

BREAKFAST FOR OPTIMUM HEALTH

GUEST 1

Addresses:

Blood Sugar, Cholesterol, Inflammation, Acid/Alkaline Balance

First Course

Lemon/Lime/Acerola quencher
(alkalize the body)

Fruit

Check any one or combination (seasonal)

- Cherries
- Strawberries
- Fresh Pineapple Fresh Cantalope
- Mixed Berries

Second Course - 1/2 hour later

- Eggs 1 2 3

-- or --

- 1 2 Egg / 1 2 Turkey Bacon (circle 1 or 2 of each)

Egg Version Choices:

- Poached Fried Scrambled

(Eggs are cooked at low heat)

- with/ garlic red pepper mushrooms
- green pepper sundried tomato
- zucchini fresh tomato
- cooked herbed tomato onion
- artichoke hearts spinach

-- or --

- Tuna Mixed Salad
Celery, cabbage, black olive, green olive, pickle, walnuts

-- or --

- Smoked Salmon w/ Mediterranean Salad
Cucumber, garbanzo beans, onion, parsley, olive oil,
lemon juice, greek olives

-- with (optional) --

- Whole wheat & Rye Toast
- Brown Rice Bread

Third Course

No refined sugar used, acerola added

- Chocolate Soy Pudding Chocolate Milk Pudding
- Chocolate Smoothie Choco/Mocha Smoothie
- Baked cinnamon apples w/nuts & oats
- Lemon vanilla custard Cottage Cheese&Tomato
- Chocolate Raspberry Nut Balls

BREAKFAST FOR OPTIMUM HEALTH

GUEST 2

Addresses:

Blood Sugar, Cholesterol, Inflammation, Acid/Alkaline Balance

First Course

Lemon/Lime/Acerola quencher
(alkalize the body)

Fruit

Check any one or combination (seasonal)

- Cherries
- Strawberries
- Fresh Pineapple Fresh Cantalope
- Mixed Berries

Second Course - 1/2 hour later

- Eggs 1 2 3

-- or --

- 1 2 Egg / 1 2 Turkey Bacon (circle 1 or 2 of each)

Egg Version Choices:

- Poached Fried Scrambled

(Eggs are cooked at low heat)

- with/ garlic red pepper mushrooms
- green pepper sundried tomato
- zucchini fresh tomato
- cooked herbed tomato onion
- artichoke hearts spinach

-- or --

- Tuna Mixed Salad
Celery, cabbage, black olive, green olive, pickle, walnuts

-- or --

- Smoked Salmon w/ Mediterranean Salad
Cucumber, garbanzo beans, onion, parsley, olive oil,
lemon juice, greek olives

-- with (optional) --

- Whole wheat & Rye Toast
- Brown Rice Bread

Third Course

No refined sugar used, acerola added

- Chocolate Soy Pudding Chocolate Milk Pudding
- Chocolate Smoothie Choco/Mocha Smoothie
- Baked cinnamon apples w/nuts & oats
- Lemon vanilla custard Cottage Cheese&Tomato
- Chocolate Raspberry Nut Balls