

# 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.

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