

## BREAKFASTS

### WHY A BIG BREAKFAST HELPS YOU LOSE WEIGHT

Eating breakfast is important. A big Breakfast with whole-grain carbohydrates, fat, and protein gives you the energy you need to launch your day, and it patterns the rest of your day's meals and snacks.

Eating a big breakfast keeps your metabolism and blood sugars in balance and will keep you from food bingeing and midmorning doughnut and coffee snacking!!!!.

This in turn will set you up to eat a Victory Lunch and that in turn will set you up to eat a Victory dinner. If you eat a Victory dinner and then have nothing before bed but fruit or light snack, you will not have to store unburned carbohydrate calories and will wake up looking forward to enjoying another Victory breakfast.

MUESLI: The Real Breakfast of Champions

½ Cup of whole Oats

Small Handful of whole almonds or pecans

Small amount of organic raisons

Place ingredients in a bowl, add water to top of ingredients, and cover. Leave on counter top overnight.

In morning add 2 tbsps. Of yoghurt, essential oils, and sliced fresh fruit or applesauce. Add a little maple syrup if you need to for taste.

Start 1 tspn.

#### CONSIDER THESE FACTS:

- Muesli is an European breakfast recipe developed for healthy living.
- Muesli is a healthy balance of carbohydrates, essential oils, and protein.
- **Muesli is high in fibre and water. A high fiber diet with adequate water helps you guard against problems of the lower intestine. Symptoms of which are gas pains, heartburn, nausea, cramping and constipation.**
- **Muesli is filling yet lowers cholesterol and it tastes great.**
- Muesli does not have to be eaten with milk. Adding sufficient water when you soak it, as well as adding the fresh fruit and/or apple sauce is usually all that is needed.
- The secret is to make it ahead and soak the dry ingredients overnight so that the grain starts to germinate and the dry ingredients soften for the digestive tract.