

5 Energizing Breakfast Ideas to Jumpstart your Day





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HOMEMADE *Oats*

Oats are a whole grain that offers a good balance of carbohydrates, fiber, and protein. They are also packed with important vitamins and minerals such as manganese, phosphorus, magnesium, and iron. The soluble fiber in oats, called beta-glucan, helps lower cholesterol levels and improve heart health.



Preparation Guide

Combine $\frac{1}{2}$ cup of oats, $\frac{1}{2}$ cup of water, and $\frac{1}{2}$ cup of plant milk (almond, oat, soy). Follow the package instructions for microwave cooking. Once cooked, top with your choice of fruit, nuts, and/or seeds.



Idea #1

Top your oats with 1 cup of mixed berries (blueberries, blackberries, raspberries), a sprinkle of chia and pepitas seeds, cinnamon, and 1 tablespoon of peanut butter.

Idea #2

Top your oats with ½ cup of blueberries, 4 strawberries, a sprinkle of chia and hemp seeds.



EGGS & VEGGIES

Delight

Eggs are one of the most nutritious foods available, containing all nine essential amino acids. They are rich in B vitamins, especially B12 and riboflavin, as well as selenium and choline, which is crucial for brain health. Cooking with healthy oils and adding vegetables increases the intake of healthy fats, vitamins, and minerals, contributing to overall well-being.

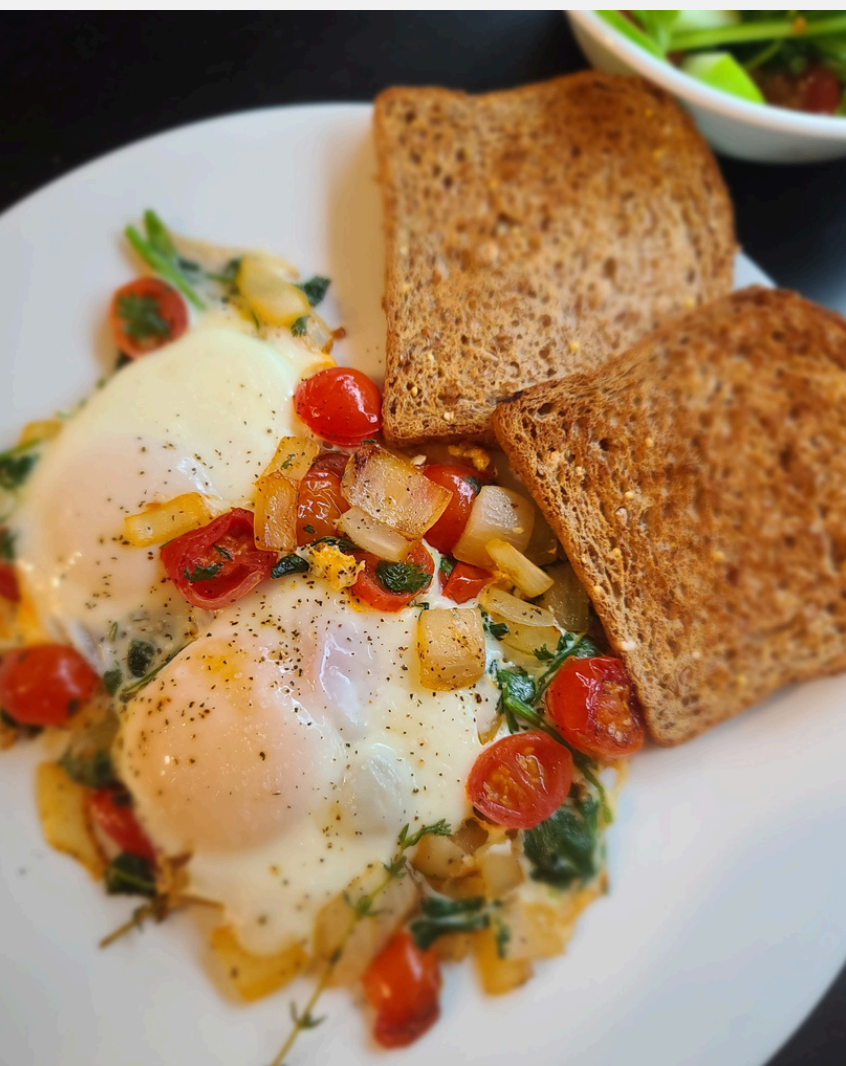


Preparation Guide:

Cook 2 (or the quantity required for your personal needs) whole eggs with olive, avocado, or coconut oil (1-2 teaspoons). Add vegetables for additional micronutrients like antioxidants, vitamins, minerals, and fiber. Serve with fresh fruit and a complex carbohydrate source like a homemade fiber-packed arepa.

Idea #1

For extra protein, add turkey or chicken breast meat. Sauté green onions and turkey with 1 teaspoon of olive oil, then add scrambled eggs. Serve on a slice of sourdough bread with $\frac{1}{2}$ or $\frac{1}{4}$ hass avocado and a side of berries.



Idea #2

Over-easy eggs with sautéed onions, cherry tomatoes, fresh basil/spinach, and thyme. Serve with 2 slices of whole wheat bread and a portion of fresh fruit.

Avocado Toast

Avocados are a nutrient-dense food, rich in vitamins E, K, C, and B6, as well as folate.

Their high content of monounsaturated fats supports cardiovascular health, while their fiber content aids in digestion and helps maintain stable blood sugar levels.

Preparation Guide

Pair a complex carbohydrate like whole wheat bread (source of steady energy thanks to the content of fiber and protein) with fresh avocado for a flavorful and energizing start.

Idea #1

Avocado toast (whole wheat or sourdough) served with two whole over-easy or scrambled eggs, and a portion of fresh fruit and veggies.



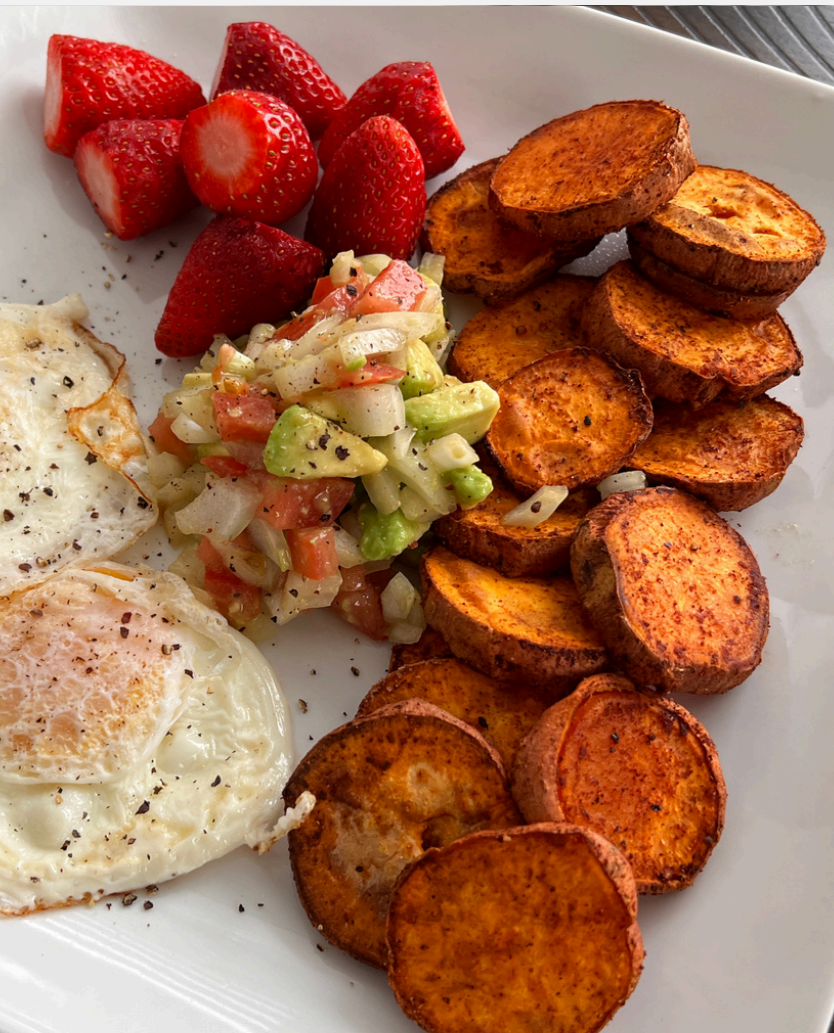
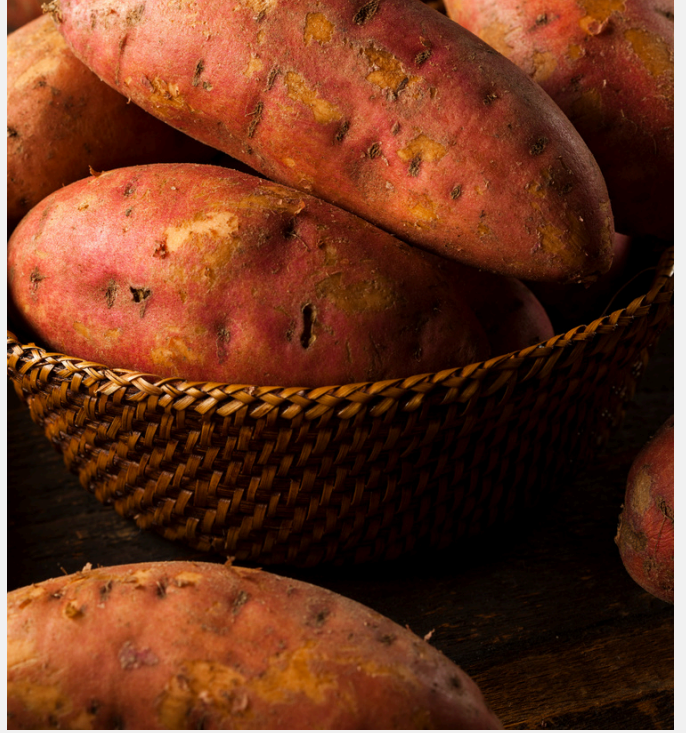
Idea #2

Two slices of whole wheat bread with $\frac{1}{4}$ hass avocado on each toast. Top with watermelon radish, cucumber, and broccoli sprouts. Pair with boiled eggs and your favorite tea or coffee.

ROASTED

Sweet Potatoes

Sweet potatoes are an excellent source of complex carbohydrates, which provide steady energy throughout the day. They are rich in vitamins A and C, both powerful antioxidants that support immune function and skin health. The high potassium content helps maintain healthy blood pressure levels.



Preparation Guide

Wash and cut 1 to 1½ sweet potatoes into cubes or fries. Season with 1-2 tbsp. of olive oil, salt, pepper, and smoked paprika. Mix well and air fry at 420°F for 20-30 minutes. Store leftovers in the fridge and reheat in the air fryer as needed.

Idea #1

In this version the slices are cut the long side of the sweet potato, the slices are much longer than the previous version, but they are cooked the same way. This breakfast has two whole scrambled eggs and the sweet potatoes are topped with mango, tomatoes, onions and avocados cut in small cubes.



Idea #2

Sliced sweet potatoes served with fresh strawberries, two over-easy eggs, and pico de gallo.



NUT BUTTER TOAST & *Mixed Berries*

Combining a complex carbohydrate like whole wheat bread and fresh fruits with a healthy fat will help the digestion of your breakfast be slow, steady and fulfilling. Nut butters offer healthy fatty acids packed with fiber, omega 3's and 6's (depending on the seed or nut). Plus is a breakfast that can easily be packed and ready to go



Idea #1

This version is made with Ezekiel bread (for additional fiber). Topped with homemade peanut butter, blueberries and blackberries and cacao nibs. The cacao nibs add antioxidants and helps with some of the chocolate cravings we have some times of the month.

Idea #2

Two slices of whole wheat bread toasted in the waffle maker to add extra crunchy and texture. Topped with homemade cashew butter and homemade mixed berries spread and mint.





Contact Info:

www.AlejandraBabukovic.com

alejandrababukovic@gmail.com

@AleBabukovic