



COLOR MY FOOD

Nutritional Therapy with Diana Galindo

RESTART Friendly Breakfasts

Smoothies and Power Bowls

Smoothies can make a delicious, nutritious breakfast—it's all about the ingredients and portions. To fuel your energy, good mood and for overall health you need all the macronutrients: essential fats from nature, carbs from plants, and quality protein. Good fats are especially important not to spike your blood sugar and for satiety.

Also aim for range of nutrients from the whole color spectrum of plant foods. Every color represents a different family of healing, protective compounds. This will give you essential minerals, vitamins, fiber and phytochemicals.

- **Fats from nature** - Nut butter, avocado, or coconut milk. Raw nuts and seeds are excellent sources of fats and protein. Coconut is rich in fats, protein, and B vitamins. Use cold-pressed, unrefined coconut oil. Peel and freeze avocado chunks; it's a great way to use avocados that may otherwise go bad. Including good fats makes the smoothie more satisfying, balances your blood sugar and keeps you full between meals.
- **Protein** - Greek yogurt, kefir, cottage cheese or protein-rich seeds such as hempseeds, chia seeds, flaxseeds, sesame seeds, whey protein, [collagen](#)

- **Vegetables** - Spinach, kale, carrots, beets, zucchini (peeled and seeded), riced cauliflower
- **Low glycemic fruit** - Berries are loaded with brain healthy nutrients. Pears, apples, citrus, bananas, avocado.
- **Nuts** – almond, walnut, pecan are usually the most accessible. Feel free to use any others you like - cashews, hazelnuts, pistachio.. Use raw nuts and seed. Or use nut/seed butters. *NOTE:* peanuts are *not* a nut. Best avoid peanuts and peanut butter.
- **Seeds** – Chia, flaxseeds, hempseeds, sesame seeds, pumpkin seeds, sunflower seeds
- **Spices** – Cinnamon is a great staple for is for its antioxidant, anti-inflammatory, antimicrobial benefits. Add a pinch of allspice, cloves, ginger, nutmeg or turmeric (turmeric needs a pinch of black pepper to activate it)
- **Liquid** - Almond/nut milk or oat milk, coconut water, filtered water.
- **Sweetener** – It's best not to add sweeteners, but if that is a deal-breaker, choose nature's sweeteners: dates, honey, maple syrup

Cocoa Almond Smoothie

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<https://drhyman.com/blog/2016/07/05/cocoa-almond-smoothie/>

2 – 3 ice cubes
1 1/4 cup almond milk
2 tablespoons almond butter
1 tablespoon chia seeds
2 teaspoons unsweetened cocoa powder
1 tablespoon coconut oil

Combine all ingredients in blender and blend until smooth

Berries and Cream Smoothie

1 cup spinach
1/2 cup frozen mixed berries (not strawberries)
1 cup almond milk
1/2 cup coconut milk
1 tablespoon almond butter
1 teaspoon flaxseed
Dash of cinnamon

Combine all ingredients in blender and blend until smooth

Brain Boosting Smoothie

<https://drhyman.com/blog/2018/01/02/curry-girls-kitchen-brain-boosting-blueberry-kale-smoothie/>

1 1/2 cup frozen blueberries
1 cup coconut water
1/2 cup almond milk
2 – 3 tablespoons chia seeds
1 tablespoon flaxseed
1 tablespoon coconut butter
2 – 3 kale leaves, stems removed
1 teaspoon vanilla extract
1 teaspoon cinnamon
1/2 teaspoon turmeric
2 pinches of black pepper

Butternut Squash Smoothie

2 cups milk of choice
1 cup water
1/4 cup nut butter
1 1/2 cups cubed squash, lightly steamed
1 cup frozen mango or sub 1 frozen ripe banana
1/2 teaspoon cinnamon

1 cup frozen strawberries or raspberries or a mix of the two

2 tablespoons chia seeds

1. Combine everything in a blender and blend until smooth.
2. Taste and add more cinnamon and/or milk to create preferred consistency and flavor. Blend again. Enjoy!

Smoothie Bowls

Key Components of a Smoothie Bowl

- Liquid: Water, milk (dairy / non-dairy)
- Protein: Yogurt/kefir, chia or hemp seeds, nut butters
- Essential fats: Avocado, nuts, seeds or coconut oil
- Vegetables: Spinach, kale, cucumber, celery, pumpkin puree, carrots, beets
- Fruits: Frozen fruit works best, if using fresh fruit you may want to add ice cubes to thicken and for temperature
- Toppings: Nuts, seeds, unsweetened coconut and granola

Be mindful of portion, no need to load up piles of fruit and toppings. Aim for a good ratio of carbs, fats and proteins. You will know you have right ratio if it keeps your energy and belly satiated until lunch time.

Here are a couple of recipes to get started.

Super Green Smoothie Bowl

1/4 ripe avocado
2 medium ripe bananas (previously sliced and frozen)
1 cup fresh or frozen mixed berries (organic when possible // use strawberries/ raspberries for a greener smoothie, darker berries for a purple smoothie)
2 large handfuls spinach (organic when possible)
1 small handful kale (organic when possible // large stems removed)
1 1/2 – 2 cups unsweetened plant-based milk

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- 1 Tbsp ground flaxseed
- 2 Tbsp creamy almond or sunflower butter

Toppings

- Roasted unsalted sunflower seeds
- Raw or roasted nuts (almonds, pecans, walnuts, etc.)
- Shredded unsweetened coconut
- Fresh berries
- Hemp seeds

1. Add all smoothie ingredients to a blender and blend until creamy and smooth. Add more almond milk (or water) to thin.
2. Taste and adjust flavor as needed, adding more ripe banana (or maple syrup) for added sweetness, more spinach for a bright green hue, or almond milk for creaminess.
3. For the green smoothie, I used strawberries, which let the green color come through more. For the purple bowl, I used darker berries (raspberries, blackberries, blueberries).
4. For more protein, add nut butter! This also offsets / enhances the natural sweetness of the smoothie.
5. Divide between 2 serving bowls (as original recipe is written // adjust if altering batch size) and top with desired toppings!
6. Best when fresh, though leftovers can be kept in jars in the fridge for up to 1-2 days.

Matcha Green Smoothie Bowl

<https://minimalistbaker.com/matcha-green-smoothie-bowl/>

- 2 peeled, sliced and frozen ripe bananas (~120 g each)
- 1/4 cup chopped pineapple (*optional*, frozen is best)
- 3/4 - 1 cup light coconut milk
- 2 teaspoon matcha green tea power (see our [Matcha Review!](#))

1 heaping cup organic spinach or kale (I like to freeze mine to make the smoothie colder!)

Toppings *optional*

- Fresh berries
- Coconut flake
- Banana slices
- Chia seeds
- Slivered roasted almonds

1. Add frozen banana slices, pineapple (*optional*), lesser amount of coconut milk (3/4 cup or 180 ml as original recipe is written // adjust if altering batch size), matcha powder, and spinach to a blender and blend on high until creamy and smooth.
2. Add only as much coconut milk as you need to help it blend. In my opinion, you want this smoothie somewhere between scoopable and drinkable.
3. Taste and adjust flavor as needed, adding more banana (or a touch of maple syrup or stevia) for sweetness, matcha for more intense green tea flavor, or coconut milk for creaminess (though adding more matcha powder adds more caffeine, so use your best discretion). Pineapple will add a little tart/tang, so add more if desired.
4. Divide between two serving bowls (amount as original recipe is written // adjust if altering batch size) and top with desired toppings (*optional*). I went with fresh raspberries, chia seeds, and coconut flake. Bananas would make a delicious garnish as well.
5. Best when fresh, though leftovers keep well sealed in the refrigerator up to 24 hours.

More Recipes

Natural Nurturer: super nutrient dense and delicious!

<https://thenaturalnurturer.com/category/recipes/smoothies-drinks/>

The Food Revolution Network

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<https://www.foodnetwork.com/healthyeats/recipes/2015/06/smoothie-bowls-for-a-smarter-morning-re>

Buckwheat

Also known as kasha, it's long used in Russian and Eastern European cooking because it is so nutritious, readily available, and affordable. Buckwheat is a actually seed. It contains all essential amino acids as well as fair amounts of calcium, iron and B vitamins.

Easy Overnight Buckwheat Parfait

Buckwheat and chia seeds are both high in protein and fiber; chia seeds also contain essential omega fats.

1/4 cup raw buckwheat groats, soaked in water overnight
3/4 cup milk of choice
2 tbsp chia seeds
1 ripe large banana (mash half, chop other half)
1/2 tsp cinnamon
1/4 tsp vanilla extract
rolled oats (optional)

1. Add buckwheat groats into a bowl and cover with water. Stir. Place in fridge overnight, or at least a few hours, uncovered is fine.
2. In a separate bowl, whisk together chia seeds, almond milk, banana, cinnamon and vanilla. Whisk well until no chia clumps remain. Place in fridge overnight, uncovered is fine.
3. In the morning, rinse buckwheat with cold water in a strainer. Add rinsed and strained buckwheat into the chia mixture and stir well. Top with desired toppings or make a parfait. Just before serving, drizzle a small amount of pure maple syrup on top to bring it all together.

Buckwheat Bowls from [Babaganosh](#)

You can double or triple the buckwheat recipe, so you have cooked buckwheat ready to top with fruit and eat for breakfast. PERFECT for meal prep! Or just cook it the night before and top with fruit in the morning.

You can switch up these buckwheat bowls so you are not eating the same thing every day. Some ideas for you below:

- Top buckwheat bowls with different fruit, such as sliced strawberries, apples, pears, raspberries, blackberries
- Stir in a heaping tablespoon or two of cashew yogurt or coconut milk to give buckwheat kasha a thicker consistency
- Add cinnamon
- Add some hemp hearts for extra crunch and nutrition
- Add some slivered almonds, crushed walnuts or pecans, or pepitas

- 1 cup water
3/4 cup milk of choice
3/4 cup buckwheat, *uncooked*
1 banana, sliced
1/2 cup blueberries
2 Tbs unsweetened shredded coconut
1 teaspoon chia seeds
1. Combine water, milk, buckwheat, and 1 tablespoon honey in a small saucepan. Bring to boil, reduce heat and simmer uncovered 10 minutes, or until the buckwheat is fully cooked. It's ok if a little bit of liquid is left
 2. Optional: use an immersion blender to pulse buckwheat into more of a "porridge" texture.
 3. Divide the cooked buckwheat between two bowls, and top each bowl with sliced banana, blueberries, shredded coconut, chia seeds, and a drizzle of agave syrup. Serve warm. See notes for additional topping ideas and substitutions.

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Savory Buckwheat Bowl

<https://nomadparadise.com/buckwheat-recipe-kasha/>

1 3/4 cups buckwheat (300 grams)

2 1/2 cups boiling water (or broth)

3 Tbsp butter

1 Tbsp olive oil

1 medium onion, diced

1 red bell pepper, diced

2-3 mushrooms, optional

Salt to taste

1/2 tsp pepper

1. Dice onion, mushrooms, and bell pepper. Add olive oil & butter to a medium-sized pot over medium heat. Add onion, salt, pepper, and mushrooms and sauté for 4-5 minutes.
2. Rinse buckwheat several times in clean, cold water. Add the buckwheat to pot with vegetables, and add boiled water (broth). Make sure to cover buckwheat.
3. Bring to a boil (takes about 1 minute), cover then simmer on low heat for 20-25 minutes. Check as it cooks to make sure it still has water, add if needed
4. After 25 minutes, turn off heat; remove pot from heat. Leave covered to steam for 10-15 minutes.

Quinoa Bowls

<https://www.simplyquinoa.com/healthy-quinoa-bowls-6-delicious-ways/#h-6-ways-to-make-healthy-quinoa-bowls>

Quinoa makes an awesome meal prep option, so cook up about 6 cups over the weekend and make these 6 different flavors for breakfast, lunch or dinner for the following week. If you assemble/mix the flavors ahead starting your week with the ones that contain avocado as those will get mushy the longer they sit. Feel free to add spices and herbs, mix and match other veggies.

Mexican Quinoa Bowl

1 cup cooked quinoa

1/2 cup canned black beans

1/4 cup cooked yellow corn

1/4 cup jarred salsa

1/4 of an avocado

Cilantro to garnish

Add all the ingredients into your bowl. Either stir it all together or eat it as is. Top with some cilantro for an extra flavor boost!

Super Food Quinoa Bowl

1 cup cooked quinoa

1/2 cup chopped kale

1/4 cup sliced radish

1/4 cup roasted sweet potato

1/4 of an avocado

2 tablespoons [spicy lemon dressing](#)

Chopped almonds to garnish

Hemp seeds to garnish

Add all the ingredients into your bowl. Top with the spicy lemon dressing, almonds, and hemp seeds, and stir to combine.

Mediterranean Quinoa Bowl

1 cup cooked quinoa

1/2 cup canned chickpeas

1/4 cup chopped cucumber

1/4 cup chopped cherry tomatoes

1/4 cup chopped olives

1/4 cup chopped parsley

[Tahini dressing](#) to finish

Add all the ingredients into your bowl. Top with the tahini dressing and stir together. Top with a little more fresh parsley if you like!

Moroccan Quinoa Bowl

1 cup cooked quinoa

1/2 cup canned chickpeas

1/4 teaspoon smoked paprika

1/4 cup sliced carrots

3 chopped Medjool dates

2 tablespoons chopped pistachios

2 tablespoons chopped parsley & cilantro

Tahini dressing to finish

Tahini Dressing

1/4 cup tahini

Juice of 1/2 a lemon

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1 tablespoon apple cider vinegar
1 teaspoon miso paste, optional
1 teaspoon garlic powder
Pinch of pepper
1/4 cup (or more) water

Mix together your chickpeas and paprika. Then add all the ingredients into your bowl. Top with the tahini dressing and stir together.

Pesto Bowl

1 cup cooked quinoa
1 cup chopped spinach
1/4 cup cooked peas (can thawed frozen peas)
1/4 cup pesto, homemade or bought
2 tablespoons hemp seeds

Add all the ingredients into your bowl. Either stir it all together (like you see in the photo) or eat it as is. Don't forget to top with some hemp seeds for a little protein boost!

Asian Quinoa Bowl

1 cup cooked quinoa
1/2 cup tofu (I used my [coconut tofu tenders!](#))
1/4 cup sliced carrot
1/4 cup chopped cabbage
2 tablespoons chopped cilantro
2 tablespoons [spicy almond butter dressing](#)
Chopped almonds to garnish

Add all the ingredients into your bowl. Either stir it all together (like you see in the photo) or eat it as is. Don't forget to top with your almonds for some crunch and cilantro for an extra flavor boost!

Spicy Almond Butter Dressing

1/4 cup creamy almond butter
Juice of 1 whole lime
1 tablespoon rice vinegar
1 tablespoon tamari (or soy sauce)
1 teaspoon (or more) sriracha sauce, optional
1/2 teaspoon ground ginger
Water as needed

Whisk together all the ingredients until smooth and creamy. If dressing is too thick, you can add a splash or two of water

Oatless "Oatmeal and Chia Puddings

Oatless "Oatmeal" from Dr. Perlmutter

This an awesome breakfast because it is so good for brain health

<https://www.drperlmutter.com/recipe/oatless-oatmeal/>

1/4 cup walnuts
1/4 almonds
2 tablespoons ground flaxseed
1 teaspoon allspice
3 eggs
1/4 cup unsweetened almond milk
1/2 banana, mashed
1 tablespoon almond butter
2 teaspoons pumpkin seeds (optional)
1 handful berries (optional)

Combine walnuts, almonds, flaxseed and allspice in a food processor and blend to a course grain, but not fine powder. Set aside. Whisk together eggs and almond milk until thick like a custard.

Blend mashed banana and almond butter together and add it to the custard, mixing well. Stir in the course nut mixture.

Warm mixture in a saucepan over low heat, stirring frequently, until it has desired consistency.

Sprinkle pumpkin seeds and berries on top. *If its too thick, add additional almond milk.

Keto Oatmeal

https://www.foodfaithfitness.com/low-carb-keto-oatmeal/?r_done=1

1/4 cup almond flour
2 tablespoons unsweetened coconut flakes

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1 tablespoons
1 tablespoons chia seeds
1/2 teaspoon cinnamon
Pinch of salt
1/2 cup unsweetened almond milk
1/2 teaspoon vanilla extract

In a medium pot, stir together all the ingredients except the milk and vanilla. Add in the milk and vanilla and bring to a boil over high heat. Once boiling, reduce the heat to medium and simmer until it just begins to thicken, about 1 - 1 1/2 minutes. It will thicken a lot as it cools so don't overcook. Once cooked, let cool for 3-5 minutes. Add toppings and enjoy

Carrot Cake Chia Pudding
<https://eatthegains.com/carrot-cake-chia-pudding/>

2 medium-large carrots, peeled and roughly chopped (125 grams)
1 cup unsweetened almond milk
2 teaspoons coconut oil
1/2 teaspoon cinnamon
2 tablespoons chia seeds

Place chopped carrots, almond milk, coconut butter, maple syrup, and cinnamon in a Vitamix or high powered blender. Blend until smooth and well combined, about 30 seconds. Pour mixture into a jar. Add chia seeds, cover, and shake well. Refrigerate for at least 4 hours or overnight. Eat as is or top with desired toppings. Enjoy!

Basic Banana Chia Pudding
1 green tipped banana
2/3 cup milk of choice
2 tablespoons almond butter
2 tablespoons chia seeds

Mix and refrigerate overnight.

15 Clean Eating Chia Pudding Recipes
<https://aglowlifestyle.com/2019/09/11/15-clean-eating-chia-pudding-recipes/>

Egg Breakfasts

Avocado
Sliced avocado
Top 1/2 with 1 or 2 eggs sunny side up (or soft/hard boiled)

Options:

- Top with chopped cilantro, basil or other herb
- Top with chopped tomatoes or salsa
- over spinach or arugula drizzled with lemon juice and extra-virgin olive oil

Egg Casseroles

Veggie-Loaded Egg Bake
<https://www.colormyfood.com/recipe/veggie-egg-bake/>

Mix and match addition/other vegetables from the WHAT TO EAT list. You can also add sausage, bacon, leftover chicken, or ground beef. Or quinoa for vegetarian option.

1 1/2 cups baby spinach, finely chopped (or kale)
1/3 cup green onions finely chopped
1 red or yellow bell pepper, diced
1/4 cup sun-dried tomatoes, diced (optional)
2 cups broccoli chopped
1/4 cup fresh basil, chopped (or another herb like cilantro or parsley)
1 teaspoon garlic minced
1/2 teaspoon salt
1/2 teaspoon black pepper [b](#)
8 eggs
1/4 cup milk
1/4 cup Parmesan cheese, shredded (optional)

Preheat oven to 375 degrees. Brush a baking dish with olive oil. Combine all vegetables, garlic and pepper and pour into casserole dish.

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Whisk eggs with milk and pour over vegetables. Mix in Parmesan
Bake for 25-30 minutes or until eggs are cooked through.

Another egg casserole option

<https://www.onecleverchef.com/whole30-breakfast-casserole-vegetarian-paleo/>

Omelets and Frittatas

As with the casserole, mix and match different vegetables (greens, broccoli, bell peppers) and meats (sausage, leftover chicken or salmon). You can also use leftover roasted veggies.

Bacon Mushroom Spinach Frittata

<https://damndelicious.net/2015/02/02/bacon-mushroom-spinach-frittata/>

5 large eggs
1/2 cup milk
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
Dash of hot sauce
Kosher salt and freshly ground black pepper, to taste
4 slices bacon, diced
2 cloves garlic, diced
8 ounces mushrooms, thinly sliced
2 cups baby spinach
1 Roma tomato, diced

Preheat oven to 425 degrees F.

In a large bowl, whisk together eggs, milk, basil, oregano, thyme and hot sauce; season with salt and pepper, to taste. Set aside.

Heat a large oven-proof skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes, reserving 1

tablespoon excess fat. Transfer to a paper towel-lined plate.

Add garlic and mushrooms to the skillet, and cook, stirring occasionally, until tender and browned, about 3-4 minutes; season with salt and pepper, to taste.

Stir in spinach and tomato until the spinach begins to wilt, about 2-3 minutes. Stir in egg mixture and bacon, reserving 2

tablespoons, until well combined. Cook, undisturbed, until edges are set, about 2 minutes. Top with remaining bacon.

Place into oven and bake until top is set and golden brown, about 14-15 minutes.

Serve immediately.

Egg Muffins

<https://wordtoyourmotherblog.com/super-easy-egg-keto-breakfast-muffins/>

10 eggs

6 ounces bacon, leftover ground beef, chicken or salmon

1 cup fresh spinach (or frozen - use 1/2 cup thawed & drained)

1/4 cup goat cheese

1 green bell pepper

1/4 cup green onion

Preheat oven to 375

Fry bacon & allow it to cool.

Rinse spinach, dice bell pepper & onion.

Butter a 12 cup muffin tin.

If using frozen spinach and its soggy from defrosting, set it in strainer in the sink; take a towel or (several) paper towels & press down to soak up any water to keep your eggs from being runny,

Crack eggs and beat in a bowl about 2 minutes.

Toss in spinach, cheese, bell pepper, and bacon. Mix well and fill muffin cups about 1/2 to 2/3 full.

Bake 15 minutes.

Breakfast Hash / Sheet Pans

Prep the night before and bake in the morning.

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You can use dinner leftovers (roasted veggies, ground beef, or chicken etc) to jump start these recipes.

Or use these breakfast leftovers to make lunch - lettuce wraps with mashed avocado or pesto. Can also toss into a salad with shredded cabbage, kale or leafy greens.

Sheet Pan Breakfast Fajitas

<https://damndelicious.net/2017/07/28/sheet-pan-breakfast-fajitas/>

1 red bell pepper, thinly sliced
1 orange bell pepper, thinly sliced
1 green bell pepper, thinly sliced
2 tablespoons olive oil
1 tablespoon chili powder
1 tablespoon freshly squeezed lime juice
3 cloves garlic, minced
1 ½ teaspoons ground cumin
1 teaspoon ground paprika
¼ teaspoon onion powder
Kosher salt and freshly ground black pepper, to taste
6 large eggs
1 avocado, halved, peeled, seeded and sliced
¼ cup chopped fresh cilantro leaves

Preheat oven to 400 degrees F. Lightly oil a baking sheet.

Place bell peppers in a single layer onto the prepared baking sheet. Stir in olive oil, chili powder, lime juice, garlic, cumin, paprika and onion powder, and gently toss to combine; season with salt and pepper, to taste.

Place into oven and bake until tender, about 12-15 minutes.

Remove from oven and create 6 wells.

You can cook up to this stage the night before and store in the fridge. In the morning remove from the fridge and heat in a pan until warm before cracking in the eggs.

Add eggs, gently cracking the eggs throughout and keeping the yolk intact; season with salt and pepper, to taste. Place into oven and bake until the egg whites have set, an additional 8-12 minutes. Serve immediately, garnished with avocado and cilantro, if desired.

Mexican Breakfast Hash

<https://www.everylastbite.com/2014/12/19/mexican-breakfast-hash/>

2 cups cubed butternut squash (1 small squash)
2 tbsp oil
½ tsp smoked paprika
2 tsp ground cumin
pinch of salt
½ onion diced
1 tbsp jalapeno pepper finely diced + more for garnish
1 red pepper chopped into small pieces
½ cup chopped chorizo
1 ½ cups spinach
1 tsp lime juice
1 tbsp cilantro
3 eggs
1 avocado

Preheat the oven to 175 degrees Celsius (350 degrees Fahrenheit)

Peel, remove the seeds from the butternut squash and cut into small ½ inch sized cubes. Place the cubes in a bowl with 1 tbsp oil, smoked paprika and 1 tsp cumin and toss so that each cube is well seasoned. Place the butternut squash on a baking sheet and bake in the oven for 20 minutes. While the butternut squash cooks, in a cast iron skillet or oven proof frying pan sauté the chorizo in 1 tbsp oil with a pinch of salt, the diced onion, peppers and 1 tbsp of the diced jalapeno. Once the onion becomes translucent (4-5 minutes) add in the spinach, ½ tsp lime juice and 1 tsp cumin. Cook for another minute.*

Add the butternut squash to pan with the veggies and stir to ensure everything is

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evenly mixed. Create 3-4 wells in the mixture and crack an egg into each. Place the pan in the oven and cook for 8-10 minutes depending on how runny you prefer your eggs.

Remove from the oven and serve with sliced avocado and wedges of lime.

Pancakes

2 mashed bananas

1 eggs

2 tablespoons chia

Warm up a dab of butter in skillet, cook pancakes.

Almond Flour Pancakes

<https://detoxinista.com/almond-flour-pancakes/>

These are very rich, make them small.

1 cup almond flour

2 large eggs

2 tablespoons maple syrup

2 tablespoons olive oil (or any other liquid oil)

1 teaspoon baking powder

1 teaspoon vanilla extract

¼ teaspoon fine sea salt

1. to 2 tablespoons almond milk or water (as needed, to thin the batter)

Top with Berry Puree: Defrost frozen mixed berries and puree.

More Recipes

ON Pinterest, visit The RESTART Program page for loads of recipes and inspiration

https://www.pinterest.com/therestartprog/_saved/

Lots of options for breakfast and other meals on these sites that are RESTART friendly. As always, check the list of **WHAT TO EAT** foods and adjust accordingly.

Key Ideas

- Always think nutrient-density
 - Fats from nature
 - Quality protein
 - Nuts, seeds, spices
- Eliminate added sugars. If *really* need sweetening, use nature's sweeteners: dates, maple syrup, honey, stevia

Resources

- Downshiftology
<https://downshiftology.com/courses/breakfast/>
- Fit Foodie Finds - <https://fitfoodiefinds.com/category/recipe/meal/breakfast/>
- Well Plated - <https://www.wellplated.com/category/recipes-by-type/breakfast-brunch/savory-breakfasts/>
- Paleo Mom - <https://www.thepaleomom.com/category/recipes/>