

RECIPES AND
AFFIRMATIONS FOR

BREAKFAST & BALANCE



ONEDEGREETO VICTORY



CRAN-NUT FRUIT BOWL

A DELICIOUS AND SAVORY OATMEAL DISH THAT COMBINES THE SWEETNESS OF CRANBERRIES AND FRUIT WITH THE CRUNCH OF NUTS AND GRANOLA
YOU CAN USE ANY TYPE OF OATS

SCOTTISH OATS
STEEL CUT (OR IRISH) OATS
ROLLED (OR OLD FASHIONED) OATS
INSTANT (OR QUICK) OATS

INGREDIENTS:

COOKED OATS
DRIED CRANBERRIES
WALNUTS
BANANAS
GRANOLA CLUSTERS
HONEY
BROWN SUGAR
BUTTER
MILK

Proper nutrition is a key component in shaping attitude, awareness, behavior, and beliefs



TRI-PEPPER FIESTA HOMEFRIES

BURSTING WITH FLAVOR AND SURE TO EXCITE YOUR TASTE BUDS! SEASONED TO PERFECTION WITH FRAGRANT CILANTRO AND TOPPED WITH A GENEROUS HELPING OF MELTED CHEESE.

PREPARATION

1 BAG-FROZEN HOMEFRIES
1 CUP DICED RED, GREEN,
YELLOW/ORANGE BELL
PEPPERS

1/4 CUP OF DICED PURPLE
ONION

SLICED AVOCADO

FINELY CHOPPED CILANTRO

GRATED CHEESE

EVOO

SEASONING

DIRECTIONS

BROWN HOMEFRIES

ADD SEASONING PACKET

ADD ONION

STIR UNTIL FRAGRANT

TURN OFF SKILLET

STIR IN BELL PEPPER BLEND

ADD CHEESE

COVER & LET SIT 10-15 MIN

VOILA!

PLATE AND GARNISH WITH
CILANTRO & SICED
AVOCADO

*"A thoughtfully prepared
breakfast is an act of self-love
and self-care."*



TOMATO-FETA AVOCADO TOAST

THIS BREAKFAST RECIPE COMBINES THE CREAMINESS OF AVOCADO, THE JUICY SWEETNESS OF SLICED TOMATOES, AND THE TANGY SALTINESS OF CRUMBLED FETA CHEESE ON TOP OF CRISPY WHOLE GRAIN TOAST.

PREPARATION

1 RIPE AVOCADO, PEELED AND PITTED
2 SLICES OF WHOLE GRAIN BREAD
1 MEDIUM FIRM TOMATO, SLICED
OLIVE OIL
MINCED GARLIC
1/4 CUP CRUMBLED FETA CHEESE
SALT AND PEPPER TO TASTE

DIRECTIONS

TOAST THE BREAD SLICES TO YOUR DESIRED CRISPINESS.
HEAT OIL IN SKILLET
ADD TOMATOES
FRY ON BOTH SIDES UNTIL JUST SOFT
ADD SALT & PEPPER
MASH THE AVOCADO WITH A FORK IN A SMALL BOWL
ADD A DRIZZLE OLIVE OIL, SALT AND PEPPER TO TASTE
SPREAD THE MASHED AVOCADO ONTO EACH SLICE OF TOAST.
TOP W/TOMATO SLICES & CRUMBLED FETA CHEESE

Savor the flavors of breakfast, one bite at a time.



CAPRESE CROISSANT

A TOASTED CROISSANT WITH A
MELTED MOZZARELLA CHEESE &
TOMATO FILLING

PREPARATION

CROISSANT
MOZZARELLA
SLICED TOMATO
BASIL LEAVES
ANY PESTO
MELTED BUTTER

DIRECTIONS

SLICE CROISSANT
LENGTHWISE

SPREAD THE PESTO AND
LAYER ALL THE INGREDIENTS
ABOVE

BRUSH WITH MELTED BUTTER

TOAST IN THE OVEN A FEW
MINUTES UNTIL CHEESE IS
MELTED AND CROISSANTS
ARE GOLDEN-BROWN.

*Morning rituals and a
nourishing breakfast create a
foundation for success.*



PROTEIN PUNCHED FRUIT BOWL

A QUICK AND EASY BREAKFAST
PACKED WITH PROTEIN AND
NUTRIENTS TO KEEP YOU
ENERGIZED THROUGHOUT THE DAY.

PREPARATION

GREEK YOGURT
CHOPPED WALNUTS
CHOPPED PECANS
CHOPPED CASHEWS
HONEY
SEASONAL SLICED FRUITS

DIRECTIONS

IN A BOWL, MIX TOGETHER
GREEK YOGURT, CHOPPED
NUTS, AND HONEY.

SERVE THIS MIXTURE WITH
A VARIETY OF SEASONAL
SLICED FRUITS.

ENJOY!

*A wholesome breakfast
nourishes the body, mind,
and spirit.*



BERRY-LICIOUS ACAI BOWL

A DELICIOUS BLEND OF FROZEN ACAI PUREE AND MIXED BERRIES TOPPED WITH SLICED BANANA, GRANOLA, AND HONEY.

PREPARATION

1 PACK FROZEN ACAI PUREE
1 CUP FROZEN MIXED BERRIES
1/4 CUP ALMOND MILK
1 BANANA, SLICED
1/4 CUP GRANOLA
HONEY TO TASTE

DIRECTIONS

IN A BLENDER, COMBINE THE FROZEN ACAI PUREE, FROZEN MIXED BERRIES, AND ALMOND MILK.

BLEND UNTIL SMOOTH.

POUR THE MIXTURE INTO A BOWL.

TOP THE ACAI MIXTURE WITH SLICED BANANA, GRANOLA, AND HONEY.

ENJOY!

"Breakfast: a time to nourish, reset, and embrace the new day."



ORANGE DREAM SMOOTHIE

PERFECT FOR MORNING OR AFTERNOON THIS SMOOTHIE IS SURE TO TRANSPORT YOU TO A DREAMY STATE OF PURE BLISS.

PREPARATION

1 MEDIUM ORANGE, PEELED AND SEGMENTED

1 BANANA, SLICED

1/2 CUP GREEK YOGURT

1/4 CUP UNSWEETENED ALMOND MILK

1 TBSPN HONEY

1/2 TSPN VANILLA EXTRACT

1/2 CUP ICE CUBES

DIRECTIONS

ADD ORANGE SEGMENTS, SLICED BANANA, GREEK YOGURT, UNSWEETENED ALMOND MILK, HONEY, AND VANILLA EXTRACT TO A BLENDER.

BLEND ON HIGH UNTIL SMOOTH AND CREAMY, ABOUT 1-2 MINUTES.

ADD ICE CUBES AND BLEND AGAIN UNTIL SMOOTH AND FROTHY.

POUR INTO A GLASS

ENJOY YOUR CREAMY ORANGE DREAM SMOOTHIE!

"Breakfast is a reminder that every day is a fresh start, full of possibilities."

