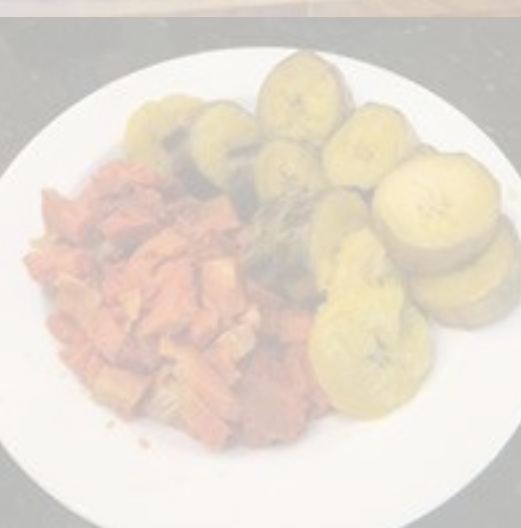
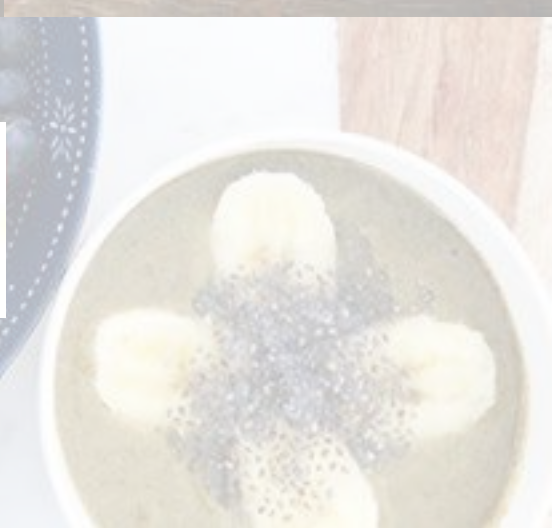


BREAKFAST CHALLENGE



MASTERING
DIABETES



Oatmeal and Fruit Medley

Nothing better than starting your day with fruit! Grab your favorites and add them to a warm bowl of oatmeal!

INGREDIENTS:

- 1 banana
- 1 kiwi
- 1 pear
- 5 strawberries
- ½ cup steel-cut oats
- ½ cup unsweetened almond milk
- 1 tsp cinnamon



INSTRUCTIONS:

Mix the almond milk and oats in a medium pan and cook for 10 minutes or until thick. Meanwhile, cut up all the fruit to your preference. I personally like small pieces. Place everything on a big bowl, add some cinnamon and enjoy!

NUTRITION INFORMATION

Full recipe: 7.6 g total fat, 11% of calories from fat, 581 calories, 121g carbohydrates 14 g protein, 0 mg cholesterol, 19.5 grams fiber

Strawberries, Pears, and Mangos

This is a simple breakfast packed with flavor.

INGREDIENTS:

- 2 mangos
- 1 pound fresh strawberries
- 3 bosc pears (or any variety)

INSTRUCTIONS:

Cut up the fruit and place in a big bowl. Make sure to chew every bite!

NUTRITION INFORMATION

Full recipe: 4.4 g total fat, 5% of calories from fat, 908 calories, 222 g carbohydrates 10.5 g protein, 0 mg cholesterol, 36.5 grams fiber



Buckwheat and Fresh Berries

What a delicious way to get in a good dose of antioxidants!

INGREDIENTS:

- ½ cup buckwheat
- 15 blackberries
- ½ cup raspberries
- 1 tsp chia seeds
- 2 Brazil nuts

INSTRUCTIONS:

Mix 1 part buckwheat to 2 parts water in a small pan until soft. Place in a deep bowl and add the rest of the ingredients.

NUTRITION INFORMATION

Full recipe: 9.6 g total fat, 29% of calories from fat, 289 calories, 47.6 g carbohydrates 9.3 g protein, 0 mg cholesterol, 14.2 grams fiber



Refreshing Papaya Bowl

This is the perfect combination. Juicy and refreshing papaya with the sweetness of a plantain. Yum!

INGREDIENTS:

- 1/2 large papaya
- 1/2 large plantain

INSTRUCTIONS:

Cut up the papaya into large squares and the plantain into large chunks. Enjoy until the last bite!

NUTRITION INFORMATION

Full recipe: 0.7 g total fat, 2% of calories from fat, 230 calories, 60.4 g carbohydrates 1.9 g protein, 0 mg cholesterol, 6.2 grams fiber



Blended Goodness with Mango

The perfect mix between tangy and sweet.

INGREDIENTS:

- 1 cup pineapple
- 1/2 cup blueberries
- 3/4 cup mango cubes

INSTRUCTIONS:

Blend the pineapple and blueberries until smooth. Pour into a bowl and top with slices of mango.

NUTRITION INFORMATION

Full recipe: 1.4 g total fat, 4% of calories from fat, 275 calories, 70 g carbohydrates 3.5 g protein, 0 mg cholesterol, 8.1 grams fiber



The Hulk

Simple smoothie. Fantastic taste.

INGREDIENTS:

- 1 cup spinach
- 1 mango
- 1 banana
- 1 cup pineapple
- 2 tbsp hemp protein powder
- 1 cup water

INSTRUCTIONS:

Place all the ingredients in a blender and mix until smooth.

NUTRITION INFORMATION

Full recipe: 5.0 g total fat, 9% of calories from fat, 506 calories, 107 g carbohydrates 19.8 g protein, 0 mg cholesterol, 17.4 grams fiber



Figs, Apricots, and Mangos

Figs and apricots are just coming into season. Now is a great time to start integrating them into your breakfast meals!

INGREDIENTS:

- 1 pound fresh figs
- 2 pounds apricots
- 2 large mangos

INSTRUCTIONS:

Cut up the fruit and enjoy!

NUTRITION INFORMATION

Full recipe: 7.4 g total fat, 5% of calories from fat, 1170 calories, 287 g carbohydrates 21.5 g protein, 0 mg cholesterol, 41.9 grams fiber



No Blues Berry Breakfast

A delicious combination of fruits and berries to keep you happy all day!

INGREDIENTS:

- 2 cups blueberries
- 1 cups strawberries
- 1 banana
- 1/4 cup water
- 2 tbsp hemp protein powder
- 1 tbsp chia seeds
- 1 tsp cinnamon
- 1/4 tsp nutmeg



INSTRUCTIONS:

Place the blueberries and cut strawberries in a big bowl. Blend 1 banana with 1/4 cup water, pinch of cinnamon and nutmeg, 2 tbsp hemp protein powder, and 1 tbsp chia seeds. Pour on top of berries and enjoy!

NUTRITION INFORMATION

Full recipe: 6.6 g total fat, 13% of calories from fat, 431 calories, 89.7 g carbohydrates 13.6 g protein, 0 mg cholesterol, 20.2 grams fiber

The 3 P's for a Plant-Powered Morning

A delicious tropical breakfast!

INGREDIENTS:

- 1 papaya
- 1 ripe plantain
- 1 passion fruit

INSTRUCTIONS:

Slice the papaya in half, scoop out the seeds, and discard into compost. Slice the plantain into “coins” and toss into the hollow of the papaya. Slice open the passionfruit and pour its juice and seeds onto the papaya and plantain slices. Enjoy!

NUTRITION INFORMATION

Full recipe: 1.6 g total fat, 3% of calories from fat, 477 calories, 125 g carbohydrates 4.2 g protein, 0 mg cholesterol, 41.9 grams fiber



Sweet Tooth Delight

Soft and sweet. The best duo!

INGREDIENTS:

- 1 mamey sapote
- 1 plantain, steamed or baked

INSTRUCTIONS:

Slice open the mamey sapote and fill with mashed plantain. Better than pumpkin pie!

NUTRITION INFORMATION

Full recipe: 3.2 g total fat, 3% of calories from fat, 910 calories, 236 g carbohydrates 10.4 g protein, 0 mg cholesterol, 34.2 grams fiber



Frozen Fruit Bowl

A delicious summer treat.

INGREDIENTS:

- 1 cup rolled oats
- 1 cup frozen blueberries
- 1 cup frozen mango
- 1 tsp Ceylon cinnamon
- 1 tsp turmeric

INSTRUCTIONS:

Put oats in a bowl and cover with water. Soak overnight. In the morning, the oats should be soft. Add frozen blueberries, mango chunks, and cinnamon.

NUTRITION INFORMATION

Full recipe: 6.8 g total fat, 11 % of calories from fat, 514 calories, 106 g carbohydrates 11 g protein, 0 mg cholesterol, 16.4 grams fiber



Peace and Figs

This breakfast is kind of a FIG deal!

INGREDIENTS:

- 12 figs
- 1 papaya
- 2 mangos

INSTRUCTIONS:

Cut the papaya and mangos in large chunks. Slice the figs in halves and arrange in a large bowl.



NUTRITION INFORMATION

Full recipe: 5.0 g total fat, 5 % of calories from fat, 921 calories, 233 g carbohydrates 10.9 g protein, 0 mg cholesterol, 31.1 grams fiber