

Green Your Family's Breakfast

What we feed our bodies directly affects our physical, emotional and mental state throughout the day. When we choose nutrient-dense foods first thing in the morning (foods that have a high amount of vitamins, minerals and other nutrients compared to their caloric content), we give our cells the energy they need to function optimally- which means thinking clearly, feeling energized, and fighting infection and disease.

Start your morning with a Green Drink

Even those of us with the best intentions still struggle to eat enough vegetables throughout the day. A morning green drink assures your body a high dose of nutrients, which is a fabulous way to set your system in a good direction for the day.

Try the following suggestions:

- Purchase a freeze-dried green powder available at Whole Foods, Central Market and HEB. There are lots of options now- Green Vibrance Supreme is a good one; however, as long as there isn't any added sugar, most super food green powders are fine. Look for ingredients such as kale, spinach, broccoli, fruits, a blue-green algae called Spirulina, enzymes and probiotics. Add the powder to a small amount of high-quality apple or pomegranate juice (1-2 ounces not from concentrate) and water and gulp it down.
- Using a juicer, try a blend of veggies like celery, kale, cucumber, and parsley with lemon, apple, and ginger. Even drinking a couple of ounces at a time will do. Store extra juice in jars in the fridge for up to 3 days.
- Turn your smoothie green! Add avocado (1/4 of a large, 1/2 of a small), green powder (see above), or a handful of spinach or mache (a delicious, non-bitter lettuce variety found at some grocery stores) to your existing smoothie recipes. Play around with your recipes a bit- many times, kids can't even taste the 'green' ingredients.

Salad for Breakfast!

Salads make healthy, quick breakfasts- especially if you have your ingredients prepped and ready-to-go beforehand. Fill a bowl with mixed greens, mache, or baby spinach (less bitter and has fewer oxalates than regular spinach that may interfere with mineral absorption). Pile on toppings such as cherry tomatoes, avocado, sprouts, chopped herbs, cucumber, nuts and seeds. Top with scrambled or fried eggs and a dressing of your choice. Yes, you can have salad for breakfast!

Add Green Tea

Green Tea is rich in beneficial flavonoids such as catechins, which give this nutrient-dense drink its anticancer and antioxidant properties. Enjoy it hot or iced, or even consider adding to your smoothies as a water or milk replacement. Choose high-quality tea and buy in small quantities to ensure freshness.

Basic Breakfast Tips

What your family eats for breakfast sets the tone for the day's eating. Focus on healthy protein, fiber-rich carbohydrates and healthy fats such as the following suggestions:

Protein: eggs, smoked salmon, turkey slices, ground bison, high quality protein powders

Fiber-rich carbohydrates: green leafy veggies, sweet potatoes, brown rice, oatmeal, quinoa, sprouted-grain breads

Fat: avocado, olive oil, coconut oil, nuts and seeds, almond milk, organic butter, nut butters (cashew, almond, pecan)

NOTE: Breakfast bars are often loaded with sugar. Read the Ingredients and Nutrition Facts label- anything over 15 grams of sugar is pretty high and should be considered a treat, not necessarily a nutrient-dense breakfast option.