

BP10 EAT RIGHT BREAKFAST

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – 2 Breakfast Choices, only!

Variations' within the two choices are possible!

Veggos – Eat 'more' plant fat choices to satisfy sustained hunger and brain energy!

GREEN EGGS	NUTRITIOUS NINE CEREAL
<p>Time; Ideally 6-8am. Prep time; 5 MINUTES</p> <p>Ingredients;</p> <ul style="list-style-type: none"> ○ Eggs ○ Avocado ○ Feta ○ Bacon ○ Sea Salt ○ Butter, Coconut Oil ○ Extra-Virgin Olive Oil <p>To taste;</p> <ul style="list-style-type: none"> ○ Mushrooms ○ Sundried Tomatoes ○ Tomatoes ○ Basil, Coriander, Mint ○ Pepper ○ 'Fresh' Lemon ○ Cream/ Full Milk <p>Method;</p> <ul style="list-style-type: none"> • Eggs; however – pan-fried (use butter or coconut oil, only), scrambled (use full cream), even microwaved if need be! And use 'Sea Salt'. • (Choice) Bacon – 'just a little'. • Add ingredients to taste & 'variation'. • Drizzle with a little Olive Oil & squeeze of fresh lemon! <p>Volume; Start low, and tinker day to day, relative to hunger! Hunger Goal; Satisfy till 12.30 – 1.00 pm.</p> <p>Drink (zero sugar) to thirst; Coffee, Tea, Water, Green 'Alkalisising' Drink (e.g. Vital Greens)!</p> <p>Want bread ?: Make 'Cloud bread', only, it's easy & yum; https://www.youtube.com/watch?v=LDuQILx_TQ4</p>	<p>Time; Ideally 6-8am. Prep time; 1 MINUTE</p> <p>Ingredients;</p> <ul style="list-style-type: none"> ○ 5.0L Tupperware Container ○ 2 x 750g Oats – cooking oats are best - ○ 1 x 250g Coconut (Shredded) ○ 1 x 125g Almonds (slivered) ○ 1 x 125g Cacao Nibs ○ 1 x 250g Chia Seeds ○ 1 x 125g Tbsn Sunflower Seeds ○ 1 x LGE Tbsn Cinnamon (Ground) ○ 1 x LGE Ginger (Ground) ○ Give it a good shaking mix. ○ 1 x Tpn Honey (Raw – no commercial choices) <p>Method;</p> <ul style="list-style-type: none"> • Bowl, say ½ - ¾ cup • ¾ Water, you can use full milk, but H2O is best! • Microwave for 90 seconds • Add honey, a little! • Change up ingredients to taste & variation. • No, I don't think you need fruit or fruit juice! <p>Volume; Start low, and tinker day to day, relative to hunger! Hunger Goal; Satisfy till 12.30 – 1.00 pm.</p> <p>Drink (zero sugar) to thirst; Coffee, Tea, Water, Green 'Alkalisising' Drink.</p> <p>FYI Weblink, featuring Nutritious Nine in detail - http://www.bp40plus.com.au/urm-breakfast-club/</p>