



# SUGAR FREE

## BREAKFAST MEAL PLAN



2 poached eggs over a bed of wilted spinach (start with about 6 cups fresh) sautéed with olive oil, salt and fresh pepper.



Avocado toast: Top two slices of toasted sprouted-grain bread with 1/4 ripe avocado each. Top with salt, fresh pepper and some pumpkin seeds for crunch.



3/4 cup plain Greek yogurt in a parfait, layered with 1/4 cup chopped walnuts, 1 cup thawed or fresh blueberries, 1 tbsp dried tart cherries



1/2 cup organic cottage cheese topped with 1/2 cup thawed blueberries and 1/4 cup raw sunflower seeds



2 egg omelet with spinach, tomatoes. Made in olive oil. With salt, black pepper, oregano. Serve with toasted grain bread.