



For some people, a high or heavier fat diet is not beneficial, it can cause gastric distress, contribute to malnutrition and weight gain. Some people also aren't agreeable to dairy and others just don't like yogurt. Whatever the reason, most people are agreeable with a higher protein and lower fat meal to start their day. Regardless of what you do and don't like or what your body can and can not tolerate --- sugar should avoided in your first meal.

If you know me I am a big advocate of the 'yogurt mix' to break a fast. But I felt it would be good to give you some other options....BUT really your first meal can look like anything, it doesn't have to look like a 'breakfast' that you are accustomed to seeing, per say ;). I hope you find this PDF helpful

xoxo

- Chia pudding made with unsweetened almond milk, cacao powder and a tablespoon of peanut butter
- Turkey bacon 4-6 slices
- Spolombos spicy Italian sausage 1-2 large links
- 2 Eggs made whatever way you like with mushrooms, onions, spinach and spices of choice
- Bacon medallion with kale sauteed in garlic and turmeric spice mix (I like 'Garlic Lovers' mix by Oh my spice)
- 4 ounces of beef or steak with fried onions and mushrooms
- 2 Turkey pepperoni by Old Country
- 1 bag of McCleans original beef jerky (Can combine with bone broth or teas/coffee with collagen)
- 250 mls bone broth (If your not too hungry)
- 250 mls bone broth with added chicken, spring onion and other non starchy veg of your choice
- black or green tea or black coffee with 1 tablespoon of collagen (If your not too hungry)
- 2-3 ounces of Taco beef or Turkey, topped with non starchy veg of your choice (nutritional yeast optional too)
- 1 tin of wild caught tuna
- 1 tin of wild caught salmon

- Homemade Green smoothie made with 1/2-1 cup unsweetened almond milk
- Blueberry pancakes bites (Chemaines Model Health pinterest board)
- Hot and nutty cereal (Recipe in my Facebook groups or ask me for it)
- Bacon and kale breakfast hash (Recipe in my Facebook groups or ask me for it)
- Cinnamon vanilla No'atmeal (Recipe in my Facebook groups or ask me for it)
- Roast Turkey Breakfast Casserole (Could use chicken or pork)

Prep time: 15 mins

Cook time: 40 mins

Total time: 55 mins

Serves: 6

Ingredients

Coconut oil spray

1lb / 450g roasted turkey, chopped

8 oz. / 225g leeks, finely chopped

2 oz / 55g celery, finely chopped

2 tsp dried sage

1 cup / 8 fl oz. non-fat cottage cheese

8 eggs

Lemon pepper to taste

1/4 cup Parmesan cheese, grated

Instructions

Spray a 7 x 11" / 4 pint / 2 quart baking dish with coconut oil.

In a bowl, mix the turkey, leeks, celery, sage and cottage cheese together.

Spread the turkey mixture evenly in the baking dish.

In the bowl, whisk the eggs and lemon pepper well.

Pour the eggs evenly over the turkey mixture.

Sprinkle the grated Parmesan evenly over the surface.

Carefully place the baking dish in the oven.

Bake at 375 F for 40 minutes, until the top is golden brown and a skewer poked into the middle comes out clean.