



NOURISHED

BY KELSEY NICOLE

presents

the
BALANCED
BREAKFAST
guide

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WHY

It is no secret that breakfast is the **most** important meal of the day. In fact, doctors and health professionals have been telling us this for years.

But, **why** is breakfast so important?

In this Balanced Breakfast Guide, we'll talk about the why, what and how of a balanced breakfast.

Are you ready to get started?



WHY

Do any of the following situations sound familiar?

- You wake up feeling groggy and unrested
- You often skip breakfast or grab a piece of fruit in a hurry
- You find yourself quickly sleepy after lunch
- You crave coffee and/or sweets in the afternoons



WHY

If you can relate to at least one of the above situations, it is likely that your body is not being fueled with a **balanced** breakfast.

But don't worry, here is the good news:

I'm sharing the *top secrets* to a tasty, satisfying, and balanced breakfast!



W H Y

Eating a balanced breakfast provides many health benefits, including:

- Increased physical energy & mental focus
- Balanced hormones
- Regulated blood sugar
- Increased absorption of nutrients
- Improved digestion
- Weight loss

And, believe it or not, that's just the start of the list!



WHAT

What you choose to eat for breakfast is a big decision.

Truthfully, a balanced breakfast can provide satiation and energy for hours

or

An unbalanced breakfast can initiate a vicious cycle of energy crashes, food cravings, & unstable blood sugar levels.

So, **what** makes a breakfast balanced?

- 1. Protein**
- 2. Carbohydrates**
- 3. Fats**
- 4. Vegetables & Fiber**



WHAT

1) Quality Protein:

To create enzymes and antibodies, build new tissue, organs, muscles, nerves, and more

2) Carbohydrates:

To provide a quick source of energy, promote proper digestion and nutrient absorption

3) Fats:

To regulate hormones, build new cells, regulate the speed of digestion, increase satiety, and improve the taste of food

4) Vegetables & Fiber:

To provide a variety of micronutrients (vitamins and minerals) and improve digestion



WHAT

In addition to the four foods above, there is one more important player in a balanced breakfast: cooking oils.

Cooking Oils

Cooking oils have gotten a bad rap over the years.
But, they are not all bad.

That being said, it is important to use a cooking oil that is highly stable (mostly saturated sources). Cooking oils that are unstable (monounsaturated + polyunsaturated sources) quickly turn rancid, creating toxic substances that we eventually consume and digest.

No, thank you!



WHAT

What are the different sources of cooking oils?

Stable Oils:

(Optimal for Cooking)

- Ghee
- Grass-Fed Butter
- Coconut Oil
- Avocado Oil
- Tallow
- Lard

Unstable Oils:

(Not Suitable for Cooking)

- Olive Oil
- Flaxseed Oil
- Sunflower Oil
- Vegetable Oil
- Margarine
- Crisco



HOW



Now that we have covered the **what** & **why**, let's dive into the **how**.

In the following pages, we will walk through the step-by-step process for making a balanced breakfast.



HOW

Step One:

Pick one item from each of the food groups below.

Quality Protein (4-6 ounces)

- Whole Eggs, pasture-raised
- Bacon, nitrate-free & pasture-raised
- Pork Sausage, pasture-raised
- Yogurt or Kefir, grass-fed or dairy free
- Hydrolyzed Collagen (1-2 scoops)



HOW

Carbohydrates (~1/2 cup)

- Sweet Potato, organic
- Red Potatoes, organic
- Butternut Squash, organic
- Oats, soaked*
- Whole Grain Toast, sprouted & freshly milled**
- Plantains, organic
- Low Sugar Fruit, organic
- (Granny Smith Apples, Berries, Ruby Red Grapefruit)

* Grains should always be sprouted or soaked to increase the bio-availability and digestability of nutrients.

** Breads should be baked from freshly milled flour to ensure the quality and quantity of nutrients and provide a richer flavor.



HOW

Fat **(~ 1-2 tablespoons)**

- Avocado, organic
- Ghee, grass-fed
- Coconut Oil
- Olive Oil
- Avocado Oil
- Cheese, raw
- Nuts or Nut Butter, all-natural
- Chia Seeds
- Flax Seeds

Vegetables & Fiber: **(~ 1/2 cup)**

- Microgreens
- Dark, Leafy Greens: Spinach, Kale, Arugula



HOW

Step Two:

Properly prepare the foods according to the following methods.

1. Eat Raw

Ex: Yogurt, Fruits, Unsaturated Oils (Avocado, Olive), Cheese, Nuts, Veggies, Greens

2. Roast or Bake in the Oven

Ex: Potatoes, Squash, Plantains, Bacon, Sausage, Other Meat

3. Use a Cast Iron Skillet on the Stove Top

Ex: Eggs, Oatmeal



HOW

***Preparation Tip:**

Make-ahead meals will quickly become your best friend! Find a recipe you love (meal ideas shared below) and make enough for the *whole week*.

You can save yourself hours in the kitchen by preparing food ahead of time and making several servings at once!



HOW

Step Three:

Keep the following tips in mind.

Do:

- Shop local
- Choose seasonal foods
- Opt for organic

Don't:

- Eat sugary foods only (fruit smoothie, flavored yogurt, coffee creamer)
- Skip breakfast
- Cook with unsaturated oils at high temperatures
- Use teflon or nonstick cookware
- Store food in plastic containers
- Heat food in plastic-ware



HOW

Meal Ideas

- Eggs pan-fried in ghee, skillet sweet potatoes, raw avocado & spinach
- Pan-fried breakfast pork sausage, soft-boiled eggs, organic berries and arugula
- Oven-baked bacon, homemade coconut yogurt with raw almond butter
- Organic apple with raw cashew butter, hard boiled eggs
- Cheesy grits (made with sprouted oats and raw cheese), hard-boiled eggs

(continued on next page)



HOW

- Baked egg casserole with whole eggs, pork sausage, red potatoes, raw cheddar cheese, red onion, and arugula
- Paleo pancakes with organic blueberries and raw peanut butter
- Raw Smoothie: hydrolyzed collagen, frozen banana, raw almond butter and spinach, unsweetened almond milk (or water)
- Yogurt Smoothie: raw yogurt or kefir, organic berries and kale, raw cashews, unsweetened coconut milk



HOW

Step Four:

After breakfast, assess how you feel at the following time markers:

30 minutes,
1 hour,
2 hours

Take Notes:

1. Do you feel energized and focused? Or do you feel tired, and lethargic?
2. Have you noticed any stomach aches, acid reflux, or indigestion?
3. Are you satiated for several hours? Or do you find yourself quickly hungry?



HOW

By enjoying a balanced breakfast,
you should experience:

- satiety for several hours
- increased physical energy and mental focus
- proper digestion (no stomach aches, acid reflux, loose stool)
- minimal cravings for sweets and caffeine

If you do not experience improvements in the above areas, it's time to dive a little deeper and rule out other health factors, like:

food sensitivities,
IBS,
low stomach acid,
& other physiological dysfunctions



**Thank you for joining me
on my quest to balance
all breakfasts!**

For questions, comments, or
concerns, please email
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For more nutrient-dense recipes,
nutritional therapy, and more, visit
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