



Glucose-Steady Breakfast

A glucose-steady breakfast supports stable energy, clearer thinking, and fewer cravings. The goal is to minimise blood sugar spikes while providing enough protein, healthy fats, and micronutrients to support metabolic health.

Core Principles

1. **Build breakfast around protein**
2. **Add healthy fats for satiety and sustained energy**
3. **Limit refined carbohydrates and sugars**
4. **Choose whole, minimally processed foods**
5. **Include fibre from vegetables like spinach**

Simple Low-Carb Breakfast Ideas

1. **Eggs cooked in olive oil** with leafy greens and avocado
2. **Smoked salmon** with scrambled eggs
3. **Greek or coconut yoghurt (unsweetened)** with chia seeds and walnuts
4. **Green smoothie** and added coconut oil for healthy fats
5. **Leftover protein and vegetables** for a savoury start

Glucose-Steady on the Go

Busy mornings don't have to derail blood sugar balance. These options travel well and help maintain steady energy when eating away from home.

1. **Boiled eggs** with a small handful of nuts

2. **Protein shake** with unsweetened almond milk and MCT or coconut oil
3. **Smoked salmon roll-ups** with avocado
4. **Full-fat plain Greek yoghurt** with seeds (no fruit or honey)
5. **Leftover meat or chicken** in a container
6. **Coffee with added protein or healthy fat** (no sugar syrups)

Tip: If eating out, prioritise protein first, add fats, and skip bread, juice, and sweet pastries.

Glucose-Steady Breakfast Checklist

Use this checklist to build a blood-sugar-friendly breakfast every day.

- Protein included (eggs, fish, meat, yoghurt, protein powder)
- Healthy fats added (olive oil, avocado, butter, nuts, seeds)
- Low-carb vegetables or fibre included
- No refined grains or sugary foods
- No fruit juice or sweetened drinks
- Whole, minimally processed foods chosen
- Eating slowly and mindfully
- Staying hydrated

If breakfast keeps you full, focused, and energised until your next meal, it's working.