# EAT CLEANER
# Live LARGER

ISSUE 13
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## THE Breakfast ISSUE

How to Get Your Day Off to a Healthy, Delicious & Legendary Start

# Welcome

Breakfast, according to many, is the most important meal of the day.

What do you think? Agree or disagree?

This is one of the many breakfast-related topics we'll be looking at in this special Breakfast Issue, and I'm excited to share and explore all-things-breakfast with you.

For my part, when I think back to my childhood, breakfast was pretty much a constant before heading off to school. It generally comprised of packaged cereal, topped with a fair amount of cow's milk and at least a tablespoon of sugar, all served in a very non-descript bowl. Most likely it was eaten at lightning speed because that's how I ate everything when I was young, and, actually, well into adulthood!



Over the years my breakfast changed from cereal to toast, from toast to muesli, from muesli to fruit and/or a smoothie, or sometimes a green juice. More recently, owing to my fascination with body sculpting, it's transitioned to an oat or chia-based "pudding." I daresay there will be a few more interesting iterations over the rest of my life, but from an *Eat Cleaner, Live Larger* perspective, it's not just about *what* you consume, but *why* you consume what you consume, and if your choices are in alignment with what you say you want – for your diet, body and life.

**What you may currently see as simply "the first meal of the day," does in fact hold so many more gifts for you than simply "breaking the fast."**

My hope is that through reading and working with this issue you'll not only have important questions answered, but also go on a journey with breakfast from wherever you may be right now through to a vision and plan for your breakfast that you never even considered before.

What you may currently see as simply "the first meal of the day," does in fact hold so many more gifts for you than simply "breaking the fast."

So, if you're ready to spend quality time with your first meal of the day and to discover how you can align it fully with your own personal *Eat Cleaner, Live Larger* journey, then let's dive into this first special issue of a series that will help you to transform all of your meals into something beyond what you ever imagined possible.

Here's to beautiful and delicious mornings ahead,

Karen

A Delicious Breakfast Staple



# SIMPLE CHIA PUDDING

**SERVES 4**

Chia pudding is one of the tastiest and most nutritious breakfasts you can have. Packed with calcium, potassium and omega-3, chia is a true superfood and this is one of the best ways to bring it into your diet. This basic recipe can be modified in many different ways to suit your own taste preferences.

## EQUIPMENT

Mixing bowl + spoon
Airtight container

## INGREDIENTS

½ cup chia seeds
2 cups of your chosen plant milk (e.g. oat, almond, cashew)
1 Tablespoon maple syrup or agave nectar
2 teaspoons vanilla extract or small amount of vanilla bean
Berries of your choice for topping

## DIRECTIONS

1. Put all of the ingredients, except the berries, into a mixing bowl and stir thoroughly.
2. Allow to sit for 5 minutes, then stir again.
3. Pour into your airtight container and refrigerate for 3-4 hours until set.
4. Serve by spooning the pudding into your chosen bowl or glass. Top with the berries.

Keep stored in the refrigerator for up to 6 days. You may also freeze this recipe for up to 3 months. Allow it to thaw in the refrigerator before serving.

# Your Current Breakfast

We're going to begin our journey into breakfast together by capturing your current thoughts, beliefs and eating habits so that you can reflect on how you've been "doing breakfast" recently.

## INSTRUCTIONS

**Take stock of how your breakfasts normally look by answering the following questions:**

What are your current thoughts/beliefs about breakfast?

How many times per week do you typically eat breakfast?

Is this intentional or is it down to how busy you are?

What else affects or shows up in your breakfast times ordinarily?

What did you eat for breakfast during the past week? List the different breakfasts you ate below, together with what you think/feel about what you ate, where you consumed this breakfast, any other pertinent notes.

| CONSUMED | THOUGHTS/FEELINGS |
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When you reflect on your past week's breakfasts and any other details surrounding them, what are your thoughts and feelings about the week overall?

# FEATURE ARTICLE

## Breakfast: The Myths, The Facts & How to Make Yours Legendary



**Breakfast** has long been touted as the most important meal of the day, but this claim is often shrouded in myths and misconceptions. Despite the proliferation of nutritional information, breakfast remains a topic of debate and curiosity. Is breakfast essential for everyone? Does it boost metabolism? Can it improve cognitive function? This article will demystify breakfast by examining the myths, presenting the facts, and offering five amazing ideas to make your breakfast truly legendary! By the time you've finished reading, you'll be equipped with the knowledge and inspiration to start your day with a meal worth waking up for.

## BREAKFAST MYTHS

### MYTH 1: BREAKFAST BOOSTS METABOLISM

One of the most persistent myths about breakfast is that it jumpstarts your metabolism, setting you up for a day of efficient calorie burning. The idea is that eating early in the morning "kickstarts" your body's metabolic processes after a night of fasting. However, scientific evidence suggests that the timing of your meals has less impact on your metabolism than the overall quality and quantity of food consumed throughout the day. Studies have shown that while breakfast eaters may have a slightly higher resting metabolic rate, the difference is not significant enough to affect overall weight loss or gain.

### MYTH 2: BREAKFAST IS ESSENTIAL FOR WEIGHT LOSS

Another widespread belief is that eating breakfast is crucial for weight loss. The rationale is that skipping breakfast leads to overeating later in the day. While some studies support this idea, others indicate that skipping breakfast does not necessarily result in higher calorie intake. That being said, intermittent fasting, which often involves skipping breakfast, has been shown to be an effective weight loss strategy for some people. The key takeaway is that individual responses to meal timing can vary, and what works for one person may not work for another.

### MYTH 3: BREAKFAST IMPROVES COGNITIVE FUNCTION

Many people believe that eating breakfast enhances cognitive function, particularly in children. The theory is that a morning meal provides the brain with glucose, which is essential for mental performance. While some research supports the idea that breakfast can improve short-term memory and concentration, particularly in children, the overall evidence is mixed. Cognitive benefits from breakfast may depend on the quality of the meal and individual nutritional needs rather than the act of eating in the morning itself.

### MYTH 4: A TRADITIONAL BREAKFAST IS THE HEALTHIEST

The idea that traditional breakfast foods like cereal, toast, and juice out of a carton are the healthiest options is another myth. Many of these foods are high in sugar and refined carbohydrates, which can lead to spikes in blood sugar and energy crashes later in the day. A healthier breakfast should include a balance of protein, healthy fats, and complex carbohydrates to provide sustained energy and satiety. You can find some delicious examples of these types of breakfasts at the end of this article.

# The Facts About Breakfast

## Fact 1: Breakfast Can Help Maintain Healthy Eating Patterns

One of the benefits of eating breakfast is that it can help establish a routine of regular, balanced meals. When you eat breakfast, it tends to set the tone for the rest of the day. Meaning that, if you start your day off with an unhealthy or especially sweet or fatty breakfast, you are much more likely to continue that trend throughout the rest of the day. This is why I always recommend that when people start cleaning up their diet, they start by focusing on their breakfast. Starting your day with a healthy and delicious breakfast that's ideally in alignment with your wider goals, makes it much easier to continue in a similar vein, because the precedent for what you want the rest of the day to look like has already been set. Furthermore, a nutritious breakfast can also help prevent mid-morning hunger and the temptation to reach for unhealthy snacks.

## Fact 2: Breakfast Quality Matters More Than Timing

What you eat for breakfast is more important than when you eat it. A breakfast that includes whole foods, such as fruits, vegetables, whole grains, and lean proteins, can provide essential nutrients and promote and sustain overall health. In contrast, a breakfast high in sugar and processed foods can contribute to weight gain and other health issues. Focus on the quality and nutrient density of your breakfast rather than the specific time you eat it.

## Fact 3: Breakfast May Benefit Certain Groups More Than Others

Children, adolescents, and people with specific health conditions may benefit more from eating breakfast than the general population. For example, children who eat breakfast tend to have better academic performance and overall nutrition. Similarly, individuals with diabetes may find that eating breakfast helps regulate blood sugar levels throughout the day. However, for healthy adults, the necessity of breakfast is less clear and may depend on personal preference and lifestyle.

## Fact 4: Personal Preferences and Lifestyle Play a Key Role

Ultimately, the decision to eat breakfast should be based on personal preferences, lifestyle, health/body goals and individual nutritional needs. Some people feel energised and focused after a morning meal, while others prefer to eat later in the day. Unless following a specific protocol that is either necessary or preferred for whatever reason, listen to your body and choose a routine that works best for you.

# How to Make Your Breakfast Legendary

Now that some myths have been debunked and some key facts have been established, it's time to explore how to make your morning meal not just delicious and nutritious, but truly legendary!

Here follow five amazing – and very different - recipes to elevate your breakfast game and make breakfast your favourite part of your day.

When it comes to making your breakfast time truly legendary, it's not just about *what* you eat, but *how* you eat it, where you eat it and dining with *intention*. Therefore, in the final two Playsheets of this issue you'll have the opportunity to create your very own versions of a legendary breakfast using some prompts and guidelines to take your breakfasts to a whole new level.





# POWER-PACKED SMOOTHIE BOWL

**SERVES 1**

Smoothie bowls are a fantastic way to start your day with a huge burst of colour, flavour and nutrition. Unlike traditional smoothies, which can be quickly consumed on the go, smoothie bowls encourage mindful eating and can be topped with a variety of nutritious ingredients. This nutrient-dense breakfast will keep you full and energised throughout the morning.

## EQUIPMENT

Sharp knife + chopping board

Blender

## INGREDIENTS

1 frozen banana

1 cup frozen mixed berries

1 cup spinach

1 cup unsweetened almond milk

1 scoop protein powder (optional)

## TOPPING IDEAS

Sliced fresh fruit (e.g., strawberries, kiwi, banana)

Granola or muesli

Chia seeds or flaxseeds

Nuts and seeds (e.g., almonds, pumpkin seeds)

A drizzle of honey, maple syrup or nut butter

## DIRECTIONS

1. Simply blend the base ingredients until smooth, pour into a bowl, and add your favourite toppings.



# SAVOURY BREAKFAST BURRITOS

SERVES 1–2

If you prefer savoury over sweet, breakfast burritos are a delicious and versatile option. They can be customised with a variety of ingredients to suit your taste and dietary preferences. These burritos are not only delicious but are also packed with protein, healthy fats, and fibre.

## EQUIPMENT

Paper towel to press the tofu
Sharp knife + chopping board
Two large plates

## INGREDIENTS

2 wholegrain tortillas
1 Tablespoon olive oil
200g tofu, pressed (to extract excess water) and sliced
½ avocado, sliced
½ cup black beans, rinsed and drained
**OPTIONAL:** Shredded lettuce
**OPTIONAL:** ¼ cup shredded vegan cheese
**OPTIONAL:** Grilled or sauteed mushrooms
**OPTIONAL:** Salsa or hot sauce

SEE NEXT PAGE FOR DIRECTIONS →



# SAVOURY BREAKFAST BURRITOS

SERVES 1–2

## DIRECTIONS

1. Preheat the olive oil in a pan and scramble the tofu by crumbling it into the pan and stirring continuously until the tofu is light brown in colour. Remove from heat and place in a bowl to prevent further cooking/sticking.
2. Warm the tortillas gently if you'd like to before filling.
3. Lay the tortillas flat on a plate, one plate each, and place a thick strip of scrambled tofu, avocado slices, black beans, and any other ingredients you'd like to add just in from the near side and both edges, so as to have enough room to roll your burritos up.
4. Top with a sauce if you'd like to, or serve in a small dish on the side.
5. Roll your burritos to the thickness of your choosing and serve hot if possible.



# OVERNIGHT OATS WITH SUPERFOODS

**SERVES 1**

Overnight oats are a convenient and nutritious breakfast option that you can prepare the night before. They require no cooking and can be given a nutritional boost by adding your favourite superfoods. This is a creamy, nutritious breakfast that will keep you satisfied for hours.

## EQUIPMENT

Mixing bowl

Jar/storage container

## INGREDIENTS

½ cup rolled oats

½ cup unsweetened almond milk or another plant milk of your choice

¼ cup yoghurt of your choice

1 Tablespoon chia seeds

1 Tablespoon maple syrup or liquid sweetener of your choice

½ teaspoon vanilla extract

## TOPPING IDEAS

Fresh or dried fruit (e.g., berries, sliced banana, raisins)

Nuts and seeds (e.g., walnuts, hemp seeds)

A sprinkle of cinnamon or cacao powder

A spoonful of nut butter

SEE NEXT PAGE FOR DIRECTIONS →



# OVERNIGHT OATS WITH SUPERFOODS

SERVES 1

## DIRECTIONS

1. Pour the oats, plant milk, yoghurt, chia seeds, maple syrup, and vanilla extract into a bowl and mix well.
2. Pour/spoon the mixture into a jar or container. Add the lid/cover and refrigerate overnight.
3. In the morning, top with your favourite ingredients and serve.



# GOURMET AVOCADO TOAST

**SERVES 1**

Avocado toast has become a breakfast staple for good reason. It's easy to make, delicious, and loaded with healthy fats, fibre and vitamins. To make your avocado toast truly legendary, try these gourmet variations. The result is a breakfast that's both satisfying and Insta-worthy.

## EQUIPMENT

Sharp knife + cutting board

Fork + bowl to mash the avocado

## INGREDIENTS

1 slice wholegrain or sourdough bread

½ ripe avocado

Salt and pepper to taste

A squeeze of fresh lemon juice

## TOPPING IDEAS

Smoked tofu scramble

Cherry tomatoes and fresh basil

Vegan cheese and red pepper flakes

Microgreens and a drizzle of balsamic glaze

## DIRECTIONS

1. Set the bread to toast while cutting and mashing the avocado and slicing the lemon.
2. Spread the mashed avocado on the toast.
3. Season with salt, pepper, and lemon juice, and add your favourite toppings.



# BREAKFAST PARFAIT WITH HOMEMADE GRANOLA

**SERVES 1**

A breakfast parfait is a beautiful and nutritious way to start your day. Layering yoghurt, fruit, and homemade granola creates a delightful combination of flavours and textures. This parfait is not only visually appealing but also packed with protein, fibre, and antioxidants.

## EQUIPMENT

Baking sheet
Large mixing bowl
Small mixing bowl
Serving glass/bowl

## GRANOLA INGREDIENTS

2 cups rolled oats
½ cup nuts and seeds (e.g., almonds, sunflower seeds)
¼ cup maple syrup
¼ cup coconut oil, melted
1 teaspoon vanilla extract
½ teaspoon cinnamon
A pinch of salt

## PARFAIT INGREDIENTS

Plant-based yoghurt
Fresh fruit (e.g., berries, sliced banana, mango)
Homemade granola
A drizzle of maple syrup (optional)

SEE NEXT PAGE FOR DIRECTIONS →



# BREAKFAST PARFAIT WITH HOMEMADE GRANOLA

SERVES 1

## GRANOLA DIRECTIONS

1. Preheat your oven to 350°F (175°C).
2. In a large bowl, mix the oats, nuts, and seeds. In a separate bowl, combine the maple syrup, coconut oil, vanilla extract, cinnamon, and salt.
3. Pour the wet ingredients over the dry ingredients and mix well.
4. Spread the mixture evenly on a baking sheet and bake for 20-25 minutes, stirring occasionally, until golden brown.
5. Allow the granola to cool completely before storing it in an airtight container.

## PARFAIT DIRECTIONS

1. In a glass or bowl, layer the yoghurt, fruit, and granola.
2. Repeat the layers until you reach the top.
3. Drizzle with maple syrup if desired.



# YOUR BEAUTIFULLY BALANCED BREAKFAST

When it comes to feeling truly satisfied and satiated from your breakfast, ideally you are looking for a breakfast that contains all of the following:

- A clean source of protein
- Healthy fats
- Fibre-rich carbohydrates
- Plenty of vitamins and minerals

If you're ready to mix things up a bit, to put more creativity into your breakfast choices, or to make your breakfasts intentionally more nutritious, delicious or satisfying, this is your opportunity to start thinking about exactly that.

To make it easy for you to do this, on the next page you'll find a list of potential ingredients, split by type. While some ingredients fall into more than one category, I've listed each one just once in the category where it would be considered to be more dominant. Note: All ingredients listed are plant-based and some are referenced by food group rather than individual ingredient, so if you want to add anything else or be more specific, you'll find some blank spaces at the end of each list where you can do that.

## CLEAN PROTEIN

Black beans
Chickpeas (garbanzos)
Kidney beans
Quinoa
Tofu
Tempeh
Edamame beans
Hemp seeds
Chia seeds
Protein powder

## HEALTHY FATS

Avocado
Nut butters
Seed butters
Any nuts (e.g., cashews, almonds, pecans, hazelnuts)
Any seeds (e.g., pumpkin, sesame, sunflower)
Hemp oil
Avocado oil
Olive oil
Coconut in any form (e.g., chunks, oil, flakes)
Hummous

## COMPLEX CARBOHYDRATES

Bread (e.g., wholegrain, sourdough, rye, pumpernickel)
Tortillas – wholegrain
Oats
Sprouted grains (e.g., wheat, barley, rye)
Crackers – wholegrain
Sweet potatoes
Brown rice

## VITAMINS & MINERALS

Any fresh fruits
Any fresh vegetables
Superfoods of your choice (e.g. spirulina, acai powder, cacao, green powder)

Use the area below to list the different ingredients you'd like to experiment with or start incorporating into your breakfast moving forward.

With your ingredients list at the ready, use the spaces on this page to draft out up to eight possible breakfasts you could make using various combinations of these ingredients. Don't forget you have six different recipes within this issue to draw inspiration from!



# YOUR LEGENDARY START TO THE DAY

## When you take the time to create some truly scrumptious breakfasts for yourself, it makes absolute sense to up your overall breakfast game and experience.

In order for you to create your own personalised legendary start to the day, I invite you to integrate the following three things:

1. A healthy beverage of some kind
2. Your chosen breakfast
3. An activity that nourishes you mentally, emotionally or spiritually

On the next page you'll find some spaces to brainstorm different scenarios of what this could look like for you. I recommend that you think about times when you are alone, times when you're with friends or family, and times when you take yourself out for breakfast or brunch, so that you are covered. I also invite you to consider different seasons and times of year.

In each and every iteration I invite you to first consider the kind of feeling or vibe you're intending to create and off the back of that to create some magical combinations of the three features above that you absolutely love.

Here's three examples to get you started.

**Desired feeling/vibe:** Peaceful and relaxed

**Beverage:** Hot almond milk

**Breakfast:** Porridge oats with chopped banana & almond butter

**Activity:** Journaling

**Desired feeling/vibe:** Motivated and excited

**Beverage:** Happy Juice

**Breakfast:** Strawberry chia pudding with hemp seeds

**Activity:** Listening to an inspirational podcast

**Desired feeling/vibe:** Connected to family

**Beverage:** Banana, peanut butter & date smoothie (shared)

**Breakfast:** Avocado on wholegrain toast with grilled mushrooms

**Activity:** Sharing/exchanging "What I'm grateful for today" around the table

# My Legendary Breakfast Ideas

**Desired feeling/vibe:**

**Beverage:**

**Breakfast:**

**Activity:**

**Desired feeling/vibe:**

**Beverage:**

**Breakfast:**

**Activity:**

**Desired feeling/vibe:**

**Beverage:**

**Breakfast:**

**Activity:**

**Desired feeling/vibe:**

**Beverage:**

**Breakfast:**

**Activity:**