

Happy Holiday Coach N' Cook Breakfast Ideas



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WHAT SHOULD YOU EAT FOR BREAKFAST?

Everyone's biochemistry is different, and so there is no definitive answer to this question. Having said that, the idea at breakfast is to eat foods that do not cause huge blood sugar spikes, set the stage for balanced blood sugars the rest of the day, and leave you feeling satisfied. As a rule of thumb, the more nutritionally dense the foods are that you eat, the better you will feel.

Best Choices include: high fiber whole grains, (sprouted whole grain bread or cooked whole grains such as oatmeal or quinoa) plus a low fat protein (such as whey powder, salmon, eggs, turkey bacon, hummus, tofu)

Optional: A small amount of healthy fat such as olive oil or avocado, or lower fat dairy or dairy alternative. (Adding vegetables is always a big plus!)

Occasional Choices: Low glycemic index fruit (daily amount depends on your individual health condition), cold cereal (High Fiber only)

Avoid: Grain based flour dry cereal, grain based flour pastries, bread, bagels, croissants, fruit juice, high glycemic fruit

NOTE: if you are practicing intermittent fasting, you might not eat breakfast early in the day, but breaking your fast later in the day with breakfast foods is fine too. I follow a 16:8 intermittent fasting plan, I end my eating for the day at 8 PM (or sometime 7 PM) and so my first meal is at NOON or 11 AM. But I often eat breakfast foods for my first meal of the day. Or sometimes I just enjoy eating "breakfast" for dinner. You can enjoy all of the foods in this Coach N' Cook guide anytime of the day...

THE RECIPES

Lemon/Lime Spritzer

If brunch is your thing, instead of an alcoholic beverage or reaching for diet soda, try a sparkling drink with a hint of sweetness. Here is a refreshing twist on the popular sodas 7-Up and Sprite. (For variety, you can experiment with other fruits such as Oranges or Strawberries, and different flavors of Liquid Stevia as well)

Ingredients:

8 ounces sparkling water

2-3 slices of lemon and/or lime

2-3 drops Liquid Stevia (Sweet Leaf Brand- Plain or Lemon Drop)

Ice cubes (as desired)

Directions:

- ❖ Pour the sparkling water into a glass
- ❖ Slice the lemon/lime and squeeze some of the juice into the sparkling water, then add the lemon/lime into the sparkling water
- ❖ Add 2-3 drops of the Stevia to the sparkling water.
- ❖ Add ice cubes and enjoy!



Sweet Vegetable Broth or Tea

Bone broth from chicken and beef bones is becoming very popular. I often start my day with a cup of broth. If you are vegetarian or vegan, another type of broth that most people don't think about is an all natural broth brewed from vegetables. Sometimes this is also referred to as Sweet Vegetable Tea. For a relaxing, energizing broth or tea that also quiets sugar cravings, try the following:

- ❖ Bring 3 cups water to a boil, then lower heat and add ¼ cup onions, ¼ cup carrots, ¼ cup cabbage, and ¼ cup either parsnips or butternut squash.
- ❖ The vegetables should be cut in chunks or small pieces.
- ❖ Simmer covered for 15-20 minutes. Strain the tea and enjoy.

If desired, you can add 1or 2 drops of Braggs Liquid Aminos to taste.

Note, the cabbage can be either green or red.
If red is used, the tea will have a deep purple color
as shown in the picture.



Low Sugar Power Smoothies

The key ingredients for a delicious and healthy smoothie are:

Liquid + Protein/Fiber + Fruits and/or Vegetables + Thickener + .Other Flavorings/Nutrients

You can add extras for different tastes, health benefits, and textures. If you are using ice as a thickener, make sure you have a blender with enough power to crush the ice so that the ice doesn't remain in chunks and you get a nice smooth drink.

There is no right or wrong way to make a smoothie. With one caveat, avoid ingredients high in sugar and/or fructose. If you want to fight cravings and are concerned about blood sugar control, stick with low glycemic fruits such as berries, and go easy on the bananas. Also, always try to add some protein or fiber.

Below are some options and ideas for combining ingredients to make a perfect smoothie.

LIQUID:

Water
Low Fat Milk
Almond Milk-Unsweetened
Soy Milk
Rice Milk
Fruit Juice
Vegetable Juice

THICKENER:

Ice
Frozen Berries (Acai, Blueberries, or Strawberries)
Frozen Banana (small portion, not overly ripe)
Yogurt (unsweetened)
Silken Tofu

PROTEIN/FIBER

Protein Powder (such as Whey)
Silken Tofu
Yogurt (unsweetened)
Wheat Germ
Ground Flax Seed
Spirulina
Brewer Yeast
Chia Seeds (ground or whole)
Almond Butter

FRUIT/VEGETABLES:

Frozen Acai Berry Puree
Blueberries
Strawberries
Raspberries
Peaches
Apple
Slightly Ripe Banana
Apples
Carrots
Kale
Spinach
Avocado



SWEETENERS:

Stevia (powder or liquid)
Try different liquid stevia flavors....
Truvia
Agave Syrup
(Or other Sweetener of choice depending on your health)

OTHER:

Greens Powder
Acai Powder
Goji Berry Powder
Cacao Powder
Cinnamon
Vanilla
Cacao Nibs
Lecithin
Dark Chocolate

Super Berry Smoothie:

Ingredients:

- ½ - 1 cup unsweetened Vanilla Almond Milk (depending on thickness*)
- 1-2 scoops of Vanilla Protein Powder (Plant Based or Whey Protein Powder)
- 2 teaspoons of almond butter
- ½ cup frozen blueberries (I like to use frozen wild blueberries)
- 1 packet frozen Acai Berry Puree
- ½ tsp cinnamon
- 1 1/2 tablespoons ground flax seed (optional)
- 4-6 Ice cubes (as desired, the more ice-cubes, the thicker the smoothie)

Directions:

- ❖ Pour the Almond Milk into a blender.
- ❖ Add the remaining ingredients
- ❖ Mix the ingredients in the blender until smooth.
- ❖ Pour into a glass and enjoy!

Choco-Green Smoothie:

Ingredients:

- ½ -1 cup low fat milk or unsweetened Chocolate Almond Milk
- 1-2 scoops of Chocolate Protein Powder (Plant Based or Whey Protein Powder)
- 2 teaspoons of almond butter
- 1 Scoop chocolate flavored Greens Powder
- 1 tbsp. raw Cacao powder
- 1 packet frozen Acai Berry Puree
- 1 tbsp. Goji Powder (optional)
- 4-6 Ice cubes (as desired, the more ice-cubes, the thicker the smoothie)
- Sweetener (Try Stevia (powdered or liquid, Truvia or NuNaturals)



OPTIONAL:
Add a small amount of frozen blueberries for extra sweetness and antioxidants
Try adding a small amount of avocado for extra creaminess, additional fiber, and healthy monounsaturated fat.

Directions:

- ❖ Pour the milk into a blender.
- ❖ Add the remaining ingredients
- ❖ Mix the ingredients in the blender until smooth.

TIPS

- ❖ *If you like your smoothie thinner, use more Almond Milk
- ❖ *If you like a thicker smoothie, use less liquid and/or add ½ cup Greek yogurt
- ❖ If you like your smoothie to have a sweeter taste, add a small amount of sweetener of choice

Tips for Selecting Whey Protein Powder

Whey is a dairy protein that is a by-product of the cheese making process. In its raw state, whey contains substantial amounts of fat and lactose.

Whey Protein Powder is filtered and processed: to remove most of the lactose and fat.

There are two types of Whey protein products: Whey protein isolate and concentrate. The main difference is that the isolate is more pure. In other words, isolate contains more protein with less fat and lactose per serving.

When picking a Whey Protein Powder look for a product that:

- Is free of bovine growth hormones
- Has a good taste
- Mixes easily
- Contains no artificial chemical sweeteners
- Contains no refined carbohydrates such as fructose, sucrose or brown rice syrup

Yogurt Pudding Parfait

The recipe below is great for a quick breakfast, as a snack, or you can serve it as an elegant dessert.

Basic Yogurt Parfait Formula:

[Yogurt + Protein Powder + Sweetener of Choice + Flavoring of Choice] + Layered Fruit + Garnish/Crunch



Ingredients:

- ❖ Plain Yogurt: One cup of yogurt will yield 2 small parfaits. I suggest using Greek Yogurt.
- ❖ Sweetener of Choice: The amount varies depending on how sweet you want the result to be. Suggested options: Vanilla Sugar Free Syrup by DaVinci or Torani. Walden Farms Sugar Free Maple Syrup, Coconut Nectar, Liquid or powdered Stevia.
- ❖ Protein Powder: Give the yogurt a pudding consistency, and adds more protein. If you use PGX Satisfast Whey Powder, you will add fiber as well, which is good for curbing appetite.
- ❖ Flavoring(s): In this recipe I use cinnamon to flavor the yogurt. I like to add cinnamon because it adds to the overall sweetness in the taste of the yogurt and it also helps to regulate blood sugars. For a whole different feel, you could add some raw cacao or other cocoa powder. But remember that cocoa is more bitter so when you add cocoa you usually need to add a little more sweetener. You could also use a flavored Stevia such as Vanilla or Chocolate Raspberry.
- ❖ Fruit: I generally use fresh or frozen blueberries and/or cut up strawberries: You need about a cup of fruit for 2 parfaits. You can really use any fruit, but my suggestion for the optimum health benefit is to use low glycemic fruits such as berries, kiwi, peaches and avoid high glycemic fruits such as melons, grapes and ripe bananas.
- ❖ "Crunch": Below is a "crunch" I make using Ezekial 4:9 Almond Sprouted Whole Grain Cereal. It is very easy to make and adds a healthy crunch to the parfait. If desired, in place of crunch you can substitute roasted or raw nuts walnuts or pecans or a very low sugar granola.

How to Make the Parfait:

- ❖ Prepare the Crunch: Heat up a heavy skillet, and add 1/4 to 1/2 box of Ezekial 4:9 Almond Sprouted Whole Grain Cereal skillet. Sprinkle some cinnamon over the cereal, and add small amount of sweetener of choice over the cereal. Then mix the cinnamon and sweetener into the cereal, stirring it for about 5 minutes over low heat to slightly roast the cereal mixture. Remove from heat, and put in bowl to cool. Depending on the sweetener used, the mixture may stick together when it cools down-use a fork to gently break it apart.
- ❖ Prepare the Yogurt & Fruit: Place the yogurt in a bowl and add the Protein Powder. Then add a small amount of sweetener and cinnamon. Mix the sweetener and cinnamon into the yogurt. Taste, and add more sweetener and cinnamon if needed. Wash & rinse the fruit. Cut the strawberries into small pieces.
- ❖ Assemble the Parfaits: Place a tablespoon of the crunch in the bottom of the glasses or parfait glasses. Next, place approximately 1/4 cup of the yogurt on top of the crunch. Top with 1/4 cup of the sliced strawberries. Repeat the layers. Optional: Top with shaved dark chocolate.

Organic Egg-Veggie Scramble

Ingredients:

- 2 organic, cage free eggs or egg whites
- 1 tablespoon olive oil
- 2 tablespoons onion, chopped
- 1/4 cup mushrooms, sliced
- 1/4 to 1/2 cup spinach
- 1-2 tablespoons fresh chopped or dried chives
- Sea salt & pepper to taste

Directions:

- ❖ In a bowl, whisk eggs for 15 seconds (don't over-beat)
- ❖ Heat oil over medium heat.
- ❖ Add onions, cook for several minutes, making sure not to burn.
- ❖ Add mushrooms and spinach and cook for another minute.
- ❖ Stir in eggs and continue to stir in pan, scrambling all ingredients together until desired doneness.
- ❖ Add a little more olive oil during cooking if needed.
- ❖ Salt & pepper to taste and sprinkle on chives.



Note: Get creative and use fresh veggie ingredients on hand.

Easy Tofu Scramble

Make this your own by adding any veggies you like. This is a basic go-to recipe.

Ingredients:

- 1 block tofu, drained and pressed chopped into bite-size pieces
- 1/2 small onion, diced
- 1 clove minced garlic or 1/2 teaspoon of garlic powder
- 1/2 green, red or yellow bell pepper, diced
- 2 tablespoons olive oil
- 1 tablespoon soy sauce (optional-go for organic, gluten-free, low-sodium options like Tamari)
- 2 teaspoons nutritional yeast (optional)
- 1/2 teaspoon turmeric (optional)
- sea salt and pepper to taste
- Optional: 2 sprouted grain tortillas
- 2 tablespoons salsa - go for natural, no added sugar (optional, for topping tortilla)
- 2 tablespoons shredded dairy or vegan cheese (optional, for topping tortilla)

To Prepare:

Slice the tofu into one-inch cubes. Using either your hands or a fork, crumble it slightly.

Directions:

- ❖ Heat oil and sauté onion, & pepper
- ❖ Add crumbled tofu stirring for 3-5 minutes, stirring often.
- ❖ Add remaining ingredients, reduce heat to medium and allow to cook 4-7 more minutes, stirring frequently and add more oil if needed.
- ❖ Season with salt and pepper to taste.
- ❖ Divide the mixture onto two plates (or wrap in warmed tortilla).
- ❖ Top with salsa and cheese if adding.

Egg Muffins



Basic Preparation: Sauté vegetables of choice + Whisk eggs with any desired spices + Pour all ingredients into Muffin containers+[Add grated cheese or protein such as ham/bacon if desired]

Ingredients:

12 eggs
1 cup red pepper, chopped
1 cup mushrooms, sliced
4 cups spinach (chopped into small pieces, or use baby leaf spinach) [feel free to substitute chopped broccoli or if you are not a fan of spinach]
½ tsp garlic powder
2 dashes pepper
½ tsp turmeric

*if you want muffins to be a little heartier, add some chopped ham/bacon or some grated cheese. These egg muffins are so versatile, change them up to add your favorite vegetables, cheese and/or protein.

Directions:

- ❖ Preheat oven to 350F. Place 12 muffin cups in muffin tin [Note: You can lightly grease or spray a NON-STICK muffin tray with a light coating of non-stick oil spray, or line each cup with paper liners. If you're going to line them, be sure to get good quality non-stick liners --the same texture as parchment or baking paper].
- ❖ Sauté pepper and mushrooms for about 3 minutes until crisp-tender. Add spinach and cook until wilted.
- ❖ Whisk eggs and spices together until blended
- ❖ Combine egg mixture with sautéed vegetables and then pour into 12 muffin cups. It's ok if they only fill half-way because these will expand in the oven.
- ❖ Place in oven and bake about 15-20 minutes, (or until eggs have set). Enjoy!

Sprouted Grain English Muffins with Ricotta Spread:



Combine the following ingredients and spread on ½ of a toasted, sprouted grain English Muffin.

1 TBSP Almond Butter blended with ¼ cup part skim ricotta cheese and sweetened with sweetener of your choice. (add some vanilla whey protein powder. Cinnamon, or ground flax seed to the ricotta mix for extra flavor and nutrients).

For quick grab and go breakfasts, try the combos below on 1 slice of either a sprouted grain English Muffin or a piece of sprouted grain bread. (toasted). Two good sources for Sprouted Grain breads are: Food for Life's Ezekiel 4:9 and Alvarado Street Bakery's Sprouted Sourdough.

- ❖ Poached salmon with cucumbers (pour a little rice vinegar on the cucumbers for flavor)
- ❖ Hummus, avocado, red onion and tomato
- ❖ Tempeh or Turkey Bacon with lettuce and tomato
- ❖ Egg salad with micro greens (or any kind of lettuce of your choice)
- ❖ Smoked salmon, low fat veggie cream cheese, onion and tomato
- ❖ Egg cooked over easy with slice of Canadian Bacon or low fat cheese

Oatmeal:



The best choice for oatmeal is either steel cut or rolled oats. Steel-Cut Oats are whole grain groats (the inner portion of the oat kernel) which have been cut into two or three pieces using steel discs. Rolled oats are flake oats that have been steamed, rolled, re-steamed and toasted. Steel-Cut oats are high in B-Vitamins, calcium, protein and fiber while low in salt and unsaturated fat. One cup of Steel-Cut oatmeal contains more fiber than a bran muffin and twice as much fiber as Cream of Wheat.

Here are some ways to prepare steel cut oats.

- ❖ **Basic Preparation:** Sprinkle one cup of steel cut oats into four cups of boiling water (for lesser amount you can use ½ cup of oatmeal to 2 ¼ cups of water). Stir the oatmeal until the porridge begins to thicken, then reduce the heat to a low flame, cover and simmer for approximately 30 minutes, stirring occasionally. For extra creaminess, add some unsweetened vanilla almond milk at the end of cooking. Take care that oatmeal does not “boil over” during cooking. Ways to avoid this are to: 1) angle the top so that a small amount of steam escapes 2) cook in a pot with vents on the side. Also using a flame tamer under the pot helps to even the flame and avoid burning and sticking
- ❖ **Quick Soak Method:** One of the quickest and easiest ways to prepare McCann's Steel Cut Oats is to soak the oats overnight. Before going to bed, boil four cups of water in a pot, add one cup of oatmeal. Stir until all the liquid has been absorbed. Turn off the heat, cover the pot and leave overnight. The next morning, bring oats to a brisk boil and cook until they are just tender and serve.
- ❖ **Slow Cooker Method:** Combine 1 cup steel cut oats with 4 cups water in a small round slow cooker. Cover and cook on low for 8-9 hours, or overnight until tender. Stir well when done and serve. To dress up oatmeal add any of the items below to the oatmeal at the end of cooking.

Turn your breakfast oatmeal into a power breakfast by adding one or more of the following to the oatmeal after cooking: ground flax seeds, whey powder, wheat germ, blueberries, chopped nuts (walnuts, almonds, pecans), cinnamon, roasted yams or squash.



Roasted Sweet Potatoes

Roasting sweet potatoes could not be easier. I usually roast up a batch on a Sunday and use them in a variety of recipes throughout the week. When I have leftovers, I put them in a blender with some chicken broth and a little almond milk for a delicious creamy soup.

Basic Preparation: Cut Potatoes in Desired Shape & Size + Coat with Oil & Seasonings + Roast+[Add garnishes, if desired, such as toasted pecans]

“Cubed” Roasted Sweet Potatoes.

- ❖ **Prepare:** You can leave the skins on for added taste & nutrients or peel the potatoes, try it both ways and see which you prefer. If you are leaving the skins on, scrub the potatoes well with a vegetable brush, and then dry them with a paper towel before slicing them. If you are peeling them, you should wash them first.
- ❖ **Cut:** On a cutting board, cut off and discard the ends of the potatoes. Then slice into rounds. (How thick depends on how big you want your cubes) I usually keep them about ½ inch in thickness. Then slice the round lengthwise & across to make the “cubes”.
- ❖ **Coat with Oil & Balsamic Vinegar:** Next, place the cubes into a bowl and drizzle with olive oil. (approximately 1 tablespoon). Don't drown them in oil. They should look glossy, but they shouldn't be sitting in a pool of olive oil. ***Optionally, if you want to bring out the sweetness of the potatoes, you can also drizzle a very small amount of Balsamic Vinegar over the potatoes right after you coat with olive oil.***
- ❖ **Add Seasonings & Mix:** Season with a **pinch** of good quality sea salt and some pepper or with your favorite seasoning mix. (I usually use a seasoning blend that contains a variety of herbs & spices.)Combine all the ingredients and make sure all of the potato cubes are well coated.
- ❖ **Roast:** Preheat the oven to 400°. (Some chefs roast at a little higher temperature, 425°. Try, both ways to see what works best for you.) Place the sweet potato cubes onto the baking sheet in a single layer. You can put a piece of parchment paper on the baking sheet, which makes cleanup easier. You can also use a pyrex dish, but the higher the side of the dish, the more the potatoes will “steam” instead of roasting. Also, don't overcrowd the potatoes, as that will also cause them to steam and become more mushy on the outside. Bake for 30-45 minutes, turning every 10 minutes with spatula so that potatoes brown, but do not burn. Serve warm.

Janet's Sweet Potato Home Fries: Prepare roasted sweet potatoes. (You can prepare them ahead of time, refrigerate and sauté the rest of the ingredients before serving). Sauté chopped onions in a small amount of oil (I use olive oil or toasted sesame oil) until they are sweet and slightly browned. Then add chopped red and green peppers to the onions and sauté until the peppers are soft. Add in the sweet potatoes, and season with salt, pepper a (and if desired, a little garlic powder). Continue to sauté until the potatoes are warm and everything is mixed well together. This dish is satisfying, full of fiber and nutrients. Who needs white potatoes!

A Few More Breakfast Ideas

Everyone's biochemistry is different, and so there is no definitive answer to the question, What should I eat for breakfast?. Having said the best breakfast foods are those that do not cause huge blood sugar spikes, set the stage for balanced blood sugars the rest of the day, and leave you feeling satisfied. As a rule of thumb, the more nutritionally dense the foods are the better you will feel.

- ❖ Breakfast Quinoa Porridge: Cook the quinoa following the regular preparation directions. To prepare a serving of cereal, place a cup of the cooked quinoa in a saucepan. Add a splash of milk, coconut milk or other nut milk to the cooked quinoa and heat through stirring to make the mixture slightly creamy. Add one or more of the following for variety and added health benefits: cinnamon, ground flax seeds, whey powder, wheat germ, blueberries, roasted yams or squash, chopped nuts (walnuts, almonds, or pecans).
- ❖ Eggs or tofu scrambled with vegetables of choice. (TIP: keep some sautéed onions in the fridge. Heat them in the a.m., and toss them into scrambled eggs. For added flavor add chopped peppers, broccoli, or sun-dried tomatoes)
- ❖ Hard boiled deviled eggs (if desired, substitute hummus for mashed egg yolk)
- ❖ Crust free mini quiche (with vegetables and cheese of choice)
- ❖ Yogurt with protein powder, berries and chopped nuts
- ❖ Almond butter/ricotta spread ½ sprouted whole grain English Muffin or piece of Paleo bread. To make the spread, combine 1 TBSP Almond Butter with ¼ cup part skim ricotta cheese and sweeten with sugar alternative of your choice. (add some protein powder or ground flax seed for extra nutrients)
- ❖ Turkey breast rollup with low fat cheese, avocado and sprouts
- ❖ Non-Grain-Based French Toast or pancakes with Blueberrys, or Easy Blueberry Syrup
- ❖ Almond flour protein pancakes (make your own or start with a mix)
- ❖ Baked salmon, low fat veggie cream cheese, onion and tomato on non-grain based bread or sprouted whole grain bread
- ❖ Poached salmon with cucumber salad
- ❖ Hummus, avocado, red onion and tomato on non-grain based bread or sprouted whole grain English Muffin
- ❖ Stir fry with roast chicken and vegetables
- ❖ Tempeh or Turkey Bacon with eggs of choice and side salad
- ❖ Bone Broth, Miso soup or other (with some vegetables and/or some protein like tofu or shredded chicken included)

Final Thoughts for the New Year

A healthy outside starts on the inside.

~ Robert Ulrich

I hope that this Breakfast Recipe guide has helped you to get started on your journey to a low sugar lifestyle and getting the results you desire.

Busy days and hectic nights can make it challenging to stick to your goals, but with quick and easy whole food recipes, you'll find that it doesn't have to be a super time-consuming task.

The key to healthy eating is planning ahead, so one thing that I find incredibly helpful is to make a double batch of a recipe, and use that for leftover lunches (or dinners) during the week.

I love the motto of cook once, eat twice (or more) so you save time, but still get to eat nutrient-dense foods that your body needs.

Remember to have fun with the process and enjoy your creations! And there are lot's more recipes and products to be found at Blood Sugar Central both in our blog and on-line community.

Wishing you health and happiness in the New Year!1



Janet