



Roadmap to Balance Your Blood Sugars with Breakfast

Learn how eating breakfast helps with blood sugar control. This resource includes what to eat and why, a grocery store list, plus over 10 breakfast ideas that can be prepared in as little as 3 minutes.

Hi, We're Amanda and Chris



Welcome to Simple Start Nutrition.

We at Simple Start Nutrition want you to enjoy eating while improving your health. We don't believe you should have to restrict or avoid certain food items or feel bad about what you are eating. Instead, we are committed to working with you to build a customized, sustainable eating plan for your unique needs based on your body's mental, physical, and emotional well being.

We are so excited to help you manage your blood sugars starting at the beginning, with breakfast!

Let's get started!

Want to learn more about working with us? [Reach out today](#) and discover the variety of insurances that we accept so we can continue to work together.

Who is this guide for?

This guide is for anyone who wants to learn a little more about blood sugar control including, but not limited to:

- People with Diabetes
- People with Pre-Diabetes
- People who are told by their doctor to “limit their sugar”
- People with a family history of diabetes
- Women who have/had Gestational Diabetes
- People with hypoglycemia (or low blood sugar)
- Women with PCOS
- People struggling with mental illness
- Anyone who has energy slumps in the afternoon
- Anyone who wants to start the day off with a balanced breakfast

How to use this guide

Easy!

Read through the guide once. Go back and look at the various breakfast options; there are a lot!

Pick 2-3 breakfast ideas that work for you. We would recommend one you can make quickly, one you can make the night or weekend before, and another one you like.

Then get to it! **Try one new breakfast a week** until you have a comfortable rotation.

WHY EATING BREAKFAST IS SUCH AN IMPORTANT START TO YOUR DAY

Eating breakfast within an hour or two of waking up can help:

- Regulate your blood sugar metabolism throughout the rest of the day
- Bring blood sugars back up since they naturally dip while you sleep
- Prevent overeating at lunch and dinner
- Provide various nutrients to support a healthy diet (which is hard to do in 2 meals)

Key elements to a balanced breakfast

- **Protein.** Aim for 20 grams or more. Protein helps slow down your digestion and keeps you fuller longer. Examples are eggs, breakfast meats, dairy, nut butter, cheese.
- **Starch.** Typical items like bread, muffin, cereal, oatmeal, English muffin.
- **Fruit or vegetable.** Or both! Aim for 1-2 servings (1 serving is about 1/2 a cup chopped).
- **Fat.** Typically fat is included in another food group like the protein source (dairy, peanut butter, eggs) or the fruit (avocado)



The next several pages include typical breakfast items and how to use them to make several different breakfasts. Each breakfast will note if you can make it ahead of time (either the night before or even on the weekend). Find the breakfast or multiple breakfasts that work for your schedule and your taste buds.



Grocery List

This list contains all the ingredients you need to make all of the recipes mentioned below.

Eggs

Whole grain bread (the first ingredient should say whole)

Fruit (berries, apples, bananas, clementines, avocado, tomato)

Cheese for your egg bake

Plain Greek yogurt (or cottage cheese)

Oatmeal (old fashioned or rolled- they're the same)

Milk- skim, 1%, Soy, or Pea are great, but whichever you prefer

Granola (Added sugar, not total, should be less than 8 grams)

Nut butter (peanut, almond, sunflower)

Nuts and seeds: slivered almonds, chia seeds, walnuts, etc

Eggs

Eggs are little protein powerhouses. With 6 grams of protein per egg, two are a great start to your day. Plus, they come with zinc, Vitamin D, and iron. Pair them with two pieces of toast and you'll clock in around 18 grams of protein.

Eggs and Toast

When: Morning of

Time: 10 minutes

What to do: Scramble, over easy, just fry them up in the pan and season as desired.

Pair with: 1-2 pieces of toast (ideally whole grain) and fruit.

Bonus: add 1/2 a cup of veggies to your eggs for extra nutrition

Options: Trade toast for an English muffin

Egg Burrito

When: Weekend before

Time: 1 hour (makes 10 burritos)

What to do: Scramble 10 eggs. Put 1 scrambled egg, some veggies, and cheese in a 10 inch whole grain tortilla. Fold in half and freeze on a sheetpan. Once frozen toss in a ziplock. Pull one out the night before to defrost. Then microwave for 30 seconds in the morning.

Pair with: fruit

Options: Switch up the cheese and the veggies to make it interesting. Add breakfast meat for extra protein.

Hard boiled Eggs

When: Day before

Time: 20 minutes

What to do: Boil 2 eggs using the method of your choice. Peel and store in the fridge for up to 7 days.

Pair with: Have 2 eggs with a bran muffin and fruit.

Bonus: Boil a bunch of eggs to use throughout the week as needed

Substitutions: Trade the muffin for toast (1-2 pieces), an English muffin, or whole grain crackers.

Egg Bake

When: Weekend before

Time: 1 hour

What to do: Scramble 10 eggs. Add eggs, some veggies, and cheese to a 13x9 dish and bake at 350 degrees until set. Cut into 5 servings and keep in the fridge. Microwave each morning.

Pair with: fruit and 1-2 pieces of toast.

Options: Change up the toast for an English muffin and you turn it into a breakfast sandwich.

Yogurt/Cottage Cheese

Greek yogurt and cottage cheese are quite similar in their nutrient profile. If you like one over the other, pick the one you like. Otherwise, try both! Look for low fat and plain. You can flavor it yourself. Both come with about 15-18 grams of protein for 6 ounces. Plus calcium, vitamin B12, phosphorus. Note: cottage cheese is higher in sodium, so that might make Greek yogurt the better choice or be sure to look for a low sodium cottage cheese.

Parfait

When: Morning or night before (keep the granola separate)

Time: 10 minutes

What to do: Prep 1 cup of fruit- strawberries for example. Add $\frac{3}{4}$ cup cottage cheese or yogurt on top, add $\frac{1}{4}$ cup granola

Options: Berries work well in parfaits, but really any fruit would work. You can also add some other little things like chia seeds, ground flax seeds, slivered almonds,



Cottage Cheese on Toast

When: Morning or

Time: 8 minutes

What to do: Using whole grain bread or English Muffin, divide $\frac{3}{4}$ cup cottage cheese between 2 pieces of toast or the 2 halves of muffin. Add a topping- something sweet like some raspberries or cinnamon or savory like tomato slice or everything bagel seasoning.

Pair with: fruit

Options: Toppings: cucumber slices, avocado, salsa, hot sauce, berries, apple slices, chopped apple and walnuts, raisins, etc





Oats

Oatmeal is a wonderful whole grain. It's cheap, shelf stable, and versatile. It comes with 6 grams of protein and 4 grams of fiber in 1/2 a cup, not to mention iron, calcium, and magnesium. Bump up the protein with to 14 grams by cooking your oatmeal with milk instead of water.

Oatmeal vs Overnight Oats

The ingredients are exactly the same for both. Overnight oats is made the night before and the liquid has 8+ hours to be absorbed. Regular oatmeal is made in the morning and the microwave is used to forced the liquid absorption- and make it nice and warm.

When: Morning of or night before (you can also make a bunch of overnight oats in one batch)

Time: 5 minutes

What to do: Mix 1/2 cup oatmeal, with 1 cup of milk, and 1/2- 1 cup fruit of your choice. Pop in the fridge overnight or in the microwave for 90 seconds. Adjust liquids as needed (some people like it thick, others like it thin)

Optional:

Fruit: berries, banana, diced apple, pear, cherries, raisins, craisins, frozen fruit works well

Milk: water, skim or 1% milk, milk alternative like soy, almond, oat, or pea (Note: not all alternative milks are the same, check for protein- ideally 8 grams- with a little added sugar as possible. Unsweetened soy and pea milk fit the bill.

Additions: peanut butter, peanut butter powder. protein powder, hemp hearts, chia seeds. ground flax seeds, any nuts or seeds for crunch, cinnamon, vanilla extract, mini chocolate chips

Combination ideas:

- Peanut butter and banana
- Blueberries with almond slivers
- Strawberry banana
- Pumpkin walnut
- Apples and peanut butter

Other Options

Don't feel like cooking? Or maybe you don't have time? No problem. Using prepacked foods or prepared foods can be just as healthy as cooking from scratch IF you know what to look for. Don't worry, we've got you.

Cereal

How to prepare

- Follow the serving size: typically 3/4-1 cup
- Add milk: look for skim, 1% or a milk alternative with protein like soy or pea milk
- Add 1/2-1 cup of fruit like berries, banana, peaches, mango, apple

What to look for on the label

- Protein: 10 grams or more would be ideal
- Carbohydrates: less than 35 grams
- Fiber: 4 grams or more

Options

- Kashi Go Puff Peanut Butter Crunch
- Special K Original Multigrain Touch of Cinnamon
- RX Cereal Chocolate Almond

Other

- **Waffles:** High protein toaster waffles, like Kodiak Blueberry, contain 12 grams of protein and 3 grams of fiber. Pair with a glass of milk or yogurt, or top with peanut butter to up the protein. Add 1 cup of fruit and it's a complete meal.
- **Smoothies:** They can be all carbs (and no protein) if it's almond milk or water with just fruit. Make sure you add protein! Start with 1/2-1 cup of fruit (any fruit works, experiment!), 1/2-1 cup veggies (try frozen spinach/kale/cauliflower, carrots, beets, etc). Add milk (skim/1%/soy/pea=8 grams of protein) and 1/2 a cup of cottage cheese or Greek yogurt (12 grams of protein). Top it off with some ice and blend.
- **Frozen Breakfast-** like Jimmy Deans Delights Turkey, Eggs, Sausage or Sweet Earth's Protein Lover's Breakfast are great options to keep in the freezer. Note: they're a little more expensive than cooking at home and come with extra sodium to keep in mind.

SO WHAT'S YOUR NEXT MOVE?

Ideally this guide has explained how important breakfast is for balancing blood sugars and has given you some ideas of what you might like to have. **Pick one to two ideas and give them a go.** Some clients make one breakfast- like an egg bake- one week, and switch to oatmeal the next. Some clients switch it up daily. It's up to you.

And remember: **don't give up!** If you get thwarted one day and miss breakfast, ask yourself, "what happened? How can I fix it next time?" Maybe it's a simpler breakfast, or moving the prep to the weekends.

Our goal as dietitians is to provide you with the knowledge to **feel comfortable about the decisions you're making in regarding to your food choices.** No more second guessing or trial and error!

If you want to learn more about blood sugar control through nutrition, **we're here to help.**

Schedule a private nutrition counseling session today and don't forget that we accept a variety of insurances.

[Reach out to work with us!](#)

