

BREAKFAST

You Choose

PICK THREE TO FOUR OF THE FOLLOWING BREAKFAST OPTIONS FOR EACH WEEK.



OATMEAL WITH GOJI BERRY

INGREDIENTS: OATMEAL MALE WITH COCONUT MILK TOPPED WITH DRIED GOJI BERRIES AND WALNUTS.



YOGURT AND BERRIES

INGREDIENTS: FULL FAT GREEK OR ICELANDIC YOGURT, BLUEBERRIES, SLICED ALMONDS, GROUND FLAX OR CHIA SEEDS.



NUT BUTTER TOAST

INGREDIENTS: SPROUTED GRAIN TOAST, NUT BUTTER, SLICED APPLES, CINNAMON.

SAMPLE



CHOCOLATE CHIA SEED PUDGING

INGREDIENTS: CACAO POWDER, VANILLA EXTRACT, MAPLE SYRUP, CHIA SEEDS, UNSWEETENED ALMOND OR LIGHT COCONUT MILK, CINNAMON, SEA SALT, BERRIES (TO TOP)



SCRAMBLED EGGS WITH GREENS

INGREDIENTS: EGGS, GOAT CHEESE, SPROUTS OR ARUGULA.

DR. JOI

THE NUTRITION PLUG



BREAKFAST ENERGY BITES

INGREDIENTS: NUT BUTTER, OLD FASHIONED ROLLED OATS, PROTEIN POWDER, CHIA SEEDS, VANILLA EXTRACT, CASHEWS, SLIVERED ALMONDS, DARK CHOCOLATE CHIPS (OPTIONAL)