



COLOR MY FOOD

Nutritional Therapy with Diana Galindo

Delicious, Nutritious Breakfast Series

Learn how to fuel your day with nutrition essentials for improved energy, brain function and overall health.

Week 1: Oats and Ancestral Grains

Learn four different ways to enjoy nutrient dense oats. And how to mix them up and switch them out with ancestral grains: barley, buckwheat, and quinoa.

Week 2: Egg Powered

Eggs are a powerhouse of nutrients: 5 grams of protein per egg and loaded with vitamins, minerals, and phytochemicals. Combining eggs with plant foods increases nourishment *and* satiety. Learn tips and tricks to bring leafy greens, vegetables, herbs, and spices into your eggs in delicious, nutritious combinations. Variations include vegetarian and omnivore options.

Week 3: Nutrient Dense Pancakes and Muffins

Pancakes and muffins are a breakfast staple. Discover how to increase the nutrient density and flavor with rainbow veggies, ancient grains, spices and more.

Week 4: Sweet Potato Roundup

Replace refined breakfast carbs with sweet potatoes: carbs, fiber, micronutrients oh my! They pack an abundance of health-promoting, disease-fighting nutrients.

Savory or sweet, baked or bowls, how many ways can you go?

About Your Instructor

Diana Galindo FNTPr, RWS-1

Diana is certified as a Functional Nutritional Therapy Practitioner. Using evidence-based gut healing protocols and personalized real food nutritional plans, Diana helps clients improve their health from the inside out. Diana's 1-on-1 nutritional therapy coaching and group programs are interwoven with delicious nutritious recipes and resources. Diana envisions a future where people are empowered to use sustainably sourced nourishing food and self-care to optimize their gut health and brain health so they can enjoy vibrant, productive lives.