

HEALTHY EATING GUIDE: HOW TO BREAK YOUR FAST



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INTRODUCTION

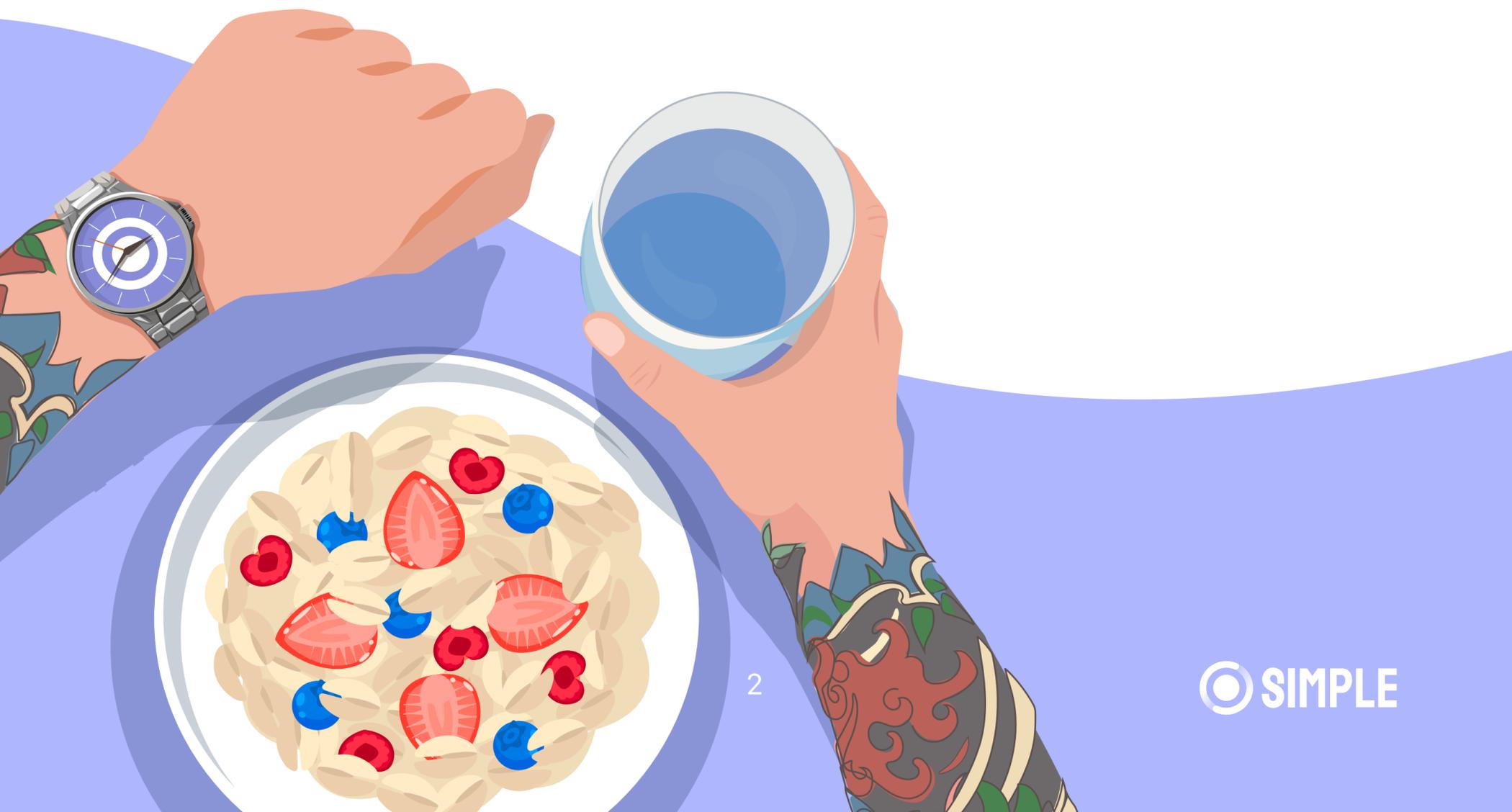
Ready to get one step closer to your goal every single morning? This guide will help you do just that (and more!). Your first post-fast meal is more important than you may realize. It can affect your fullness and energy levels throughout the day and even help you manage cravings.

This workbook will help you implement beneficial changes to your morning routine so you can establish life-long healthy habits. Traditional meal plans require specific products, measurements, or recipes that are tedious, time-consuming, and expensive. Our workbook will not only help you rethink nutrition and learn to nourish your body intuitively, you'll also learn quick, SIMPLE and delicious recipes!

In this workbook, **you'll learn how to:**

- Easily measure your food without a scale.
- Balance protein, carbohydrates, and healthy fats to maximize energy levels and keep hunger at bay.

Try a variety of food combinations until you discover meals you love and want to eat over and over again. Make healthy eating your everyday routine to start your eating window.



WHAT'S INSIDE?

Meal builder: This flexible tool makes it easy to eat your favorite breakfast foods while still reaching your nutrition goal. To save time in your busy schedule, you can use this meal builder to plan your meals for a week in advance.

Sample breakfast ideas: Get an array of nutritious and delicious breakfast recipes you'll love. You can also use the meal builder to adapt recipes to your preferences.

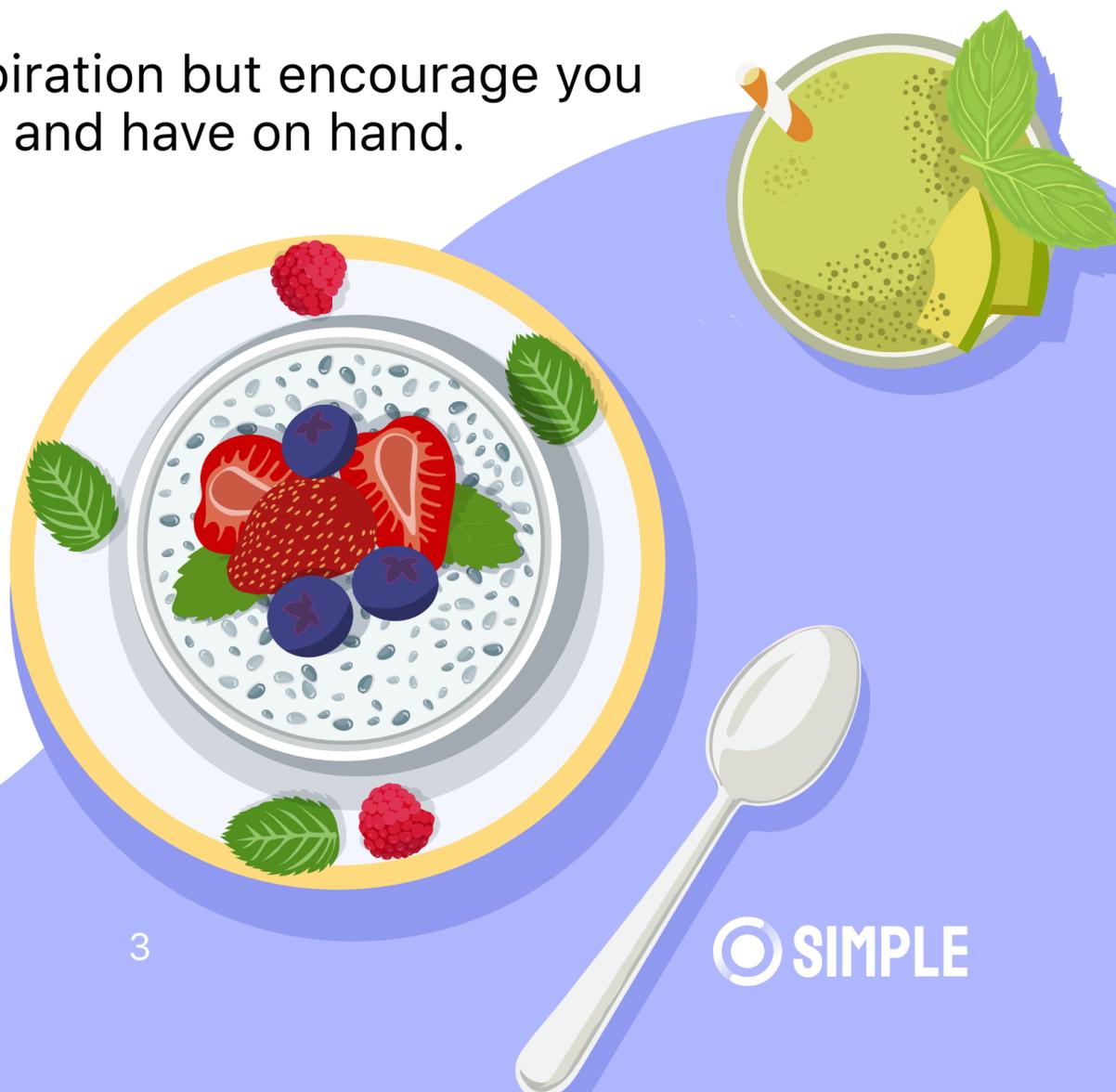
Shopping list: Simply grab this list and head to the store — we've included everything you need to make the sample breakfast ideas. Just don't forget to adapt to your own plan and tastes.

Habit journal: Discover the secret to sticking to your new routine.

You're unique — and your meal plan should be too. This workbook lets you customize your plan according to your personal preferences so you can substitute ingredients you don't like for foods you enjoy.

We provide recipes for inspiration but encourage you to use ingredients you love and have on hand.

Remember! New habits are only sustainable when they're flexible and tailored to your lifestyle and needs. Spend up to 10 minutes with our workbook to plan your perfect breakfast — and soon it will effortlessly become your new routine.

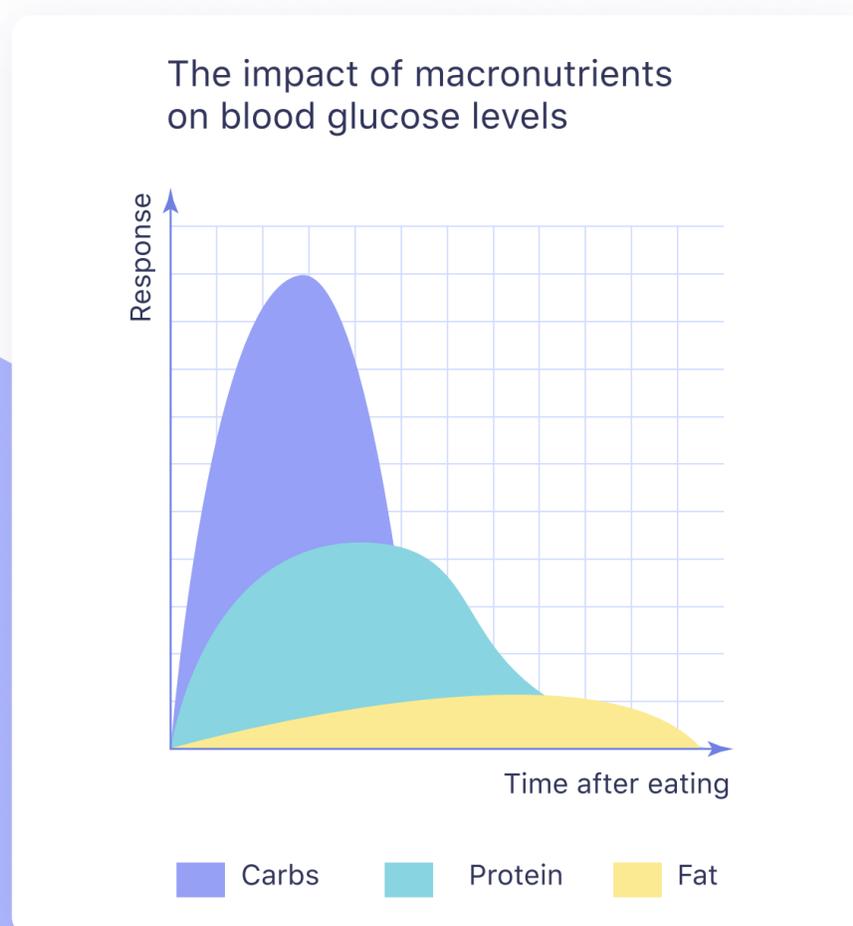


A BITE OF THEORY: YOUR BLOOD SUGAR AND BREAKFAST

The food you choose to break your fast affects your blood sugar. Whether you have diabetes or not, your blood sugar levels can influence your overall health. Blood sugar spikes can delay your fat burning, make you fatigued and increase your hunger.

At the end of your fast, your blood sugar is stabilized. Your body has also switched its energy source from food to inner storages, which can also boost your weight loss. If you do not feel fatigued, it's a good time for a short training session to make your body burn more fat.

The first food choice you eat matters. While high glycemic index carbs (especially when they contain added sugars) cause rapid but short-lived blood sugar spikes, protein and fats have little to no impact on blood glucose. Fibrous foods are also a good option, as they can slow down metabolism and therefore prevent blood glucose spikes.



HIGH AND LOW GI FOOD

The **glycemic index** is a scale that determines carbohydrates' impact on your blood sugar levels. While delicious, certain carbs affect your body in different ways. So the index places foods between 100 and zero.

Processed carbohydrates – including high-sugary foods, like soda, candy, or sweets – generally have a higher GI. Foods high on the GI cause your blood sugar to spike and fall quickly, giving you lots of energy and leaving you tired.

Foods with a low glycemic index have little to no sugar, like vegetables, whole grains, and fruits. The result? Your blood sugar rises and falls slower, so you absorb more nutrients and feel full.

Please note, if the product has low GI, it doesn't guarantee that it's healthy. It just gives us an indication of what happens to blood sugar.

HIGH GLYCEMIC FOODS

Processed foods: Chips, crackers, pretzels

Sugary beverages: Soda, sweet tea, sports drinks. Juices are also in the list.

Bakery Goods: Doughnuts, cakes, cookies

Grains: White bread, white rice, cereals (unless whole grain)

Potatoes: Mashed potatoes, french fries, tater tots



LOW GLYCEMIC FOODS

Vegetables: Broccoli, carrots, eggplants, spinach, and other greens

Fruits: Strawberries, apples, pears, grapefruit

Legumes: Chickpeas, beans (dried or boiled), edamame, lentils

Dairy: Whole/Full fat milk, plain yogurt

Sweets: Dark chocolate with more than 70% cocoa

Nuts: Cashews, peanuts

There are **medium or moderate GI**. While they won't cause a rapid spike in blood sugar, they can still raise the levels significantly depending on the amount you eat at one time. Such products include sweet potato, corn, black-eyed beans, banana, mango, and pineapple.

PRO-TIP

Another way to control your blood sugar is to opt for carb-free meals, as they won't create a blood glucose spike.



BREAKFAST BASICS

Your breakfast should provide long-lasting fuel to get you through your morning because there's nothing worse than an energy crash and sugar cravings before lunch. If you prioritize protein, fiber, and complex carbohydrates, it will help you maintain a steady energy level.

Protein and fiber are crucial nutrients to keep you full and satiated for hours, and they should be the stars of your breakfast.

If you add small amounts of **nutritious fats** like nuts, seeds, avocados, and egg yolk, your meals will be even more satisfying. The combination of healthy fat, protein, and fiber will lower the GI of a meal, slow the rush of glucose into your bloodstream that follows a meal so you have a steady, balanced source of energy that will keep your cravings at bay.

Food in its natural, **unprocessed form** like whole grains, legumes, fruits, and vegetables are your best source for carbohydrates. These foods will supply glucose that will power every cell in your body. They also tend to have lower GI and will make you full longer.

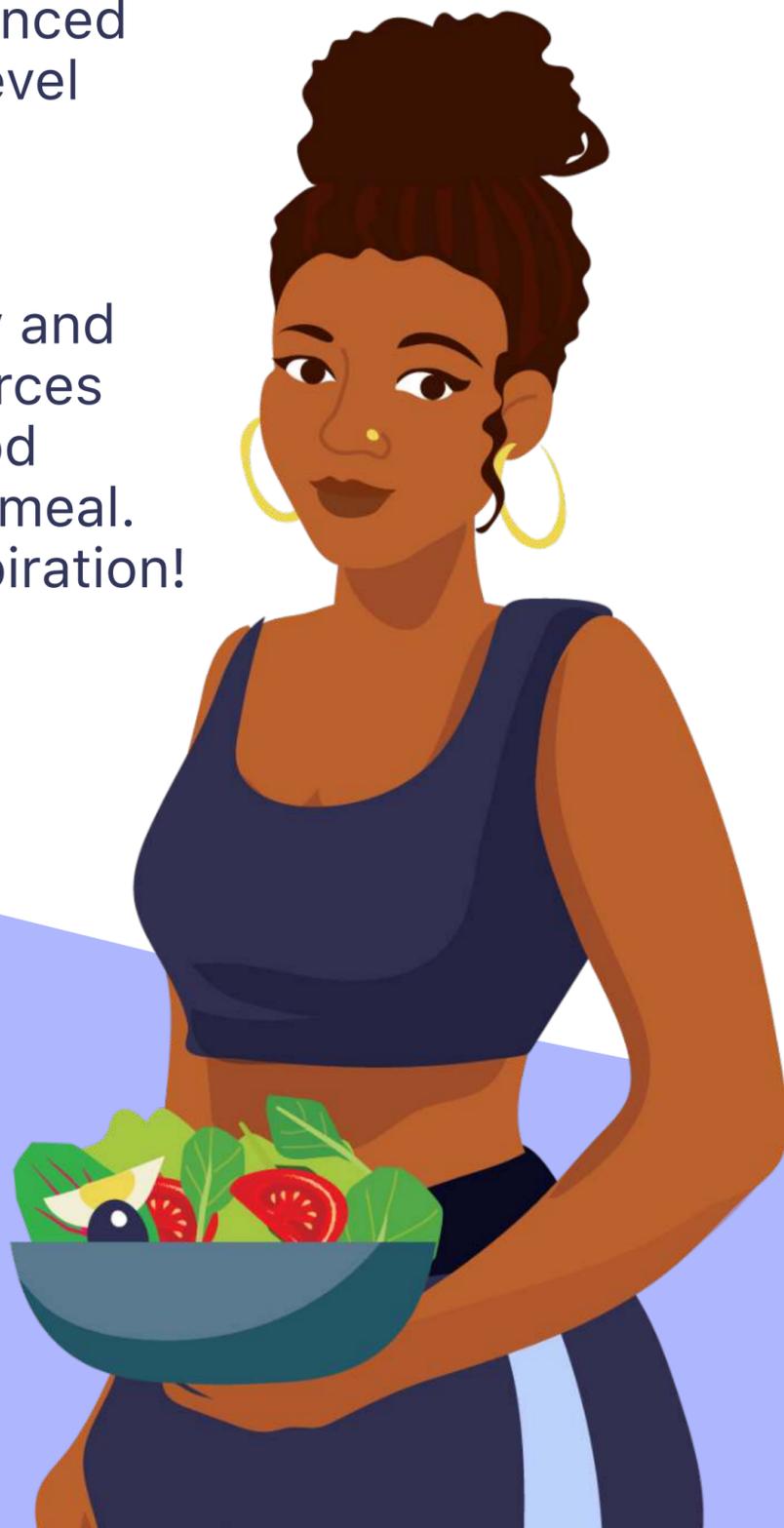
Our **Meal Builder** helps you prepare nutritionally balanced meals so you'll feel full and satisfied for longer. And you'll get all the necessary vitamins, minerals, and antioxidants to boost your health.



HOW TO USE THE MEAL BUILDER

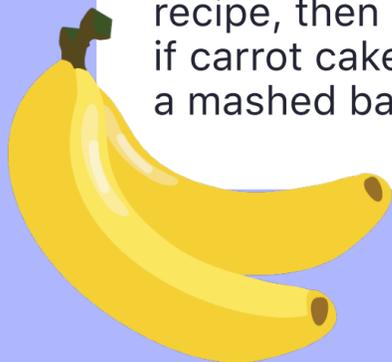
Our Meal Builder teaches you to build nourishing meals. If you choose the right food, you'll create a nutritionally balanced meal that will optimize your energy level and prevent sugar cravings.

Look over the foods in each category and familiarize yourself with the best sources of each nutrient. Start thinking of food combinations that create a delicious meal. Or try our Sample Meal Ideas for inspiration!



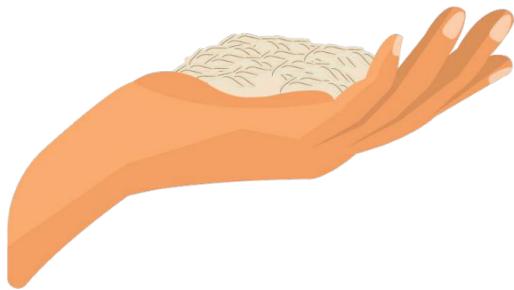
PRO-TIP

If you're not very creative in the kitchen, use our Sample Meal Ideas as a basic recipe, then make changes to make your meal even more enjoyable. For example, if carrot cake oatmeal doesn't appeal to you, try swapping the carrots for a mashed banana or serve it with peanut butter instead of almond butter.



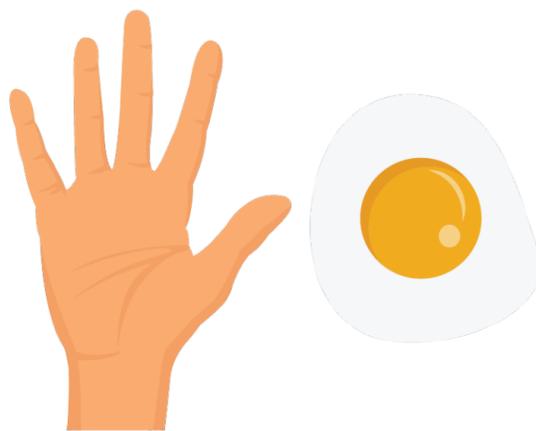
PORTION SIZES

We don't specify exact portions for each food. That's because a portion size is different for everybody. Measuring is tedious and won't teach you to eat intuitively. Instead, you will use your hand as a guide to learn portion control.



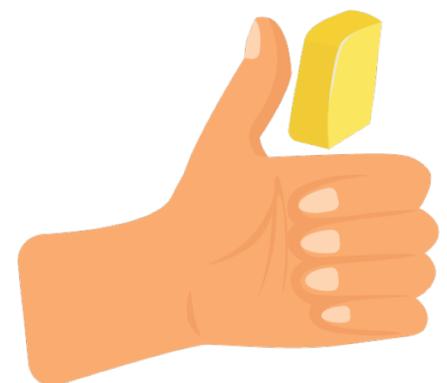
CARBOHYDRATE PORTION

A handful, or the amount you could hold in your cupped palm.



PROTEIN PORTION

The size of your palm.



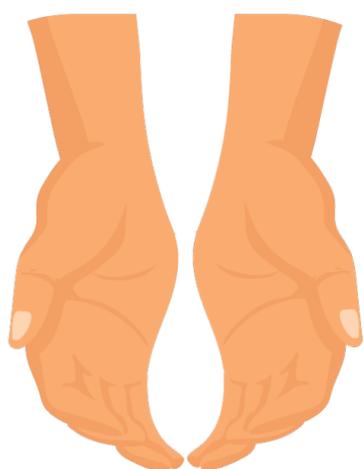
FAT PORTION

About the size of your thumb.

PRO-TIP

Why the hand-portion technique? Your hand corresponds with your frame size. You won't always have scales or measuring cups with you, but your hand is always with you. And you won't have to track points or perform mathematical conversions to ensure you're eating the right amount. SIMPLE!

BREAKFAST MEAL BUILDER



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ONE CARB PORTION

Steel-cut oats
Buckwheat
Amaranth
Bulgur
Quinoa
Wholegrain bread

ONE FRUIT/VEGETABLE

Berries
Mushrooms
Legumes
Any fruit or veggie of choice

ONE PROTEIN PORTION

Low-fat cottage cheese
Greek or Icelandic yogurt (plain, unsweetened)
Egg whites
Kefir (unsweetened)
Low-fat milk or soy milk
Fish (sardines or smoked salmon)

ONE FAT PORTION

Egg Yolk
Flaxseeds
Almonds
Chia seeds
Pumpkin Seeds
Pecans or walnuts
Nut Butter
Dried coconut

FLAVOR ADD-ONS:

Dried fruit: dates, raisins, cranberries, apricots, or other favorite dried fruit
Spices such as cinnamon, ginger, nutmeg, cloves, or turmeric
Vanilla extract or powder
Raw honey or maple syrup
A small amount of olive oil, avocado oil, butter, or ghee for cooking
Red pepper flakes or hot sauce



TO SAVE TIME IN THE MORNING, PREPARE THESE ITEMS IN ADVANCE

MEAL PREP

Cook a large batch of grains according to package directions, then store in an airtight container to reheat during the week.

Hard boil eggs.

Wash and chop vegetables to add to omelets or savory oats.



TABLE SETTING

Remember – you eat with your eyes first. Take time to plate your meal and create a beautiful table setting, you'll get more enjoyment out of your meal and feel more satisfied afterward. Slow down and enjoy each and every bite. Allow yourself at least 15 minutes to eat slowly and mindfully, even if it requires you to wake up a little earlier.



PRO-TIP

These recommendations are based on your needs on an average day, but you can customize serving sizes to better fit your life and schedule.

For example:

If you need extra fuel for a workout, try adding an extra serving of carbohydrates.

If you have a busy morning and won't be able to eat lunch until later, add an extra serving of protein to your breakfast.

If you are staying home or feeling under the weather, you may want to omit a serving of carbohydrates or fat.

SAMPLE BREAKFAST IDEAS

To give you some inspiration on how to use these foods to create a **delicious, balanced meal**, we have constructed a few sample meals for you to try.

Vegetable omelette

Cooking time: 20 min | **Serves:** 2

Directions

Sauté the vegetables with olive oil. Meanwhile, make some toast. Add eggs and egg whites to the pan and scramble if you want. Serve with toast and sliced avocado.

Tip

Choose any veggies you want. Cherry tomatoes, mushrooms, bell peppers, zucchini will work just fine. Add beans or peas to get more protein.



Ingredients:

- 2 cups mixed vegetables, sliced
- 2 slices whole wheat bread
- 2 eggs
- 2 egg whites
- 1 avocado
- 2 tbsp olive oil



Ingredients:

- ¼ cup quinoa
- 1 sliced apple
- ½ cup milk of your choice
- 1 tbsp flax seeds
- cinnamon
- 1 tsp maple syrup (optional)

Quinoa with apples

Cooking time: 25 min | **Serves:** 1

Directions

Add quinoa, water, apples, and cinnamon to a saucepan. Bring to a boil, cover, and simmer for 20 min.

Once cooked, top with milk and flax seeds. Sprinkle with cinnamon and drizzle with maple syrup if you want to add a bit of sweetness to your meal.

Tip

Adjust the amount of milk depending on how 'liquidy' you want your porridge to be. You can also use kefir instead.

Carrot cake oatmeal

Cooking time: 10 min | **Serves:** 1

Directions

Cook the oats in milk and 1/2 cup water. Add the carrots and cinnamon in the last 5 minutes of cooking. Add salt to tast.

When the oats are almost ready, stir in the nut butter. Top with cottage cheese and more cinnamon.

Tip

Swap almond butter for any other nut butter or nuts of your choice. Walnuts, almonds, pecans — whatever works for you!



Ingredients:

- 1/3 cup steel-cut oats
- 1 carrot, shredded
- 1/2 cup milk or soy milk
- 1/3 cup cottage cheese
- 1 1/2 tbsp almond butter
- cinnamon



Ingredients:

- 1 cup cooked oats or quinoa
- 1/2 cup berries of your choice
- 1 cup cottage cheese
- 2 eggs
- 1 tsp baking powder
- 1 tsp vanilla extract (optional)
- 1 tsp honey (optional)

Protein berry pancakes

Cooking time: 20 min | **Serves:** 3

Directions

Blend cooked grains, cottage cheese, baking powder, eggs, and vanilla extract to make pancake batter. Stir in berries with a spoon.

Cook on a dry skillet until bubbles start to form on the surface, flip, and then continue cooking until ready. Serve with berries and honey.

Tip

If you're lactose intolerant, just swap cottage cheese for a lactose-free version.

Kefir chia pudding

Cooking time: 5 min | **Serves:** 1

Directions

Combine kefir and chia seeds in a glass or jar. Add vanilla if you like and mix thoroughly.

Refrigerate for a few hours or overnight. Best to stir occasionally. Add fruit and serve.

Tip

Not a fan of blueberries or bananas? Use mangoes, strawberries, passionfruit, grapes or any seasonal fruit you like.



Ingredients:

- 1/4 cup blueberries
- 1 sliced banana
- 1 cup kefir
- 1 tbsp chia seeds
- 1 tsp vanilla extract (optional)



Ingredients:

- 1/2 cup bulgur wheat
- a handful of mixed vegetables
- 1/4 cup spinach or other leafy greens
- 1 egg
- 2 tbsp olive oil
- 1 tbsp sesame or sunflower seeds
- walnuts or almonds

Egg-topped bulgur

Cooking time: 20 min | **Serves:** 1

Directions

Use a bit of olive oil to cook the egg, then remove it from the pan. Sauté the vegetables with remaining olive oil.

Add cooked bulgur to the pan and season with salt, turmeric, and other spices. Top with cooked egg, nuts and seeds. It's ready to serve!

Tip

Use any veggies you like. Try mushrooms, zucchini, cherry tomatoes.

Coconut sweet potato parfait

Cooking time: 20 min | **Serves:** 3

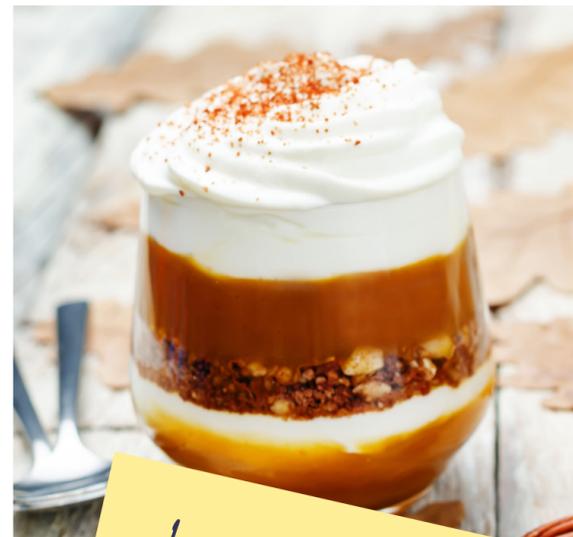
Directions

Bake or sauté the sweet potatoes in coconut oil until soft. Mash the potatoes with cinnamon, salt, honey, and vanilla extract.

Use glasses or jars to serve your parfait. Place potatoes in the bottom, then add grains, and layer with Greek yogurt. Top with dried coconut.

Tip

If you don't eat dairy, just use coconut yogurt or any other plant-based yogurt you like.



Ingredients:

- 1 large or 2 small sweet potatoes
- 1 cup cooked oats or other grains
- 1 cup greek yogurt
- 2 tbsp coconut oil
- dried coconut
- 2 tbsp honey
- cinnamon
- vanilla extract (optional)

MORNING IS THE BEST TIME FOR MINDFULNESS

As you build your daily routine, consider the moments right after you wake up. Rather than rushing to start your day, mindfulness in the morning can help you take advantage of the state between waking and sleeping associated with healing, creativity, and a sense of self efficacy or 'you've got this' mentality. Mindfulness is about being present in the moment and allows you to set the tone for the day, which also helps keep you focused on your health journey.

AVOID YOUR PHONE FIRST THING

Besides distracting your mind, your phone can be a source of stress with work, family, or missing something important. You don't want to start your day stressed out or upset.

Ignoring your phone might be difficult initially, especially if it's your alarm clock. Consider a traditional alarm or even a high-tech version that plays music or soothing noises that helps you stay mindful and calm. Let's look at some options for a morning mindfulness routine.



FEEL-GOOD ACTIVITY

Exercise is good for you, but morning mindfulness is about focus rather than a full-blown workout.

Stretching is a great activity. Your body has been inactive for hours, and stretching helps breathe air back into your muscles, tendons, and tissues. Plus, you're more likely to notice the changes throughout this journey by paying attention to your body.

Yoga or tai chi are also excellent for waking your body and mind up in the morning. These ancient practices were created to connect your body and your breathing.



MEDIATION

Meditating first thing in the morning is a great way to ease into your day. It can be as SIMPLE as listening to calming music (especially if you've never meditated before) for a few minutes, or using popular mindful meditations about gratitude, peace, focus, love, and healing.

JOURNALING

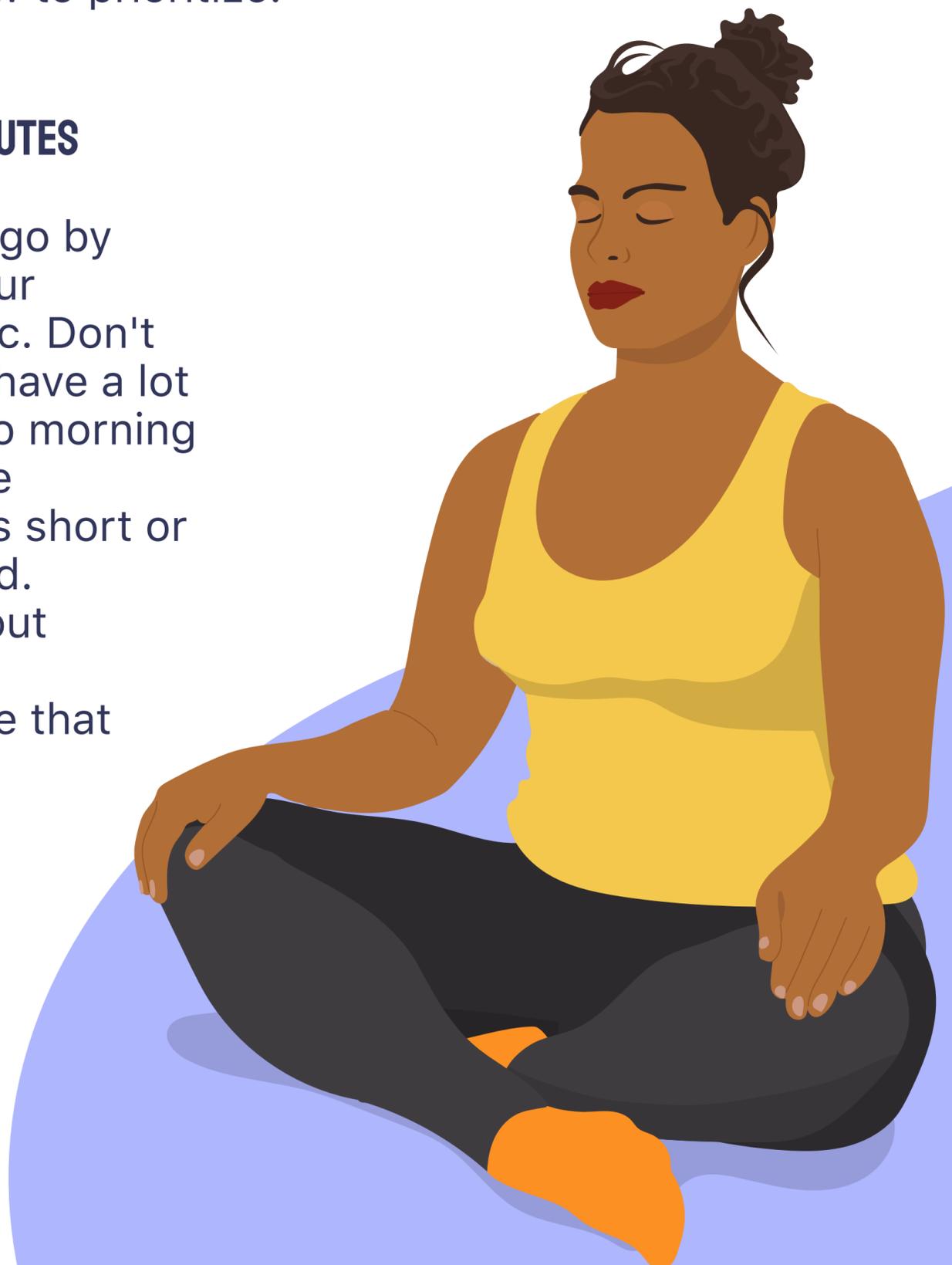
Whether it's your habit journal, self-reflecting diary, or a notebook for writing your thoughts or goals, take a few minutes in the morning to set your intentions for the day.

SCHEDULE YOUR DAY

Create a breakdown of your day by listing one or two things you have planned, some things you'd like to accomplish, and set the time for each if you can. Start with what's next in your day, breakfast, cooking, and go from there. Scheduling your day also helps you learn how to prioritize.

START WITH THREE MINUTES

Three minutes will go by fast, but maybe your mornings are hectic. Don't stress if you don't have a lot of time to devote to morning mindfulness. These moments can be as short or as long as you need. Remember, it's about crafting a morning mindfulness routine that works for you.



BREAKFAST SHOPPING LIST – SAMPLE

FRUIT AND VEGGIES

4-5 apples, pears, oranges, peaches, or other seasonal fruit

1-2 cups fresh berries

2-3 sweet potatoes

1 lb bag carrots

1 cup mushrooms

1 bell pepper

1 bunch green onions

GROCERIES

1-2 lb whole grains such as steel-cut oats, buckwheat, quinoa, bulgur, or a mixture of those

1 loaf wholegrain bread

1-2 cups of various nuts and seeds such as flaxseeds, chia seeds, pumpkin seeds, hemp seeds, almonds, pecans, or walnuts

1 cup dried fruit such as coconut, dates, raisins, apricots

1 jar of nut butter

PROTEIN AND DAIRY

1 large container of low-fat cottage cheese

1 large container of Greek or Icelandic Yogurt

1 dozen eggs

Low-fat milk or soy milk

CONDIMENTS

Butter or coconut oil

Extra virgin olive oil, avocado oil

Spices such as cinnamon, turmeric, ginger, red pepper flakes or other favorite spices

Hot sauce

Pure maple syrup

Raw Honey

HOW TO IMPLEMENT THE MEAL BUILDER INTO YOUR DAILY ROUTINE

You can print the meal builder, meal plan, self-reflection diary, and habit journal; keep them on the fridge or in another convenient spot for reference throughout the week.

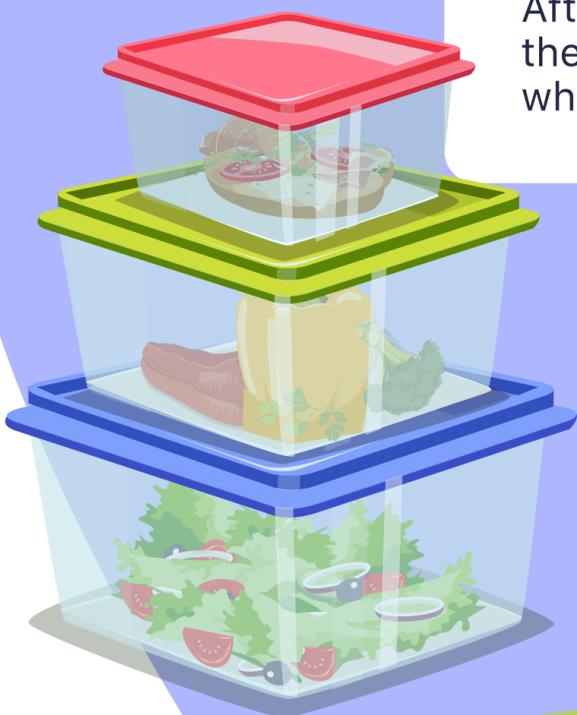
FIRST STEP

To get started on your meal plan, look over the meal builder document, and put a few breakfast ideas together that you'll enjoy through the week. Pencil in each meal on your printed meal plan — you can always change the meals around later if needed.



SECOND STEP

After you've picked your meals, do a quick inventory of the foods you already have, and create a grocery list of what you'll need to buy for the recipes you chose.



THIRD STEP

Upon returning home from the grocery store, prepare any ingredients that will help you save time later, like washing and chopping a few vegetables or fruits, cooking your grains, or hard-boiling some eggs.

PRO TIP

Eating the same thing on multiple days is a terrific way to save time throughout the week. If there's a meal you love, like porridge or pancakes, make large portions you can reheat and serve during the week.

DAILY PRACTICE

FIRST STEP

Start a new day with a few minutes of mindfulness

SECOND STEP

Use your Meal Plan to prepare a balanced breakfast according to the formula in our Meal Builder.

THIRD STEP

Slow down and enjoy your meal in a peaceful atmosphere.

FOURTH STEP

After your meal, complete your daily Self Reflection in the diary document.



You'll need a week or two of daily practice for it to become second nature. After that, you'll effortlessly make your healthy breakfasts because you'll know how to create balanced meals, find new, delicious dishes you love, and save time in the kitchen!

Be patient with yourself and let go of expectations if your breakfast doesn't go as planned. Try your best, be consistent, and your efforts will pay off.

SELF-REFLECTION DIARY

To improve your eating habits and health, you'll need to foster a healthy relationship with food. If you allow yourself time to reflect on your meal and write down how you feel, it can improve your mental health and prevent mindless eating.

After your breakfast, sit down each day and write a few sentences about your meal in the space provided below. We will provide a thought-provoking prompt to get your creativity flowing!

MONDAY

What did you have for breakfast? Did you eat anything new today? Did you like it?

TUESDAY

What did you have for breakfast? What was your favorite thing about breakfast today?

WEDNESDAY

What did you have for breakfast? How much time did you spend preparing breakfast? Was it challenging?

SELF-REFLECTION DIARY

THURSDAY

What did you have for breakfast? Was there anything unusual about your breakfast this morning?

FRIDAY

What did you have for breakfast? How did you feel right after your meal? Were you full, still hungry, or content?

SATURDAY

Do you feel that you ate your breakfast mindfully? Were you present or did you feel distracted?

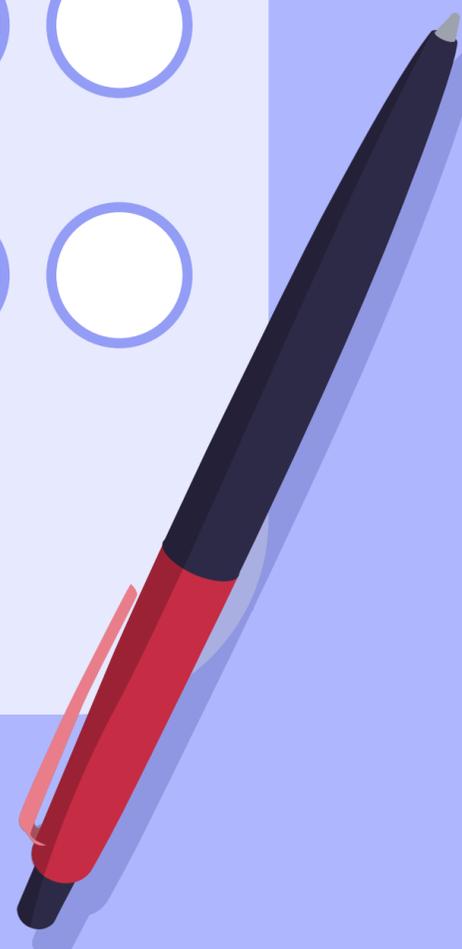
SUNDAY

What did you have for breakfast? How has eating a balanced breakfast each day of this week made you feel?

HABIT JOURNAL

Use the habit journal as a simple way to hold yourself accountable when it comes to making a new healthy habit for your life. Cross off each day you when you were able to build your breakfast around the rule: As time rolls by, the calendar becomes a record of your habit streak. It will help you check your progress, and it also works as a motivation to continue eating healthily.

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BONUS: 4 HUNGER-BUSTING HACKS

It's common to feel hunger on intermittent fasting. For some of us, morning may be quite a tempting time, because it's been a long time since your last meal.

Here are four tricks to handle morning hunger like a pro and finish your fasting hours successfully.

1. Drink water

When in doubt, always have a glass of water first. Sometimes, feeling hungry is a sign of thirst, not hunger. It can especially happen in the morning when you may be a little dehydrated from the night before.

2. Manage your hunger

Try something warm to help calm hunger. Drinks like coffee or tea work as an appetite suppressant. Adding cinnamon, cardamom, and star anise can curb hunger and add flavor too.





3. Get busy

Distraction is a great way to combat emotional hunger. Go for a short walk, read an article, play a short video game – any engaging activity will work.

4. Avoid temptations

Don't mindlessly look in the fridge when bored — it can cause you to snack when you're not actually hungry. Avoid stocking your cupboards or fridge with favorite sweets or snacks too. You can't give in to temptation if it's not there!

YOUR NEW LIFESTYLE STARTS NOW!

It can be tough to make any lifestyle change, as you may expect yourself to alter everything in your life at once. However, it's much more practical and efficient to start with **one new habit at a time**.

If you start using this handbook as a guide, you'll notice how easy it can be to implement a new habit if you're properly prepared. Your meals don't have to be tasteless, boring, or time-consuming – even if you eat healthily and enjoy your food. Over time, you'll see that your new breakfasts are even more delicious than they were before.

Don't forget to try new recipes and cooking methods to keep things interesting, and don't be afraid to experiment with different foods. This is your experience, and you should find what works for you!

Be patient – major life changes and improvements take time.

By using the principles you learned in this guide, and by making small, SIMPLE changes every day, you'll be able to make a huge impact on your health.

Great job putting in the time to use this guide. Best of luck to you on your health journey; we'll be here cheering you on!





AI-powered mobile companion for nutrition and intermittent fasting

