



WELLNESS
Homemade



3 FOOD SWAPS TO

kick start your day

Tasha Rosales

Board Certified HHP & Nutrition Counsler



Mornin!

LET'S START YOUR DAY RIGHT!

It's probable that you have an established morning routine that you follow every day, even without realizing it. You may typically begin your day with a cup of coffee and a muffin or protein bar. However, I would like to suggest a new perspective on your morning routine.

The food we consume first thing in the morning sets the tone for our entire day. Starting the day with the right foods can help us avoid the blood sugar roller coaster, resulting in sustained energy throughout the day. This can lead to better moods, less fatigue, and ultimately a healthier and more energized version of ourselves.

Let's get started!



1 PROTEIN SHAKE

Many of us choose something that is quick and easy with the most nutrient density. Unfortunately, many of the protein powders or drinks we use are full of additives, inflammatory oils and sugar.

This starts our day with foods that are energy sucking, not energy giving.

For example:



Protein Blend (Ultrafiltered Whey Protein Concentrate) [Which Contains Beta-Lactoglobulin, Alpha-Lactalbumin and Glycomacropeptides], **Microfiltered Whey Protein Isolate), Maltodextrin, Cocoa (Processed With Alkali), Natural and Artificial Flavors, Soy Lecithin, Cellulose Gum, Salt, Xanthan Gum, Dicalcium Phosphate, Calcium Carbonate, Acesulfame Potassium, Sucralose.**



Protein powders should have simple ingredients that keep our body full and energized.

BETTER OPTIONS



Organic Pea Protein Concentrate, Organic Peanut Flour, Organic Alkalized Cocoa, Organic Vanilla Powder, Organic Pumpkin Seed Concentrate, Organic Monk Fruit Extract, Organic Chia Seed Protein Concentrate, Contains Peanuts



100% Grass-fed Non Denatured Whey Protein Isolate, Organic Pea Protein, Organic Pumpkin Seed Protein, Organic Chia Seed Protein, Organic Coconut Milk, Organic Cacao, Collagen, Sea Salt, Organic Stevia Leaf, Organic Monk Fruit



Copyright @ Informed Eating Academy DBA Wellness Homemade.
Any illegal reproduction of this content will result in immediate legal action.

Tasha Rosales | wellnesshomemade.org

2 COFFEE CREAMERS



Let's be real, we all love a little creamer in our coffee but it's full of inflammatory oils, sugars, gums and even artificial sweeteners. That yummy goodness could actually be setting you up for a day full of fatigue, cravings and more coffee. Why? Because it puts your body in the fast lane to a blood sugar roller coaster and inflammation.

For example:



Water, Sugar, Vegetable Oil (High Oleic Soybean and/or High Oleic Canola), and Less than 2% of Micellar Casein (a Milk Derivative) (Not a Source of Lactose), Mono- and Diglycerides, Dipotassium Phosphate, Natural and Artificial Flavor, Cellulose Gel, Cellulose Gum, Carrageenan.

BETTER OPTIONS



Pasteurized Organic Milk And Organic Cream



Coconut Milk Powder, Organic Coconut Sugar, Aquamin (calcium From Marine Algae), Organic Extra Virgin Coconut Oil



Almond milk - Almonds and water



Copyright @ Informed Eating Academy DBA Wellness Homemade.
Any illegal reproduction of this content will result in immediate legal action.

Tasha Rosales | wellnesshomemade.org

3 BREAD

Toast with jam is the third most popular breakfast eaten in homes across America. The problem is, this can create quite the spike in blood sugar which may leave you feeling hungry and fatigued quite quickly. This breakfast can yield over 24g of sugar, just for breakfast! Along with your sugar filled coffee creamer this can lead you down a foggy, fatigued day.

For example:



Whole Wheat Flour, Water, Wheat Gluten, Sugar, Bulgur Wheat, Cellulose Fiber, Flaxseed, Cornmeal, Oats, Soybean Oil, Brown Rice, Black & White Sesame Seeds, Yeast, Salt, Cultured Wheat Flour, Soy Lecithin, Grain Vinegar, Poppy Seeds, Reb A (stevia Leaf Sweetener), Citric Acid, Soy, Whey.



BETTER OPTIONS



Organic Sprouted Wheat, Filtered Water, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Fresh Yeast, Organic Wheat Gluten, Sea Salt.



only 1 gram of sugar!

Organic Sprouted Whole Wheat, Vital Wheat Gluten, Organic Oat Flakes, Organic Cane Sugar, Organic Grain & Seed Mix (Organic Brown Flax Seeds, Organic Sunflower Seeds, Organic Millet, Organic Sprouted Whole Khorasan Wheat, Organic Sprouted Whole Rye, Organic Sprouted Whole Barley, Organic Sprouted Whole Buckwheat, Organic Sprouted Whole Corn, Organic Sprouted Whole Brown Rice, Organic Rolled Oats, Organic Sesame Seeds, Organic Quinoa, Organic Amaranth, Organic Sprouted Whole Spelt), Water, Cultured Wheat Flour, Yeast, Sea Salt.



Copyright @ Informed Eating Academy DBA Wellness Homemade.
Any illegal reproduction of this content will result in immediate legal action.

Tasha Rosales | wellnesshomemade.org



Breakfast Basics

AN EASY WAY TO THINK ABOUT BREAKFAST

Those who consume a breakfast with protein, fiber filled carbs and healthy fats tend to have better days. They focus better, learn better and communicate better. Starting your day off with the right fuel can really set you and your family up for a successful day. Try to keep it simple, it doesn't have to be complicated!

Simple things like the items below can have a huge impact on your day.

Protein- Eggs any style, breakfast sausage, yogurt.

Fiber filled carbs- fruit of choice, tortilla, hash browns cooked in avocado or olive oil

Healthy fats- Avocado, cheese, peanut butter.



3 THINGS TO GET STARTED

01

Plan ahead

Prepare foods you enjoy for breakfast. Hard boil eggs, cut up fruits and veggies and prepare what you can. This makes it easy to grab and go or just warm things up when you are on the go.



02

Get up earlier

Set your alarm for 10-15 minutes prior to your normal wake up time. This will help ensure you have enough time to eat. I know this may be hard but when you feel the energy start rising, it will make it all worth it!



03

Keep it simple

Using a simple guide to plate your meal can keep your breakfast easy and delicious. Make sure you include protein, fiber filled carbs and healthy fats!





CONCLUSION

A well-balanced breakfast benefit everyone. You, the people around you and all other aspects of your life. Making simple swaps can have a great impact on your health, both mentally and physically. You can increase energy, reduce inflammation and balance out your blood sugars to name just a few things.

If you need guidance or help getting started, I am here to help! Reach out or take one of my workshops!

Enjoy your new found knowledge and thank you for signing up! Follow me on Instagram for the latest tips and advice, @wellness.homemade or visit my website at wellnesshomemade.org.

