chia, hemp)
- Unsweetened coconut flakes/shredded coconut
- Honey or Real Maple Syrup
- Cinnamon

Cottage Cheese

Choose an organic brand with 4% milk fat. ½ to ¾ cup should provide adequate protein. Enjoy with chopped fruits or veggies and/or nuts and seeds.

Frittata Ideas

A frittata is an open face omelet that you can throw anything into...meat, cheese, veggies, herbs!
Here are some yummy combos:

Red onions	Shallots	Asparagus	Zucchini	Kale
Swiss Chard	Red potatoes	Goat cheese	Red peppers	Mushrooms
Mushrooms	Sausage or bacon	Basil	Shallot	Kalamta olives
Feta cheese	Spinach		Feta cheese	Red Chili Flakes

Instructions:

1. Melt about 1 Tbs. butter or olive oil in a medium-large frying pan. Sauté veggies until mostly cooked.
2. Meanwhile, beat 6 to 8 eggs in a bowl, season with salt, pepper, and any dry herbs you desire. Add eggs to frying pan.
3. Cook for a few minutes over medium-low heat until edges start to firm.
4. If adding cheese, add it now and let cook for a minute or so more
5. Once the frittata is mostly set, finish it in a 350° oven to firm up the top, about 5 minutes.
6. Slice into quarters and enjoy hot, cold or room temperature

Breakfast Sausage Patties

Makes about 8 patties (serving size is 2 small patties)

Enjoy this with a salad and some starchy carbs like sweet potatoes or a small serving of whole grains.

Ingredients

- 1 pound ground pork or turkey
- 1 garlic clove, minced
- 1 tablespoon dried sage, crumbled
- 3/4 teaspoon dried thyme
- 1/2 teaspoon dried fennel, crushed
- Pinch of ground nutmeg
- 1 1/2 teaspoons coarse salt
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons olive oil

Directions

1. Mix together the pork/turkey, garlic, sage, thyme, fennel, nutmeg, salt, and pepper in a medium bowl.
2. To easily form the sausage patties, rinse your hands in cold water. Divide the mixture into eighths and shape each portion into a 2 1/2-inch disk. Patties can be made to this point and refrigerated or frozen until ready to use.
3. Heat a skillet over high heat, and then swirl in the oil. Fry the sausages on both sides until completely cooked through and golden brown, about 4 minutes per side. Drain and serve immediately. Sausage patties can be fully cooled, wrapped, and frozen for reheating.

Super Smoothies

Smoothies are an excellent and quick breakfast or healthy snack. They can be whatever you want them to be so long as you include quality ingredients. The building blocks of a healthy smoothie are liquid, protein, veggies and/or fruits. To super charge your smoothie and give yourself more nutritional “bang for your buck”, include one or more of the items listed under “boosters”. To build your smoothie, pick at least one ingredient from each category, and feel free to come up with your own ideas and additions:

Liquids <i>1-2 cups</i>	Proteins <i>1 serving</i>	Fruits <i>½ to 1 cup</i>	Veggies <i>1 big handful</i>	Boosters <i>1 to 2 Tbsp.</i>	Sweeteners <i>(optional)</i> <i>1 tsp.</i>
Coconut milk unsweetened	Vega One protein powder	Berries	Spinach	Ground flax seeds	Pure maple syrup
Coconut water	Yogurt	Mango	Kale	Green powder	Honey
Almond milk unsweetened	Nut butter	Pineapple	Arugula	Spirulina or chlorella	Stevia
Green tea (cooled)	Kefir	Peaches	Beet greens	Maca powder	Cinnamon
		Melon	Beets	Chia seeds	½ banana
		Citrus fruit			

My Fave Super Simple Combo:

1 scoop Vega One protein powder
 1 cup unsweetened coconut milk or almond milk
 ½ cup coconut water (or more to thin)
 1 cup berries
 ½ banana
 1 handful of spinach or kale
 1-2 Tablespoons chia or ground flax seeds

Blend together and enjoy!

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