



## Breakfast Menu Options

1. Fried eggs with a side of salad greens drizzled with olive oil and lemon juice and a sprinkle of sea salt OR Make-in-less-than-5 Balsamic Vinaigrette
2. Mushrooms/onions sauteed' in butter or coconut oil and put in an omelette with cheddar cheese, side of raw carrots
3. Bacon, egg, tomatoes and avocado over greens with basic dressing
4. Sauteed or steamed onion and broccoli with scrambled eggs and a side of raw sauerkraut
5. Eggs scrambled in butter with a side of avocado and salsa and homemade sausage patties, recipe here - <http://cavemanfood.blogspot.com/2009/03/turkey-or-pork-breakfast-sausage.html>
6. Herbed goat cheese frittata - [Herbed Goat Cheese Frittata](#) courtesy of Lydia @ Divine Health, fellow NTP
7. Crustless Quiches with favorite veggies (see separate recipe page)
8. Lettuce wraps with veggies, dressing & cheese inside
9. Or any other combination of favorite egg prep, favorite veggies, cooked in butter and coconut oil and served with more fats like olive oil if appropriate.

Always include the fats! Healthy fats will be your slow burning source of energy, they will satiate, healthy fats build healthy cell membranes, support your endocrine system, build good hormones, and they taste good!