

Food is Fuel – Breakfast Options

1. The Staple

- **2-3 Eggs:** Ideally organic from pastured chickens; Scrambled or fried in coconut oil.
- **1-2 Handfuls Spinach:** Wilted in the microwave for 1-minute, or leftover veggies.
- **Optional Adds:**
 - **2 Slices Bacon:** Uncured/Nitrate-free; we like [Hempler's](#) available at Costco.
 - **½ an Avocado:** On the Clean 15, so feel free to buy non-organic.
 - **½ a Sweet Potato:** Perhaps leftover from dinner?
 - **2 Tbsp Kimchi:** Probiotic for gut health; we like [wildbrine](#), available at Costco.
 - **1 Piece Whole Fruit or ½ cup Berries:** Consult the Dirty12/Clean15 list for what to buy organic.
 - **1 Slice Dave's Killer Bread:** with [Kerrygold](#) Irish butter, or a Nut Butter.

2. The Prep Ahead

- This can be made in either a 7x11 glass pan or a standard 12-muffin-tin.
- **Meat:** 6 slices of Bacon, or 6 breakfast Sausages (both Hempler's), or whatever leftover meat you have on hand, approx. 1 cup worth.
- **Veggies:** Choose any variety comprising 2-3 cups. We like diced onion and mushrooms, and wilted spinach.
- **Instructions:**
 - Preheat oven to 350.
 - Crack eggs into separate bowl and mix in any spices, herbs, etc.
 - Sauté the meat and veggies, then spoon into the pan.
 - Pour the egg mixture over top and bake approx. 20 minutes for muffins, 30 minutes for frittata.
- **Serving Size:** If muffins, eat 2-3. If pan, cut into 6 servings.

3. Hash it Out

- No set recipe here, but use your biggest pan and make A LOT!
- **Ingredients:**
 - **Breakfast sausage:** Pork, Chicken, or Turkey (organic and nitrate free).
 - **Potatoes:** variety of sweet and regular, cubed.
 - **Veggies:** Onion, Mushrooms, Bell Peppers, chopped, and Kale or Spinach.
 - **Eggs**
- **Instructions:**
 - Brown sausage then add cubed potatoes. Cook most of the way.
 - Add your favorite oil and the veggies (in the order listed) then salt, pepper, and any other seasonings.
 - When it's all cooked you can either scramble the eggs in now, or plan to cook them later before you're ready to eat. Fried eggs over this is delish!
- **Serving Size:** Roughly 2 cups of the hash + 2-3 eggs

Food is Fuel – Breakfast Options, cont.

4. Yogurt Parfait

- If you eat dairy, this will be a tasty breakfast option!
- **Yogurt:** 1 cup plain Greek yogurt. We like [FAGE Total 2%](#).
- **Toppings:**
 - Light drizzle of local, wild honey
 - ½ cup of berries
 - ¼ cup of crunchies: sliced or slivered almonds, flax seed or chia seed, pumpkin seeds, unsweetened coconut flakes or shreds, etc.

5. Protein Power Pancakes

- This is an option for those who eat grains. Try the [Kodiak Cakes](#) variety available at Costco. Follow 1 serving size.
- For additional protein, add an extra egg.
- Try tossing some fresh or frozen blueberries into the mix before you cook.
- **Toppings:** Any combination of the following:
 - Pure Maple Syrup
 - Kerrygold Irish butter (available at Costco)
 - Nut butter
 - Fresh fruit (berries or banana)
 - Wrap around a breakfast sausage for “pigs in a blanket.”

6. Oatmeal

- If you eat oats, 1-1½ cups plain oats are a good start to your day. We like [Bob's Red Mill Organic Quick Cooking Steel Cut Oats](#)
- **Toppings:**
 - A sprinkle of Cinnamon and/or light drizzle of Honey adds sweetness.
 - A Tbsp of Coconut Oil or [Manna](#) will also sweeten and add some healthy fat.
 - ½ cup of Berries or small sliced Banana.
 - Slivered Almonds or chopped Walnuts will add some crunch.