

Healthy Breakfast Ideas/Recipes for 6 Days

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Grocery List:

1. One dozen caged free eggs
 2. One pack of turkey bacon
 3. One dozen lemons
 4. 1 pack of Wheat Tortilla
 5. 1 jar of salsa
 6. 2 yogurts (any flavor of your choice)
 7. 1 pack/block of low or reduced fat Cheddar Cheese
 8. 3 Tomatoes
 9. 1 Red Onion or Sweet Onion (your choice)
 10. 1 pack of Bagels
 11. 1 oz Salmon Fillets
 12. 1 can of Salmon
 13. Sea Salt & Black Pepper
 14. Fresh Fruits (Strawberries, Berries, Grapes, Apples, & Bananas)
 15. Pancake Mix or Whole Wheat Waffles
 16. Ground Cinnamon
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Day 1 – Breakfast Bagel

Mix 1 egg in bowl (or egg white substitute), add Cheese and chopped onions if you like and set aside

In medium skillet spray Olive Oil (I use the PAM) set temperature to medium-low and place 2 pieces of Turkey Bacon inside

Cut 1 lemon in half, and squeeze lightly over top of Turkey Bacon and sprinkle a little bit of pepper, and cook until a little crisp

Once Turkey Bacon is done, rinse skillet, add 1 teaspoon of butter, let it melt, and add eggs. Cook to desired

Toast Bagel, and spread either low-fat cream cheese (I love the Strawberry Cream Cheese, perfect combo) or some butter. Add the cooked eggs and Turkey Bacon. Yum!

Day 2 – Salmon, Eggs, Tomatoes

Run hot water over 1 salmon fillet until thaw

Mix 1 egg (or egg white substitute) in bowl, add Cheese, chopped onions and set aside

In medium skillet spray cooking oil and add thawed Salmon

Season salmon with Sea Salt & Pepper both sides and squeeze fresh lemon

Cook both sides about 3-4 minutes

Rinse skillet, add 1 teaspoon of butter and add eggs. Cook to desired

Cut 4 slices of tomatoes (contains Lycopene which is good for your skin and full of antioxidants) sprinkle a little sea salt on top
Optional: add a few drops of tobacco sauce on your eggs to add more flavor and to increase metabolism.
Yum!

Day 3 – Breakfast Parfait

Add 2 Tablespoons of yogurt at bottom of any juice glass, mug, or small bowl.
Slice 1 banana and place on top of yogurt
Add 2 more tablespoons of yogurt on top of bananas
(optional) add cereal on top of second layer of yogurt
Top off with grapes, blueberries, raspberries, or other fruits of your choice
Yum!

Day 4 – Sassy Scramble

Open canned salmon and drain completely
In medium skillet spray cooking oil set to medium-low temperature and add salmon
Squeeze 1 whole lemon over top of salmon and sprinkle Sea salt and pepper
Cover skillet and turning salmon over minute or so.
Push salmon close to edge of skillet and crack 2 eggs next to salmon. Let eggs cook until you see egg whites and then begin to mix salmon and eggs together.
Optional: Serve with wheat toast on the side
Yum!

Day 5 – Cinnamon Pancakes topped w/ fresh fruits & Turkey Bacon

3 cups of pancake mix in a mixing bowl, crack 1 egg inside the bowl (egg will add thickness & fluffiness)
Add water to where the pancake mix is not too thin, but not too thick either. For instance, if its hard to mix with a regular fork than its too thick.
In a medium skillet, set temperature to medium-low, add teaspoon of butter, once melted, slowly pour pancake mix into skillet. Because it's a little thick, it should automatically form a round shape.
Sprinkle cinnamon onto the top of pancake mix
Flip over once you see little bubbles in the mix, and again sprinkle cinnamon on top.
Cut a few slices of strawberries & bananas and top pancakes
Use low-fat syrup
In a separate skillet, spray Olive Oil (I use the PAM) set temperature to medium-low and place 2 pieces of Turkey Bacon inside
Cut 1 lemon in half, and squeeze lightly over top of Turkey Bacon and sprinkle a little bit of pepper, and cook until a little crisp
Serve together
Yum!

Day 6 – Breakfast Burrito

Mix 1 egg in bowl (or egg white substitute), and chopped onions if you like and set aside
Cut up some diced tomatoes and set aside

In medium skillet, add 1 teaspoon of butter and add eggs. Cook to desired

Rinse skillet and add 1 teaspoon of butter until melted, place 1 Wheat Tortilla in the skillet

Put eggs on top of the tortilla and sprinkle some cheese, let it melt a little

Remove tortilla with a spatula. Top with diced tomatoes sprinkle a little Sea Salt.

Finally add some salsa on top and fold/roll up.

Yum!

Beverages (drink one of these every morning with your breakfast):

- Fresh Squeezed Grapefruits or juices that are “NOT” from concentrate.
- Soy Milk
- Hot Water & Lemon

Other things to remember

- Remember its all about portions. Breakfast is the most important meal of the day and should be fueled with the nutrients you need to help your body function properly throughout the day. Don't eat so much to the point where you're so full and your body has to shut down just to digest all of it.
- It's also important to drink water first before you put anything in your body. This way your organs/digestive system can cleanse out and help digest your foods better.
- Be ready to have on-the-go items in your home if you are ever in a rush. For example, granola bars, yogurt, trail mix, smoothies, toast a quick bagel, just NEVER skip breakfast.

Once again, I truly appreciate you taking the time to download my list and recipes of Healthy breakfasts, and that you will begin to have a healthy filled new year. We only have one body, and we should truly appreciate it and take better care of ourselves so that our lives can be filled with much joy and happiness. Please don't hesitate to email me any questions regarding this list at geegee@InfiniteMovementEnt.com – Until the next one, take care of those bodies 😊



- Gee Gee Ibarra, Founder/Talent Developer of Infinite Movement Ent. Group