

## BREAKFAST IDEAS FOR A PROTEIN TYPE



living balance  
FUNCTIONAL NUTRITION & WELLNESS

<p style="text-align: center;"><b>Mushroom &amp; Yellow Squash Omelet</b></p>	<p style="text-align: center;"><b>Spinach / Egg Omelet</b></p>
<p>2 pasture raised eggs scrambled Saute chopped mushrooms, onion, yellow squash and add to eggs Top with goat or sheep feta cheese (optional) Side: ¼ or ½ sliced avocado with blueberries, sea salt</p>	<p>2 pasture raised eggs scrambled Sauteed spinach and crumbled goat cheese Side: 2 slices organic turkey bacon, ½ sliced apple</p>
<p style="text-align: center;"><b>Strawberry Buckwheat</b></p>	<p style="text-align: center;"><b>Nutty Overnight Oats</b></p>
<p>1/4c or less raw buckwheat kernels (cook like oatmeal) 1 tsp ghee 1/4c frozen or fresh strawberries 1-2 tbsp coconut cream, 8 crushed almonds cinnamon, celtic sea salt Side: 2-3 slices organic turkey or beef bacon</p>	<p>Soak 1/4c gluten-free steel cut oats overnight or sprouted oats (not necessary to soak ahead) Add cinnamon, 1 tbsp ghee, ¼ fresh or frozen blueberries, 8 crushed pecans, 1 tbsp hemp seeds and/or ground flaxseed Side: 1-2 chicken or turkey sausage</p>
<p style="text-align: center;"><b>Paleo Pancakes</b></p>	<p style="text-align: center;"><b>Citrus Avocado Bowl</b></p>
<p>1-2 paleo pancakes (Bob's Red Mill paleo flour or Birch Benders Paleo Flour), add 1-2 fresh eggs to the flour 1 tbsp dark maple syrup per Paleo pancake (optional) Grass fed butter (optional) Side: 1-2 organic chicken sausage</p>	<p>½-1 Avocado sliced, 1-2 tangerines or nectarines 8 crushed walnuts, celtic sea salt Side: 2 boiled eggs</p>
<p style="text-align: center;"><b>Nutty Berry Bowl</b></p>	<p style="text-align: center;"><b>Coconutty Chocolate Shake</b></p>
<p>1/3c blueberries, 1/3c raspberries and 1/3c strawberries 1 tbsp hemp seeds, 1 tbsp ground flax, 8 roasted salted crushed almonds, 1oz One Degree Sprouted Granola, cinnamon (optional) Ripple milk or unsweetened coconut milk (optional)</p>	<p>Up to 10 ounces Ripple, almond, or coconut milk Standard Process Chocolate Pea Protein 1 tbsp coconut flakes, 1 tbsp coconut butter ¼ - ½ avocado, ½ cup blueberries Note: Coconut butter is the blended meat of the coconut. It is not the same as coconut oil.</p>
<p style="text-align: center;"><b>Banana Nut Protein Shake</b></p>	
<p>Up to 10 ounces Ripple, almond, or coconut milk Standard Process Vanilla Pea Protein Small handful of fresh or frozen spinach 1 tbsp almond or sunflower butter. 1 tbsp ground flax seed, ½ banana, ¼ avocado cinnamon, nutmeg, stevia or monk fruit (optional)</p>	