



## POSITIVE CHARGE

*BREAKFAST IDEAS*

Take these or get inspired...

- Hard-boiled or soft-boiled egg with melon
  - Greek yogurt topped with strawberries and walnuts
  - String cheese stick, brazil nuts and melon
  - Leftovers from dinner (i.e., protein, veggie and grain... NOT pasta and bread)
  - Smoked Salmon, cream cheese and sliced cucumbers
  - Turkey bacon and blueberries
  - Sausage and grapefruit
  - Protein smoothie with blended berries
  - Mary's gone crackers, almond butter, hard-boiled egg
  - Cottage cheese with cut up veggies (cucumbers, bell peppers, avocado)
  - Hummus on sprouted grain bread or with veggies
  - Mashed avocado on sprouted grain bread with handful of almonds
  - Canadian bacon on ½ sprouted grain English muffin with butter
  - Quinoa topped with almonds, blueberries and coconut flakes (serve chilled or hot)
  - Black beans on a sprouted tortilla topped with salsa, avocado and spinach
- \*Veggies at breakfast will increase antioxidants, fiber and nutrients in your diet and start your day in a positive, hormone-balancing way.

### **Leanne's Quiche**

2 eggs  
50g cream  
30g grated cheese  
10g diced onion  
½ clove garlic (minced)  
13g spinach

#### *Directions:*

Fry onion and garlic together until onion is soft.  
Whisk eggs, add cream, and pour into a greased ramekin dish.  
Add cheese, onion, garlic and spinach.  
Bake at 350 until top is browned.

