



PERFECT BALANCE Holistic Health

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Perfectly Balanced Breakfast



1. Organic, whole grain, unsweetened cereal flakes or whole grain porridge such as Red River, Quinoa, Amaranth, Millet, Buckwheat, Steel Cut Oats, or a mixture of grains. Avoid grains that you may be allergic or sensitive to. Gluten-free grains are preferable. A small portion is sufficient since your bowl will be quickly filled with other healthy ingredients.
2. A good handful of nuts and seeds.
Mix natural/un-roasted almonds, walnuts, sunflower seeds, and pepitas and store in the fridge. Store in a glass jar if possible.
3. Three heaping tbsps of fibre mix. Start with 1 heaping tbsp and build to 3 heaping tbsps by adding a tbsp per week. When adding more fibre to your diet it is important to do it slowly and make sure that you are drinking at least 1.5 to 2 L of clean water per day (reverse osmosis or distilled water is recommended).
Mix ground flaxseed, oatbran (omit if gluten sensitive), wheat germ (omit if gluten sensitive), brown sesame seeds, ground lecithin and store in the fridge. Store in a glass jar if possible.
4. Fresh fruit. Pineapple, mango, blueberries, raspberries, strawberries, etc..
**Organic fruit if possible. Avoid non-organic strawberries as they are laden with herbicides and pesticides.*
5. Three to Five heaping tbsps plain yogurt.
6. ½ to 1 full scoop of Protein Powder. If choosing sweetened/flavoured Protein Powder, look for Stevia as the sweetener. Or 3-6 tsp hempseed. Or 2 tbsp chia seeds.
7. Unsweetened Almond, Coconut, or Rice Milk.