

# HEALTHY BREAKFAST IDEAS

THESE BREAKFASTS ARE HIGH PROTEIN,  
LOWER CARB FOR OPTIMAL BLOOD SUGAR  
BALANCING

## **Greek Yogurt with Berries and Nuts**

- Combine plain Greek yogurt with a handful of fresh berries and a sprinkle of nuts (like almonds or walnuts) for added crunch and protein.

## **Egg Muffins**

- Whisk eggs with your favorite veggies (spinach, bell peppers, onions) and a bit of blended cottage cheese, then pour the mixture into a muffin tin and bake. Make these ahead of time for a grab-and-go breakfast.

## **Avocado and Egg**

- Top half an avocado with a poached or fried egg. Sprinkle with salt, pepper, and a dash of hot sauce if you like a bit of spice.

## **Protein Smoothie**

- Blend protein powder with unsweetened almond milk, a handful of spinach, half an avocado, and a few ice cubes. Add a tablespoon of chia seeds or flax seeds for extra fiber.

## **Cottage Cheese Bowl**

- Top cottage cheese with sliced cucumber, cherry tomatoes, and a few slices of smoked salmon or turkey for a savory, protein-packed option.

## **Low-Carb Breakfast Burrito**

- Scramble eggs with spinach and cheese, then wrap them in a low-carb tortilla. Add some salsa or avocado slices for extra flavor.

## **Chia Pudding**

- Mix chia seeds with unsweetened almond milk and let it sit overnight. In the morning, stir in some protein powder and top with nuts or berries.

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