

Dr. Joey's top 7 breakfasts for weight loss!

Breakfasts

1. Avocado toast

Ingredients:

- 2 slices of sprouted grain bread
- 2 hard boiled eggs, sliced
- ¼ avocado, sliced thinly
- 1 tablespoon feta cheese
- 1 pinch of paprika

Method:

- Lay toast on plate and add hard-boiled egg.
- Top with avocado slices and sprinkle with feta cheese and paprika.

2. Energizing green smoothie

Ingredients:

- ½ banana
- 1 cup baby spinach
- 1 tablespoon hemp hearts
- 1 scoop vanilla protein powder
- 1-inch piece of fresh ginger
- 1 cup unsweetened almond milk

Method:

Add all ingredients into blender and blend on high until smooth and creamy.

GF = gluten free DF = dairy free

3. Creamy strawberry overnight oats

Ingredients:

- 1/3 cup old fashioned oats
- 2 tablespoons chia seeds
- ¾ cup unsweetened almond milk
- ½ tsp vanilla
- 1 tablespoon natural peanut butter
- ½ cup strawberries

Method:

- Mix the oats, chia seeds, almond milk, and vanilla together until well combined.
- Place in a sealed or covered container and place in refrigerator overnight.
- In the morning, stir in the nut butter and strawberries. Serve cold and enjoy

DF = dairy free

GF = gluten free (make sure to buy gluten free oats!)

4. Fruity cottage cheese parfait

Ingredients:

- ½ cup 1% cottage cheese
- ½ cup pineapple
- 1 tablespoon ground flax seeds
- ½ cup all bran buds

Method:

- Add cottage cheese into small bowl and top with pineapple.
- Sprinkle flax seeds and bran buds on top and enjoy.

5. Classic weekend breakfast

Ingredients:

- 2 slices of turkey bacon
- 1 teaspoon butter
- 1 egg
- 1 piece of sprouted grain toast
- ¼ avocado, sliced
- ½ grapefruit

Method:

- In small frying pan, add turkey bacon and cook until crispy.
- In a separate small pan, melt butter and add egg. Cook to preferred method (scrambled, over easy, etc.)
- Add cooked bacon and eggs to plate with toast, sliced avocado and grapefruit.

6. Coconut smoothie

Ingredients:

- ½ banana
- ½ cup plain 1% Greek yogurt
- 1 tablespoon chia seeds
- 1 cup unsweetened coconut milk
- 1 tablespoon unsweetened coconut flakes

Method:

- Add all ingredients, except coconut flakes, into blender and blend on high until smooth and creamy.
- Sprinkle coconut flakes on top of smoothie and enjoy!

GF = gluten free

7. 1-minute applesauce and flax muffin

My new favorite breakfast is a dairy free, grain free, high fiber muffin that takes less than one minute to make! This tasty breakfast option keeps me full all the way to lunch.

Ingredients:

- ¼ cup ground flax meal
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon unsweetened applesauce
- 1 egg
- ½ teaspoon raw cane sugar or coconut sugar or 1 packet of Stevia

Instructions:

Place the ingredients into a mug, stir and put it in the microwave for 50 seconds.

Allow to cool, flip mug over onto a plate and cut in half.

Butter with 1 tsp of apple butter and enjoy!

Timesaver trick: mix dry ingredients the night before and in morning simply add applesauce and egg, stir, microwave and enjoy!

GF = gluten free

Courtesy of www.drjoey.com