



DR. DAN'S

Natural Healing  
CENTER

*Simple, natural healthcare*

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## Healthy Breakfast

Breakfast is the most important meal of the day. A good breakfast will give you energy for many hours and prevent snacking on unhealthy foods.

A breakfast that is high in carbohydrates and sugar is not a good breakfast. Avoid boxed cereals, donuts, pastries and other empty foods. Juice is not a good idea either, as it is very high in sugar and provides no nourishment, only empty calories.

Be sure your breakfast provides you with plenty of good protein and fat to nourish your body and brain throughout the day.

### Breakfast Suggestions

- Farm-fresh eggs, nitrate/hormone-free bacon or sausage, sautéed veggies from the night before, serving of beans or lentils
- Steel cut oats (soaked overnight in water and sea salt) with butter, crispy nuts, a few berries and maple syrup
- Whole milk yogurt with berries, nuts & freshly ground flax seed
- Smoked/cured meats – nitrate free, raw cheese
- Smoothie – possible ingredients: plain whole milk yogurt, frozen berries, coconut water, egg yolk, flax seeds, avocado, ½ banana, lime or lemon juice, coconut oil or coconut butter, honey, maple syrup, small amount of almonds, coconut milk, fresh or dried coconut meat, raw cacao
- Frittata – eggs, a variety of veggies, cheese and spices
- Avocado
- Hard boiled eggs
- Sourdough whole grain toast with butter and raw cheese.
- Leftover soup
- Leftovers
- Make oatmeal, frittata, or soup on Sunday and eat it a few mornings that week.

## Healthy Lunch

Most people eat lunch at school or at an office. While lunch may be available at a cafeteria, it is much healthier to prepare your own lunch. This is especially true for school lunches, which are loaded with carbohydrates, soy and other non-nutritious ingredients.

The best thing parents can do for their school age children is make them a bagged lunch every day.

Sandwiches are usually the centerpiece of a lunch. Use good quality bread, preferably sourdough, spread with butter. Good sandwich materials include meat, liverwurst, paté, salami, cheese, egg salad, tuna fish, smoked fish or natural peanut butter.

Other good choices for school lunches include cheese, crispy nuts, leftover chicken, and soup in a thermos, fresh fruit and macaroons.

If you work in an office, you can make a hearty salad and bring it to work in a glass container, adding homemade dressing before serving. If you have access to a toaster oven at work, you can warm up left overs or soup in a glass container.

Raw milk in a thermos will add a lot of good nutrition to any lunch.

## Healthy Dinner

It is best to prepare your own dinner. It need not be fancy or complicated. Let meat, fish, poultry, organ meat or cheese be the centerpiece of your meal and serve with fresh vegetables and a carbohydrate such as brown rice, beans or potatoes. A hearty soup can suffice for dinner, especially if served with good quality sourdough bread and butter along with cheese, liverwurst or paté.

If you have the time and resources, make salad and soup for the first course of your meal. Dessert can be nutritious fruit served with homemade ice cream or whipped cream.