

Energizing Breakfasts to Start the Day Right



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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional, and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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



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



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

