



Carbohydrate Type Breakfast Ideas

Berry Bowl	Vegetable Scramble
Fruit such as a banana or bowl of berries: blueberries, blackberries, raspberries Add 10 crushed almonds and 4-6ounces of dairy free or sheep yogurt	1-2 scrambled eggs, sliced onion, mushrooms and fresh spinach Side: 1 slice of gluten free toast
Gluten-Free Pancakes	Strawberry Paleo Waffles
1-2 gluten free pancakes with grass-fed butter or ghee and a small amount of dark maple syrup Side: 1 boiled egg or add extra egg to pancake batter	1-2 Birch Benders Frozen Paleo Waffles Sliced (warmed) fresh strawberries 2 tsp almond cream cheese per waffle Side: 1 boiled egg (optional)
Berry Buckwheat	Lox & Toast
1/4c buckwheat kernels cooked like oatmeal Add 2 tbsp coconut cream, cinnamon, 1 tsp ghee or grass fed butter A handful of sliced fresh berries or frozen and warmed 8 crushed walnuts	Almond cream cheese over 1-2 slices gluten free toast Add 2oz lox (smoked salmon) per toast Celtic salt, pepper, capers (optional)
Cereal	Scrambled Eggs With Veggies
1 cup One Degree Sprouted oatmeal cereal or Original Elizabeth's granola cereal Add fresh berries Dairy free or sheep/goat milk	1-2 scrambled eggs in ghee or coconut oil Veggie mix: zucchini, yellow squash, onion, peppers & spinach
Fruit-Yogurt Smoothie	Chocolate Raspberry Coffee Shake
1 cup mixed frozen berries 1 handful fresh spinach ¼ avocado 2 tbsp sheep or goat yogurt 1 tbsp peanut butter Add 10-12 ounces of water or dairy free milk	8-10oz dairy free milk Veg-E Complete Chocolate Pea Protein Frozen raspberries, ¼ avocado, 6 organic coffee beans, 2 pitted dates