

THE BEST BREAKFAST FOR BURNING MASSIVE

AMOUNTS OF FAT ALL DAY LONG

One of the first things I will change when I meet with a new patient that is trying to lose weight is their breakfast. Many people eat cereals or bread based products for breakfast. One of the most effective ways to help my patients lose weight and improve their health is to stabilize their blood sugar. Starting the day with a high carbohydrate breakfast will elevate blood sugar which comes with a corresponding dip in blood sugar. During this dip in blood sugar people will often feel fatigued and crave more carbohydrates for another energy boost. Which results in another peak and the cycle repeats throughout the day. Managing these blood sugar peaks and dips throughout the day can inhibit your ability to mobilize fats from storage and burn them as a fuel. Fat stores are the most desired target for weight loss. Inhibiting our ability to effectively burn fat as a fuel is not a desirable weight loss strategy. Starting your day off with a breakfast that will not spike your blood sugar is a simple step to take to encourage more stable blood sugar for the rest of the day and encourage weight loss.

Here are some great and simple recipes to help you start your day with a protein based, nutrient dense, fiber rich based breakfast.

Green Smoothie

This is a simple recipe packed with loads of nutrients to keep you feeling full and energized throughout your morning.

- 1/2 cup frozen organic berries
- 2 large handfuls of baby spinach
- 1 scoop Whey Protein Powder
- ½ cup low fat plain Kefir
- 1 tbsp Chia Seeds
- Iced Green Tea to thin

Put all ingredients in a blender mix and enjoy. If the mix is too thick add a little green tea to thin it out.

Egg Scrambles

These easy egg combinations are a great way to utilize left over vegetables.

Chopped Kale Scramble

- 2 whole eggs scrambled
- 2 cups chopped Kale
- 3-4 grape tomatoes sliced in half
- 2 tsp extra virgin olive oil

Sautee Kale and tomato with olive oil until the kale is nicely wilted. Pour egg mixture into pan and cook together. Salt and pepper to taste.

Spinach and Feta Scramble

- 2 whole eggs scrambled
- 2 cups baby spinach
- 2tbsp feta cheese
- 2tsp extra virgin olive oil

Sautee Spinach in extra virgin olive oil until it is nicely wilted. Pour egg mixture into the pan and cook together. Top with Feta Cheese. Salt and pepper to taste.

Asparagus and Scallion Scramble

- 2 whole eggs scrambled
- 2 cups frozen asparagus spears diced into bite sized pieces
- 1 scallion diced
- 2tsp Extra Virgin Olive Oil

Sautee asparagus in olive oil add scallion and egg mixture to the pan and cook together. Salt and pepper to taste.

Eggs with Scallion and Avocado

- 2 whole eggs scrambled
- 1 scallion diced
- 2tsp Extra Virgin Olive Oil
- ¼ avocado diced

Add eggs and scallion to pan and cook. Top with diced avocado.

Broccoli Egg Bake

This recipe is great warm dish that can be made in advance and reheated in individual portions in the morning.

- 1 Bag frozen organic Broccoli
 - 8 eggs
 - 4 egg whites
 - 1 ½ cups organic 2% milk fat cottage cheese
1. Preheat oven to 350 degrees. Microwave Broccoli for 4 minutes and drain excess water. Scramble eggs together with the cottage cheese.
 2. Spread broccoli evenly in a 9x13 greased baking pan. Pour egg mixture over and bake until set and edges are golden. Approximately 30-40 minutes. Let it set for 10 minutes then. Cut into 8 even pieces.

Starting your day with a protein based breakfast is a simple and tasty way to set your metabolism up to burn more fat during the day. Losing some unwanted weight can be as easy as changing your breakfast. Enjoy!

Grab and Go EGG BAKE “Muffins”

Take your favorite egg bake recipe or adapt the one below to your liking. Pour mixture into muffin forms and bake. Eat right away or make ahead for on the go or just a quick breakfast. Just grab one, heat and enjoy!

Ingredients

- 9 eggs
- 1 cup shredded cheese (any kind of REAL cheese)
- Sausage and/or bacon
- Optional: Veggies any combination of your liking (try mushrooms, onions, peppers, zucchini, parsley, carrots, spinach...)
- Optional: milk or cream 1 cup (adjust to your liking)
- Salt and pepper to taste

Instructions

1. Cook sausage and bacon
2. Sauté any veggies until soft but not brown
3. In large bowl combine eggs, milk, cheese, meat and veggies, salt and pepper
4. Grease muffin pan
5. Pour in pan and bake 350° for 20 min. They are done when the knife comes out clean.

The Healthy Busy (Woman/Man) Breakfast

Makes 1 Serving.

Ingredients:

- 1/3 Cup Egg
- 1/2 Cup Dry Old Fashioned Oats
- 1/4 Cup Dry Curd/Low Fat Cottage Cheese
- Sea Salt
- Pepper

Instructions

1. Preheat your oven to 450 F.
2. Grease your glass pie dish with a healthy oil (olive, coconut, etc.).
3. Place all ingredients in the dish.
4. Using a fork lightly stir ingredients together.
5. Bake for 20 minutes.
6. Remove and enjoy!

This recipe can be doubled or tripled to serve more than one person.

Oats free - Note

You can make this recipe replacing the oatmeal with 1/4 Cup Almond Flour and it is delicious! I highly recommend trying this!

Eggs with Avocado and Tomato

Ingredients

- 2 large eggs
- ½ avocado
- ½ medium tomato

Instructions

1. Cook egg any way desired
2. Slice tomato and avocado
3. Layer tomato, avocado and eggs.
4. Sprinkle with paprika if desired.

Breakfast casserole in the crock pot!

Cooks while you sleep!

Ingredients:

1 bag 26 oz. frozen hash browns
12 eggs
1 cup milk
1 tablespoon ground mustard
1 16 oz. roll sausage
maple, sage or regular sausage.
Salt and pepper
16 oz. bag shredded cheddar cheese

Directions:

1. Spray crock pot and evenly spread hash browns at the bottom.
2. Crack 12 eggs in a large bowl.
3. Mix well (and slowly) using a whisk.
4. Add the milk.
5. Go ahead and sprinkle in the ground mustard. This might sound like a weird ingredient, but I've come to love (and use) this in most of my recipes.
6. Add plenty of salt....
...and lots of fresh pepper. Mix well and set aside.
7. Cook the sausage on high heat, drain and set aside.
8. Add sausage on top of hash browns.
9. Is this enough cheese? Maybe? Probably. Throw the whole big bag in there.
10. Mix it up well. Or good, depending on where you're from.
11. Pour the egg mixture over everything in the crock pot. Using a wood spoon, even everything out so it's spread evenly.
12. Turn the crock pot on low for 6-8 hours.

Sausage and Cheese Breakfast Cups

These egg "muffins" make a hearty breakfast that can be eaten on the run.

- 5 large eggs
- 4 oz turkey sausage
- 5 oz canned mushrooms
- 1/4 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 oz shredded reduced fat cheddar cheese

Directions

1. Pre-heat the oven to 350 °F (175 °C). Coat a 6-cup non-stick muffin pan with cooking spray, or line with paper baking cups.
2. In a medium non-stick skillet over medium-high heat, cook the sausage, pepper, and onion for 5 minutes or until the sausage is no longer pink.
3. Spoon the mixture into a bowl and let cool slightly. Stir in the eggs and mushrooms.
4. Evenly divide the mixture among the prepared muffin cups. Sprinkle with the cheese.
5. Bake for 20 minutes or until the egg is set.
6. Note: make these ahead of time and warm them in the microwave for a fast and slimming breakfast treat.

2-ingredient sweet potato cakes {gluten-free, dairy-free, nut-free}

Recipe Type: breakfast, lunch, dinner, or snack

Prep time: 5 mins Cook time: 10 mins Total time: 15 mins

Serves: 12 small pancakes

These 2-ingredient sweet potato cakes are an amazing low-carb, grain-free pancake alternative! They are also perfect for little hands.

Ingredients

- 1/2 cup mashed sweet potato (the flesh from 1 medium-small cooked sweet potato)
- 2 eggs
- oil or butter for cooking
- Optional Seasonings
- 3/4 teaspoon ground cinnamon
- pinch of ground ginger
- pinch of allspice
- pinch of salt

Instructions

1. Whisk together the sweet potato and eggs until well-combined. Add seasonings, if desired, and stir. Heat oil or butter over medium-low heat (I prefer coconut oil).
2. Drop the sweet potato mixture by the tablespoon and cook for 3-5 minutes.
3. Flip each cake and cook for an additional 3-5 minutes, until lightly golden brown on the outside and cooked through. Note: I make very small cakes, using only a tablespoon of batter. They will need to cook longer if you make bigger pancakes. Lower heat works better, and don't try to flip them before totally cooked on one side.
4. Optional topping ideas: butter, nut butter, sunflower seed butter, or maple syrup. They are also good plain! Enjoy

Homemade Crock-pot Yogurt Recipe

Ingredients

- ½ gallon whole milk
- ½ c plain yogurt made with live and active cultures (I use Greek plain yogurt – makes it a bit thicker)
- Optional 1 c dried milk for thickening (the first time you make this try without to see if you really need it. I don't use any and my yogurt is fine, just a bit thinner than store bought)

Instructions

1. Pour the ½ gallon milk into the crock-pot and cook on low for 2 ½ hours to 180° (I never worry about the temperature, but in case you want to know)
2. Turn off the crock-pot, and let the warm milk sit for another 3 hours, keeping the lid on the crock-pot (cooling to 110-115°)
3. Take two cups of the milk out and mix it with the ½ c yogurt
4. If you are thickening your yogurt, you can add it at this time to the yogurt mixture.
5. Combine the yogurt mixture with the milk in the crockpot
6. Turn on the light in your oven.
7. Insert crockpot into oven with the lid on. DO NOT turn on your oven. The oven light will provide warmth for your yogurt cultures.
8. Leave in the oven for 24 hours. (If you need to bake something during this time just take the crockpot out and set in a warm spot till you're done. Let oven cool before placing back in oven.)
9. Add your favorite toppings or eat plain (I sweeten with liquid vanilla stevia or fruit)
10. You can store in the fridge for up to two weeks.