



BALANCED BREAKFASTS

To Fuel your Day

A MIRBEAU BALANCED EBOOK

SET THE TONE *for the Day*

The first meal sets the tone for the day! Whether you eat first thing in the morning or a little later, what's important to know is that your food choices will impact your mental and physical performance for hours to follow. Even so, the morning rush can sometimes make it challenging to find the time to fuel up. This guide provides nutritious recipe ideas including ones that you can prepare days ahead, along with tips for enjoying a balanced breakfast.



What is a Balanced Breakfast?

A balanced breakfast often includes fruits or vegetables, slowly digested carbohydrates, fiber, protein and healthy fats. Science has shown that eating foods that don't spike our blood sugar levels leads to improved cognitive performance and more sustained energy throughout the day.

what's inside

- 1 [Make Ahead Overnight Oats](#)
 - 2 [Make Ahead Egg Muffins](#)
 - 3 [Avocado Toast & Eggs Your Way](#)
 - 4 [Protein Smoothie](#)
 - 5 [Make Ahead Chia Seed Pudding](#)
 - 6 [Yogurt Parfait](#)
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MAKE AHEAD

OVERNIGHT OATS

Your savior for busy mornings – overnight oatmeal is as delicious as it is easy to prepare. We love making enough for the week ahead so that all you need to do in the morning is grab a spoon and go!

ingredients

Makes 1 Serving

1/2 cup rolled oats
1/2 cup milk of choice
1/4 cup plain Greek yogurt (*optional*)
1 tbsp chia seeds
1 tsp maple syrup or honey
1/4 tsp vanilla extract
Pinch of sea salt + cinnamon

Pick your toppings!

Berries (*fresh or frozen*) or banana
1 Tbsp nut butter or nuts/seeds

directions

- 1 Add oats, milk, yogurt (if using), sweetener, chia seeds, vanilla, sea salt, and cinnamon into a glass jar or sealed container with a lid. Stir ingredients together well.
- 2 Add your toppings! This is the fun part. Add your choice of fruit (fresh or frozen) and nut butter or nuts/seeds for crunch. Aside from adding great texture and flavor, nuts provide heart healthy omega-3 fats and will help keep you full for longer.
- 3 Place in the fridge overnight. If you're in a pinch you can soak them for a minimum of 2 to 4 hours!
- 4 In the morning or when you're ready to eat, remove from fridge and give them a stir. If they're too thick for your liking, simply add a splash or two of milk to loosen them up.



Did you know?

Studies have shown that adding cinnamon to your meals can help balance blood sugar levels. Balanced blood sugar can help keep our brain healthy, energy levels stable and our mood balanced.



MAKE AHEAD

EGG MUFFINS

A little prep can go a long way! These egg muffins make a great balanced breakfast but are also an easy protein + nutrient rich snack to grab any time of the day. Pair it with toast for a balanced meal.

directions

- 1 Preheat oven to 375° F. Spray a 12-cup muffin tin with cooking spray, swipe with oil, or omit and use silicone/paper liners.
- 2 Whisk eggs together in a large bowl. Add in the cheese and seasonings and whisk again.
- 3 Heat olive oil over medium heat and then add your prepared vegetables. Sauté for about 5 minutes or until softened.
- 4 Let the vegetables cool for a minute, then add them to your egg mixture and mix well.
- 5 Pour egg mixture into your muffin tin so that each cup is even. It may help to use a 1/3 cup to scoop and pour.
- 6 Bake for 16–21 minutes, until the egg cups are cooked through. Allow them to cool, then store in a sealed container in the fridge. When ready to eat, reheat in the toaster oven or microwave.



Let's make a toast

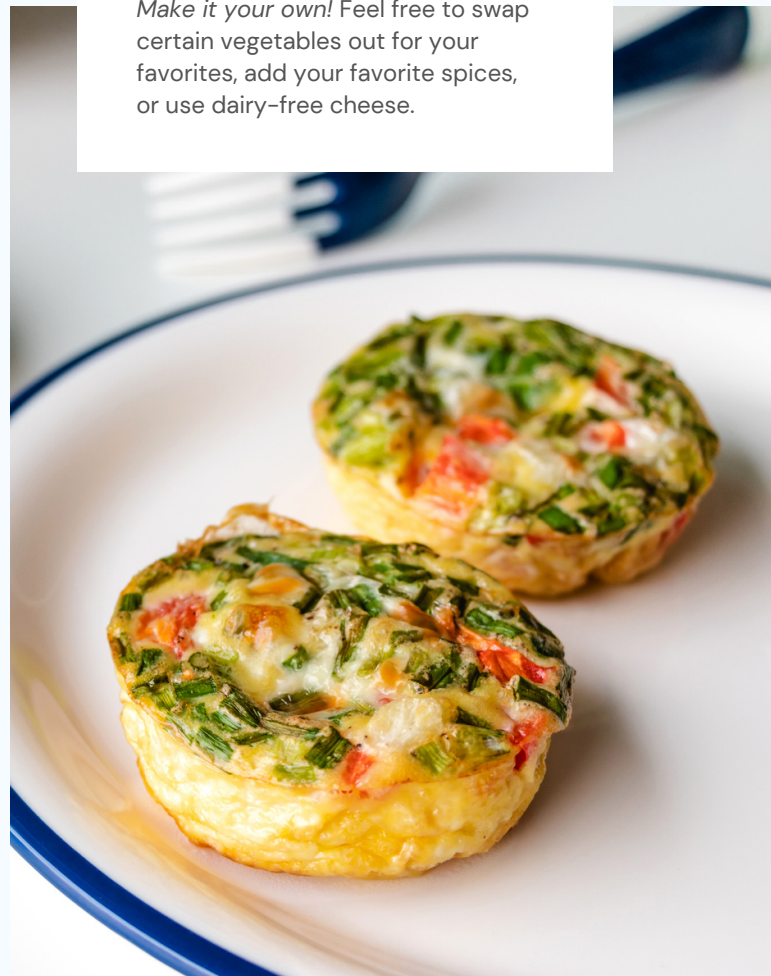
Pair a couple egg muffins with some whole grain toast spread with avocado. The combination of protein from the eggs, fiber from the toast + vegetables, and healthy fats from the avocado help keep you full and energized so you can tackle your day!

ingredients

Makes 12 Muffins

12 eggs
1/2 cup cheese
1 cup chopped spinach
1/2 cup diced bell pepper
1/2 cup chopped broccoli
1/4 cup diced onion
1 tsp olive oil
1/2 tsp sea salt
1/2 tsp garlic powder
1/4 tsp pepper

Make it your own! Feel free to swap certain vegetables out for your favorites, add your favorite spices, or use dairy-free cheese.



AVOADO TOAST & EGGS YOUR WAY

A simple classic with a modern twist. Avocado is packed with fiber and healthy fats, eggs serve as a vitamin-rich protein, rounded out with nutritious spinach. Perfect for breakfast but also a great meal for any time of the day!

ingredients

Makes 1 Serving

1-2 slices whole grain bread
2 eggs (*scrambled, hard-boiled, fried, or poached*)
1/2 an avocado
1 cup fresh spinach
1 tsp olive oil
Salt + pepper to taste

directions

- 1 Toast your bread. Slice, scoop + mash your avocado onto your toast. Season with salt and pepper to taste.
- 2 While your bread is toasting, heat olive oil in a skillet over low-medium heat and then add your spinach. Sauté for a couple of minutes until spinach is wilted. Season with salt and pepper to taste.
- 3 Prepare your eggs! Pick your preference and mix it up. Try them scrambled, fried, poached, or hard-boiled*.

*Hard-boiled eggs can be prepped days ahead and will make preparing this breakfast a *breeze*! They also make a great grab & go snack. Pair them with a piece of fruit or a handful of nuts to keep your energy going strong.



Sprouted power

Have you ever tried sprouted whole grain bread? Sprouted grains may be easier for some people to digest. They also contain more nutrients due to the way they're germinated. You may find it in the frozen bread or health food section of your supermarket.



scrambled



poached



hard-boiled



fried

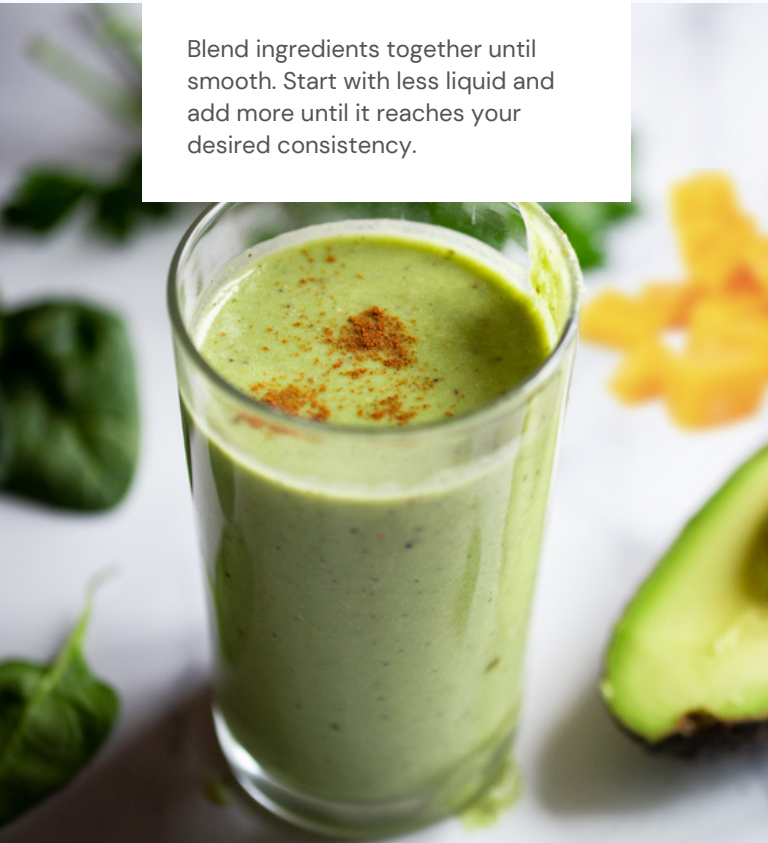
PROTEIN SMOOTHIE

Smoothies are one of the quickest and versatile options for busy mornings. They can be made in so many ways and with a variety of flavors. Try these recipes or experiment on your own!

classic green smoothie

1 frozen banana
1 handful frozen mango
1-2 cups fresh spinach
1/4 avocado
1 scoop vanilla or unflavored protein powder or 1 cup plain Greek yogurt
1/2-1 cup water
Dash of cinnamon

Blend ingredients together until smooth. Start with less liquid and add more until it reaches your desired consistency.



berry smoothie bowl

1 frozen banana
1 cup frozen mixed berries
1 scoop vanilla or unflavored protein powder or 1 cup plain Greek yogurt
1 tbsp chia seeds
1/4-1/2 cup water

Blend ingredients together until smooth and thick. Pour into a bowl. *Optional fun topping ideas that add a nutritious boost: berries, shredded coconut, granola, nut butter or seeds.*



Frozen fruit for creamy smoothies

Using frozen bananas as opposed to fresh will help make your smoothies extra thick and creamy! Plan ahead by buying an extra bunch, peeling them all and storing them in an airtight freezer bag so they are ready to grab on busy mornings.

MAKE AHEAD

CHIA SEED PUDDING

Easy to make and also a great option for a dessert or snack. Chia seed pudding has a unique texture, so if you are a fan of Tapioca pudding then this one is for you!



ingredients

Makes 2 Servings

1/4 cup chia seeds
1 cup milk of choice
1 tbsp cacao powder
1/2 tsp vanilla extract
1 tbsp maple syrup
Pinch of cinnamon + sea salt

Optional toppings: fresh berries and slivered almonds

directions

- 1 In a glass jar or sealed container with a lid, combine chia seeds, cacao, vanilla, maple syrup, cinnamon and sea salt with a dash of milk. Stir well to combine until the cacao powder has dissolved.
- 2 Place in the fridge for a minimum of 4 hours or overnight. To ensure the right texture, after 45 min. in the fridge give it a good stir before letting it set for the remaining time.
- 3 In the morning or when ready to eat, top with berries and slivered almonds.



Little seeds that pack a punch

Chia seeds are loaded with healthy omega-3 fats, fiber, protein, calcium, magnesium, and antioxidants.

YOGURT PARFAIT

A yogurt parfait is easy to prepare and fun to eat. Not only a great breakfast but a wonderful snack or nutritious dessert option, too!

ingredients

Makes 1 Bowl

1 cup or 1 container Greek yogurt
Fresh berries or sliced banana
Your favorite granola
1 tsp honey
Sprinkle of cinnamon

Optional: add nuts, seeds, hemp hearts or shredded coconut for a boost of healthy fats!

directions

- 1 In a jar or bowl, layer Greek yogurt followed by granola and berries. Top with another layer of yogurt followed by granola and berries, then finish with a drizzle of honey!



Why Greek yogurt?

Regular and Greek yogurt are made from the same ingredients but differ in nutrients. Greek yogurt tends to be lower in sugar, higher in protein, and has a thicker consistency than traditional yogurt.

