

## Starting your day off with a BANG!

Last week we spoke about the midday meal and also touched on the breaking-the-fast. One could say that your day starts the night before; how much sleep you get to energize your body and reset your hormones in preparation for an active, productive day. Once you awake, it's time to add fuel but since this is often a very hectic time of day, many tend to skimp on breakfast. Here are two easy peasy recipes to get your cylinders firing.

### Paleo cereal:

This should be made ahead of time to make it easy in the morning. This cereal is packed with nutrition and will fill you up and keep you going until lunch. Eat it with unsweetened almond milk and maybe sliced banana or berries. You can get these ingredients at Trader Joes at a reasonable price. Feel free to improvise.

- 1 bag raw almonds
- 1 bag raw cashews
- 1 bag raw pecans
- Dried blueberries
- Raisins
- Shredded coconut (unsweetened)

Use a wooden mallet (or similar) to break up the nuts still in closed bag. Bang until they are in small pieces. Mix in a storage container; add the remaining ingredients and mix. You don't need a big bowl to fill you up!

### Green Monster Smoothie:

In a blender, combine fresh spinach and water-spin!  
Add  
Fresh pineapple  
1 avocado  
1 banana  
Any protein powder or collagen peptide (if you choose)

A glass of this along with some paleo cereal will make you satisfied, energized and keeps you from snacking. Good for the body and soul!

Cheers, The Wellness Committee