



Soaring Crane Natural Health Center

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Breakfast Ideas

Breakfast. Breakfast means to “break the fast.” For the majority of people it is the longest period of time the body has gone without food. It is probably the most important meal of the day for providing fuel to your brain, muscles, and internal organs. Therefore, it is very important to provide a good balance of foods for this important meal. Typical breakfast foods such as white bread, pancakes, and ready to serve breakfast cereals are very high in sugar and do not provide a good balance of foods to start the day.

Choose one food from each group for your breakfast meal with emphasis on high quality proteins:

1. Protein.

- Eggs
- Chicken
- Turkey
- Fish (those high in essential fatty acids, such as salmon are “extra good” choices)
- Protein powders (Rice or Pea, typically used in smoothies)
- Nut butters (almond, hazelnut, cashew,)
- Tofu or Tempeh (Baked, scrambled, roasted, stir fried) Other meat (Beef, pork, venison, rabbit,)
- Yogurt (if not dairy intolerant)

2. **Vegetables and Fruits.** (For balancing blood sugars, many vegetables have a lower glycemic index than fruit. The glycemic index is a measure of how quickly the food turns into sugar in our bodies. A low glycemic index means a slower conversion to sugar.) From a nutrient standpoint, typically, the most desirable is whole fresh food, then frozen, then canned, for both vegetables and fruits.

low glycemic index vegetables:

asparagus, bean sprouts, beet greens, broccoli, red and green cabbage, cauliflower, celery, swiss chard, cucumber, endive, lettuce (red, green, romaine), mustard greens, parsley, radish, spinach, watercress.

medium glycemic index

string beans, beets, bok choy, brussel sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, red pepper, pumpkin, rutabaga, turnip, zucchini

high glycemic index

artichoke, parsnip, green peas, squash, carrot

very high glycemic index

yams, sweet potatoes, white potatoes

*Helpful hint: chop a combination of your favorite vegetables ahead of time and keep in the refrigerator. You can use these to mix with scrambled eggs or tofu or add to salads or soup when in a hurry.

Fruits: Like the vegetables, try to eat mostly the lower carbohydrate (glycemic index)

low glycemic index

Cantaloupe, rhubarb, strawberries, melons



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medium glycemic index

apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi

high glycemic index

apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate

very high glycemic index

banana, figs, prunes

- 3. Legumes and Grains.** Legumes such as split peas, lentils, kidney beans, pinto beans, tempeh, miso, mung beans, garbanzo beans, aduki and azuki beans. Grains such as brown or basmati rice, rye, oatmeal, quinoa, barley, buckwheat, millet, amaranth are particularly good. Many people are sensitive to wheat products, however, a mixed whole grain bread may be a good choice for some. Keep in mind most grains have a much higher glycemic index than legumes.

Samples of Breakfast Choices

- Lentil soup with turkey ham or turkey chunks
- Spinach omelet with feta cheese
- Salmon omelet with parsley, Parmesan, broccoli
- Omelet with grated carrot and zucchini
- Omelet with broccoli and rice pilaf
- Omelet with tomato, mozzarella, spinach and basil
- Buckwheat pancake with blueberries and yogurt
- Spelt tortilla with refried beans, chicken, Spanish rice (Remember spelt contains gluten)
- Frittata with leftover vegetables and rice
- Rice crackers with almond butter and apple chunks
- Blueberry smoothie with rice protein powder and rice or hazelnut milk
- Poached egg with Ezekiel bread or rice bread and pineapple chunks
- Vegetarian chili with soy chunks and cheddar cheese garnish
- Turkey stew with broccoli, asparagus, onions, carrots, and wheat free dumplings
- Quinoa muffin, blackberries/blueberries, yogurt
- Brown rice, almonds, raisins, rice or hazelnut milk
- Broiled salmon, brown rice, broccoli/zucchini
- Oatmeal with almonds/walnuts, strawberries or blueberries, and rice milk
- Spicy chicken sausage, applesauce, rye toast (Rye toast generally contains gluten)
- Salmon lettuce rolls with cream cheese
- Curried chicken with rice and cauliflower
- Chicken quiche with mushrooms, cauliflower, spinach
- Turkey mixed green salad with chopped egg, balsamic vinegar dressing

What's for Breakfast, A Cookbook by Joan Haynes, ND is available at Soaring Crane Natural Health Center