

## SIMPLE QUAD BREAKFAST IDEAS

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To many people the idea of eating vegetables for breakfast is both foreign and shocking. A bowl of cold breakfast cereal and milk has become the norm. Unfortunately, this type of breakfast is seriously lacking in the nutrients necessary to give your body what it needs for you to feel good, be filled with energy and have a sharp, clear mind as you go through your day. In fact, cold, boxed breakfast cereals (even the so-called “healthy” ones, can actually do your body serious harm (see the “Packaged Breakfast Cereals” handout for more details).

Following are a variety of ideas to get you started on eating a breakfast with a good balance of essential nutrients. These ideas are for more typical “breakfast” meals. However, breakfast can easily be the same things you would serve at any other meal of the day. For example, there is nothing wrong with stew or stir fry for breakfast! Don’t limit yourself to the items listed below, the possibilities are endless, use your imagination. In creating your own Simple Quad breakfasts, remember that your serving size for the entire meal should be no bigger than your two hands cupped together and should include  $\frac{1}{4}$  protein,  $\frac{1}{4}$  cooked vegetables,  $\frac{1}{4}$  raw vegetable and  $\frac{1}{4}$  carbohydrate.

- Homemade whole grain crepes with sautéed vegetable filling (example: in butter, sauté onions, mushrooms and red bell pepper. Add spinach and cook until just wilted. Drain well before adding to crepes. Sprinkle with feta cheese if desired). Cucumber & tomato slices.
- Scrambled eggs with spinach & feta cheese.  $\frac{2}{3}$  cup oatmeal with butter, salt & pepper. Sliced tomato.
- Nitrate-free sausages. Steamed broccoli with butter.  $\frac{1}{2}$  slice whole grain toast with butter. Red pepper slices.
- Spinach and mushroom omelet.  $\frac{1}{2}$  cup sautéed potatoes. Sprout salad.
- Poached eggs.  $\frac{1}{2}$  buttered, toasted English muffin. Sliced tomatoes. Sautéed garlicky greens.
- Scrambled eggs with sausage, onions and bell pepper.  $\frac{1}{4}$  cup sautéed potatoes. Sprout salad.
- Nitrate-free sausage patty. 1 slice buttered whole grain toast. Steamed spinach with butter. Red pepper slices.
- Sausage, mushroom and egg scramble. 1 corn tortilla. Tomato slices.
- Eggs over-easy. Nitrate-free bacon. 1 slice whole grain toast. Sprout salad. Steamed broccoli with butter.

- Spinach, mushroom and feta cheese omelet. ¼ cup roasted potatoes. Tomato slices.
- Scrambled eggs with onions, bell peppers & sausage. 1 slice whole grain toast. Sprout salad.
- Hard boiled eggs. 1/3 cup hot cereal with butter, salt & pepper. Sautéed mushrooms, onions & spinach. Carrot sticks.
- Hamburger patty. Steamed broccoli & cauliflower with butter. 1 slice whole grain toast. Beet slices.
- Steak and eggs. ¼ cup sautéed potatoes with onions and mushrooms. Steamed Swiss chard. Red pepper slices.
- Breakfast sandwich (scrambled eggs, ham (or bacon or sausage), goat cheese, sliced tomato) on 1 slice whole grain bread. Sautéed spinach & mushrooms.
- Nitrate-free sausage patty. ½ cup grits with butter, salt & pepper. Sliced tomatoes. Steamed Brussels sprouts with butter.
- Eggs over easy. 1 slice whole grain toast. Sautéed bacon, spinach, onions & mushrooms with feta cheese. Red pepper slices.
- Vegetable skillet with equal parts potatoes, carrots, onions, zucchini, Brussels sprouts...or any combination of vegetables you have on hand. Sauté in butter or olive oil.
- 1 slice whole grain toast, topped with eggs (cooked however you like), a slice of fresh tomato and fresh basil. Drizzle with balsamic vinegar.
- Pork chop. Sautéed kale with melted butter & balsamic vinegar. Steamed sweet potato or yam. Carrot sticks.
- Summer squash frittata (zucchini, crookneck, onions, eggs, Real Salt, pepper). 1 slice whole grain buttered toast. Tomato slices.
- Slice of meatloaf. Sautéed potatoes with onions & garlic. Steamed broccoli with melted butter. Carrot sticks.
- Vegetable quiche (this can be made muffin size for easy individual servings. Bake a batch of muffin size quiches, keep them in the refrigerator and heat in the toaster oven as needed). Sugar snap peas.
- If you MUST have cereal, choose a good multi-grain hot cereal. Add butter, Real Salt and pepper. Add a raw egg yolk and some raw nuts for protein. Either eat some veggies with this, or drink a green drink such as Greens First.

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