



LINDGREN  
functional medicine

# SIMPLE BREAKFAST IDEAS



## EGGS & VEGGIES

one of the best ways to have veggies, protein, and healthy fat for your first meal of the day

## LOADED OATS

soaking oats overnight makes them easier to digest (enjoy hot or cold)  
get your protein and fat by loading with toppings

*note: try ground flaxseed, cinnamon, walnuts, raisins, and sea salt*

## FRUIT & NUTS

fruit (fresh, frozen, or dried) + nuts  
or nut butter

*frozen bananas are tasty with almond butter & granola*

## MEAT PATTY

*(prepped and stored in freezer)  
compliment with fruit, veggies, or breakfast potatoes*

## LOADED TOAST

(or rice cakes)

- fried egg
- avocado, salt, pepper, + chia seeds
- nut butter + banana
- nut butter + honey + cinnamon

## PARFAIT

base: plain yogurt/kefir OR unsweetened applesauce OR chia pudding (chia seeds + milk + honey/maple syrup, let sit overnight)  
*note: try fruit (fresh, frozen, dried) + granola, nuts, seeds, raw coconut*

## SMOOTHIE BOWL

pour your smoothie into a bowl and top with fruit, granola, cereal, nuts, seeds, coconut, nut butter, honey, etc

*note: chewing helps your body recognize that you are eating food*

## LEFTOVERS

a very under-rated breakfast food

*note: it is okay to break the "breakfast food boundaries"*

## ON THE GO

- prepped energy balls
- granola bars (*just be cautious of added sugar*)
- smoothie/protein shake
- fruit