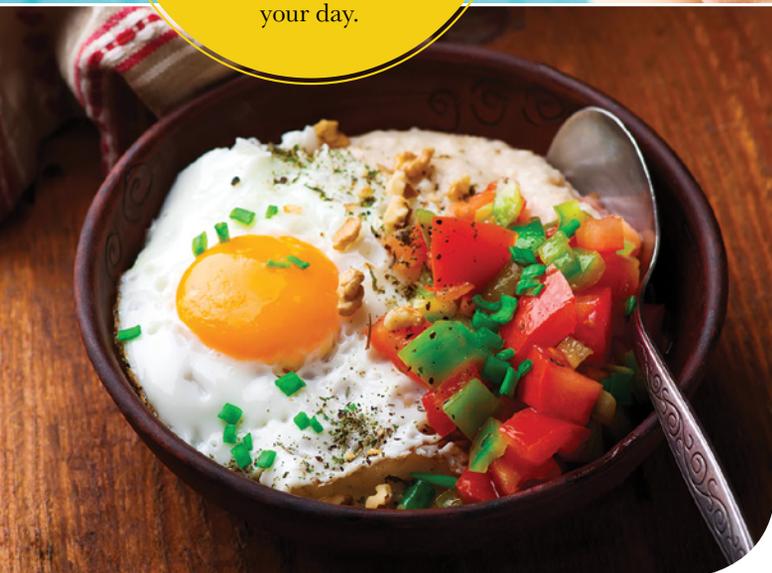


BUILD A BETTER BREAKFAST

Wake up breakfast with these nutritious, delicious bowls!

If your idea of a breakfast bowl is something that simply holds your corn flakes, have we got news for you! Today's new spin on breakfast bowls combines serious nutrition with good taste to help jump-start your day.



Pico de Gallo Breakfast Bowl

SERVES 2

Deconstruct your breakfast burrito with this low-carb recipe that provides all of the flavor in a nutrient-packed grain- and dairy-free version. By cooking the cauliflower rice and making the pico de gallo the night before, you can whip up this south-of-the-border breakfast in mere minutes!

For the bowl

2 eggs, poached or fried
1 avocado, pitted, peeled, and sliced
2 tablespoons avocado oil
½ red onion, minced
4 cups cauliflower, riced
Salt and pepper, to taste

For the Pico de Gallo

1 large tomato, chopped
½ red onion, minced
½ cup cilantro, chopped
1 jalapeno (or more if you like it spicy), seeded and minced
1 lime, juiced
Salt and pepper, to taste

1 Heat the oil in a large skillet over medium heat. Add the cauliflower and half the red onion. Sauté, stirring frequently, until tender. Season with salt and pepper and set aside. If making ahead, store in a covered container and refrigerate until needed.

2 To make the Pico de Gallo, combine all ingredients in a medium bowl. Cover and refrigerate until needed.

3 When you are ready to assemble the bowls, place half the cauliflower rice in the bottom of each bowl. Top with avocado and Pico de Gallo.

4 Prepare eggs as desired, making sure the yolk remains runny. Gently place an egg on top of each bowl. Serve immediately.

Per serving: Calories 421; Total Fat 30g; Carbs 29g; Protein 15g; Sodium 121mg; Sugar 13g

Apple-Cinnamon "No Oats" Oatmeal

SERVES 2

Missing your bowl of oatmeal since going keto or paleo? Try this creamy, fruit- and veggie-filled option instead! Our version is grain-free, gluten-free, dairy-free, nut-free, and vegan to ensure you're getting all the delicious goodness without common allergens or pro-inflammatory ingredients.

1 cup shredded coconut

1 banana

1 teaspoon cinnamon

1 cup canned butternut squash purée

½ cup unsweetened full-fat coconut milk

Pinch salt

1 apple, peeled, cored, and chopped

Toppings (optional): cacao nibs, berries, chopped nuts, seeds

1 Place all the ingredients up to and including the salt in a food processor or blender. Purée until combined and almost smooth.

2 Spoon into serving bowls and stir half the chopped apples in to each bowl. Add the toppings of your choice. Serve immediately.

Per serving: Calories 357; Total Fat 21g; Carbs 48g; Protein 5g; Sodium 20mg; Sugar 20g



Berry Good Breakfast Bowl

SERVES 4

Super-quick to assemble and totally customizable, this delicious breakfast bowl is rich in healthy fats and free-radical fighting antioxidants. Stirring in a scoop of vanilla protein powder can turn this bowl into the perfect post-workout meal.

1 cup mixed berries of choice

1 banana, sliced

2 tablespoons walnuts, chopped

2 teaspoons hemp hearts

½ cup unsweetened full-fat coconut milk

1 Divide the berries, bananas, and nuts between two serving bowls.

2 Sprinkle with hemp hearts.

3 Pour coconut milk over the top and stir to mix.

**Feel free to add chopped apples, apricots, chia seeds, cacao nibs, additional nuts, or a scoop of vanilla protein powder to make this bowl your own!*

Per serving: Calories 299; Total Fat 11g; Carbs 25g; Protein 6g; Sodium 10mg; Sugar 12g

Kale and Butternut Squash Healing Breakfast Bowl

SERVES 4

Wake up to the perfect combination of protein, veggies, and healthy fats with this hearty breakfast bowl featuring beta carotene-rich butternut squash, vitamin K-dense kale, and probiotic-packed sauerkraut. Take it up a notch with a sprinkling of crumbled bacon just before serving.

1 tablespoon coconut oil

1 small red onion, diced

1 garlic clove, minced

(2) 10 oz. bags of frozen cubed butternut squash

1 bunch kale, chopped

1 teaspoon dried oregano

½ teaspoon turmeric

¼ teaspoon cinnamon

Salt and pepper, to taste

1 tablespoon ghee

4 eggs, fried

1 Haas avocado, pitted, peeled, and sliced

1 cup sauerkraut

1 In a large skillet, melt the coconut oil over medium heat. Sauté the onion until translucent.

2 Add the garlic and butternut squash, sautéing until the butternut squash is slightly browned.

3 Add the kale, oregano, turmeric, and cinnamon to the pan. Stir to mix and cook until the kale is wilted.

4 Divide the vegetables between four bowls. Set aside.

5 Wipe out the skillet. Melt ghee in the skillet, then fry the eggs until the whites are set, but the yolks are still runny. Top each bowl with one egg.

6 Add ¼ of the avocado slices and ¼ cup of sauerkraut to each bowl. Serve immediately.

Per serving: Calories 270; Total Fat 15g; Carbs 28g; Protein 14g; Sodium 460mg; Sugar 6g