

BREAKFAST

30 Day Challenge

What: BP's Nutritious Nine

When: 5-9 am, after exercise is best.

Volume: Start with a ½ cup, and a dash of organic honey.

Directions: Buy listed ingredients to volume; mix, thoroughly. Bowl a ½ cup of NN, add ¾ cup water, cover and microwave on high for 1.15. Add, about tbpn of organic 'rich' honey.

Changing Volume: Based each day's volume on hunger and satiety (hunger satisfaction) from the day before.

Hot drink: Sugarless coffee or tea to interest.

To be bought at most supermarkets.

5.0 L Tupperware container.

- 2 x 750g Quick Oats
- 1 x 250g Shredded Coconut
- 1 x 125g Slivered Almonds
- 1 x 200g Sunflower seeds
- 1 x 250g Chia Seeds
- 1 x 125g Cocoa Nibs
- 2 x Lge Tbsp Ground Cinnamon
- 1 x Tbsp Ground Ginger

- Honey – Organic, avoiding commercial brands.



Shake it up!