



# Glucose-Steady Breakfast

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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.**