

Let's Make Breakfast Count

Because breakfast is the most important meal of the day it is very important to have a plan you follow to begin your day in a healthy way.

6 important parts of your Breakfast

1. If you are trying to lose weight or you need to detox begin your day with the juice of ½ lemon squeezed in 8oz. of Reverse Osmosis water. Drink as soon as you get up. Try to have the water at least 40 min. before you eat.
2. Having Protein to begin your day is very important. Whether you use organic eggs or a smoothie, be sure you get 10 grams or more of protein.
3. Whole grains help you get the 40 grams of fiber you need. Whether you are eating gluten free or you are eating gluten you need both soluble and insoluble fiber. Whole grains also provide complex carbohydrates to keep you going until lunch. How much carb you needs depends on you.
4. This is a great time to start your veggie and fruit count. Remember 9 a day is your goal. A veggie omelet or a delicious hash can give you a few extra veggies. Adding a fresh fruit to your cereal adds a lot of antioxidant and anti-inflammatory value.
5. What you drink matters. You can start your day with high octane coffee that sets you up for a nose dive by about noon or you can get your day started with green tea or herbal tea and allow your body to be naturally stimulated. You need ½ your body weight in water each day. Have a plan to accomplish that starting with breakfast.
6. Good fats help to curb cravings and give you the base to absorb fat-soluble vitamins. Good fats could include Better butter, nuts and seeds, nut butter or a drizzle of oil on your veggies in your omelet.

If you have a plan and you work your plan you will find your nutrition improving each day.

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