# Constructing a Healthy Breakfast

This playbook provides a set of steps for creating a balanced, nutritious, and satisfying breakfast. It includes ideas and recipes that contribute to a healthy start to the day.

### Step 1: Select Base

Choose a wholesome base for your breakfast such as oatmeal, yogurt, or whole grain bread.

### Step 2: Add Proteins

Incorporate protein sources like eggs, nuts, seeds, or lean meats to help keep you feeling full.

### Step 3: Include Fruits

Add a serving of fruit such as berries, sliced banana, or apple for natural sweetness and fiber.

### Step 4: Choose Healthy Fats

Incorporate healthy fats from avocado, nuts, seeds, or natural nut butters for sustained energy.

### Step 5: Include Vegetables

If suitable, add vegetables like spinach, tomatoes, or bell peppers to your breakfast for added nutrients.

### Step 6: Select Beverages

Choose a healthy beverage such as water, herbal tea, or black coffee to accompany your breakfast.

### Step 7: Seasoning & Spices

Use herbs, spices, or low-sodium seasonings to add flavor without excessive calories or salt.

### Step 8: Assemble Breakfast

Combine all selected ingredients to create a balanced meal. This can be a bowl, a plate, a smoothie, or a wrap, depending on your base and ingredient choice.

### Step 9: Mindful Eating

Take a moment to eat your breakfast without distractions, focusing on the tastes and textures to promote satisfaction and mindfulness.

## General Notes

### Portion Sizes

Pay attention to portion sizes to ensure you're eating the right amounts for your dietary needs.

### Preparation Ahead

Consider preparing elements of your breakfast the night before to save time in the morning.

### Balance

Strive for a balance of macronutrients—proteins, fats, and carbohydrates—to maximize the health benefits of your breakfast.