

Energizing Breakfasts to Start the Day Right



Dr. Ritamarie Loscalzo

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Breakfast Guidelines to Soothe Cravings and Balance Hormones

- ☐ Eat within an hour of awakening whenever possible
- ☐ Keep the carbs to a minimum
- ☐ Invite in the healthy omega-3 fats
- ☐ Eat 1/3 of your daily protein requirement (**clean and plant strong!**)
- ☐ Give gratitude for the food before you eat it
- ☐ Include as much green food as you can comfortably enjoy



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Hormone-Balancing, Waist-Slimming Benefits of a Protein- and Omega-3 Fat-Rich Breakfast

- ☐ Decreases blood sugar elevating effects of AM cortisol spike
- ☐ Decreases insulin which increases fat burning
- ☐ Maintains leptin rhythm, which decreases appetite
- ☐ Steadies blood sugar until lunch
- ☐ Decreases after-dinner sweet craving



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ERC: Energizing Breakfasts to Start the Day Right

Energizing, Protein-Rich Dishes You Can Include

- ☐ Chia seed porridge
- ☐ Green smoothie, green juice, or green shake
- ☐ Nut or seed yogurt
– i.e., cashew or coconut
- ☐ Hemp seed shake
- ☐ Energizing elixir
- ☐ Salad
- ☐ Steamed or stir-fried veggies
- ☐ High protein dinner leftovers



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