

What to eat for breakfast



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*Breakfast is the most important meal of the day, so what foods can get us off to a good start without feeling starved by 10am?*

I'm not yet one of those people that bounces out of bed in the morning wide eyed and ready to take on the day. Although I'm no longer dragging myself out of bed, I do like to lie there and get up at the last possible minute, which reduces the time I have for breakfast.

My impression is that for most people, getting a good breakfast is a struggle. So we opt for boxed breakfast cereal because it is fast. Or we skip breakfast and pick up a muffin along with a coffee on the way to work.

Let's face it. Often the time it takes to line up, order a coffee and snack, pay for and receive it, is more than the time it would take to have something healthy at home. And after eating a coffee shop breakfast one finds that by 10 or 10h30 am we are feeling hungry again, so we head down to the coffee shop again for more coffee and a snack.

Well needless to say, this is not a good cycle to get into. There is pretty much no nutrition in boxed breakfast cereal no matter what the box says, and all it provides is simple sugars that raise insulin levels which are inflammatory to the arteries. And the insulin quickly stores the blood sugar as fat in the fat cells, making one hungry quickly, as there was no nutrition there to feed the cells.

So, what are some other options that are more nourishing and still sort of fast? I think the thought of turning on the stove makes one think that breakfast is a long time away, but these ideas are really quite fast.

- Eggs - put butter in the pan, heat her up, and fry up an egg or two. Eat with a couple of fresh tomatoes, or with a salad with home-made dressing. Or sourdough toast, if you are okay with wheat and gluten. Probably about 5-8 minutes to prepare.
- Cook up a big pot of beef or turkey chilli, a pan of chicken legs, a roast etc. on the weekend, and have some cold for breakfast along with some leafy greens and a small handful of raw nuts. Steaming to wilt some leafy greens does not take much time, if you want something hot. Or have a salad. (Don't use store-bought dressings.)
- Buy some smoked salmon (read labels to make sure there are no added chemicals), and whip up an omelette. Omelettes don't take more than 3 minutes to make if the pan is hot. Add a veggie or finish with a fruit.
- For those that really have no time in the morning, hard boil a bunch of eggs in the evening, and grab a couple along with some raw carrots or tomatoes as you run out the door. May not sound too appetizing, but it will be nourishing. A piece of raw cheese or a handful of raw nuts are good grab-and-go alternatives too.

These breakfasts may be unconventional but they are far more nourishing, so your cells won't be crying for more food by mid-morning. Your blood sugar will stay even, and you will probably find you can focus better at work. The key is thinking ahead and having options available. I find if I have meat for breakfast I can last well into the early afternoon without feeling the least bit hungry. These meat breakfasts do not have to be huge. A half a cup of chilli is plenty to last me all morning, whereas if I eat half a cup of cereal I am hungry an hour later. Some people will need more animal foods than others to last until lunch.

Many people like having cereal for breakfast, so here are some ways to make it more nourishing.

- Avoid boxed breakfast cereal completely. Even if the boxed cereal is organic, it is a very poor choice.
- Purchase whole grains like buckwheat, quinoa, millet or steel-cut oats from the bulk food section of a store that sells a lot of this stuff, so the grains are fresher. The grains should look like seeds you can plant, not ground into flour and made into fun shapes like rings, flakes, puffs or biscuits. Make sure the grains are raw and not roasted.
- Soak a third to half a cup of grain per person in 3X the water with a capful of apple cider vinegar or whey from your yogurt overnight. This will eliminate the nutrient inhibitors which may cause digestive distress, and increase the protein content.
- In the morning strain off the soak water and cook in fresh water. The cereal should be ready in about 10 minutes.
- Serve with fresh full-fat natural yogurt or cream, and mix in some fresh fruit and

How should we eat? Low fat? Low carb? Pritiken? Atkins? Zone? Southbeach? Which diet plan is healthier - Weight Watcher's or Jenny Craig's? Or are they healthy at all?

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some raw nuts or seeds if you wish.

- If you can't last until lunch with the cereal alone, add an egg to your breakfast.

Smoothies are another popular breakfast and they too can be satisfying if there is not too much added sugar. In order to prevent hunger pangs, they must contain enough fat and protein so the body gets all the macronutrients it needs to keep the cells running.

Smoothies can be as different as one's imagination, but stick to unprocessed foods to obtain the most nutrition. I'm not a huge fan of most protein powders as they are highly processed, and spray-drying whey protein oxidizes the cholesterol in it making it harmful in my opinion. If you want to use a protein powder, I would suggest [Great Lakes Gelatin, Collagen Hydrolysate \(Kosher\) 16-Ounce](#). I personally don't mind putting a fresh raw egg from pastured chickens in my smoothie, but some may feel that is too risky, so do what feels right to you. Here are some ingredients you can play with.

- Full-fat natural yogurt as the base
- Egg(s) from free-range chickens
- Flax or lemon-flavoured fish oil
- Organic coconut oil
- Raw nuts and/or seeds
- Fresh organic fruit
- Greens powder of some kind. I like [">chlorella](#).

Or for a more savoury smoothie that tastes more like gazpacho, mix in a blender:

- 3-4 large tomatoes
- quarter of a small onion
- 1 small cucumber, peeled and seeded if you have time
- half a small bell pepper
- Free-range egg (optional but does increase the protein content)
- tablespoon olive oil
- teaspoon balsamic vinegar
- 1 small garlic clove
- dash of cayenne to taste
- dash of salt to taste
- fresh herbs like dill, watercress if handy
- enough full-fat yogurt and/or cream to make the smoothie creamy

The smoothies alone don't last long enough for me, but the savoury one along with a piece of chicken would work well for breakfast or lunch.

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