

# GABRIELE

## FITNESS & PERFORMANCE



## What the Heck should I eat for Breakfast?

By Vince Gabriele

It seems UN-American to not have eggs, pancakes, French Toast, Bacon, toast or waffles for breakfast. Anything other than these foods and people are usually looking at you like you are some sort of crazy man. Well folks, call me crazy because I am about to introduce the new rules of breakfast to help you have more energy and be on your way to a leaner body.

### **Breakfast Tip #1**

It is not mandatory to eat bowls of sugar or warm cake like structures and drench them in fake tree sugar, sweet white powder and butter. You will still be a solid citizen if you do not have these for breakfast. Sunday is not national Pancake Day.

### **Breakfast Tip # 2**

If you have fruit with Rule number 1 it does automatically make it a healthy nutritious breakfast.

### **Breakfast Tip # 3**

Try Meat and Nuts for Breakfast. The meat allows for a steady rise in blood sugar and the nuts provide a great source of fats that allows the blood sugar to remain stable for an extended period of time. We got this tip from Canadian Strength Coach Charles Poliquin, check out his full article here: [www.charlespoliquin.com](http://www.charlespoliquin.com)

### **Breakfast Tip # 4**

Prepare for #3 ahead of time. On Sunday night, grill a bunch of different types of meat so they are ready for you in the AM. If you try to grill each morning it is unlikely you will get what you need.

### **Breakfast Tip # 5**

Eggs are still awesome, eat the whole thing. There are so many great qualities about eggs and this is a food that should be consumed in its entirety. The yolks of the egg have vital nutrients your body and brain need. Just try to not eat them every day, mix in your meat and nuts breakfast frequently.

### **Breakfast Tip #6**

Eat Low Glycemic Fruit in the AM. Low glycemic fruits are carbohydrates that break down more slowly, releasing glucose more gradually into the bloodstream and are less likely to be stored as fat. Grapefruit, Blueberries, apricots, peaches and plums are a few good choices.

**Breakfast tip #7**

Sample Breakfasts (Coffee, Tea and water are the only drinks available. High Sugar juices should not be combined with the options below.

1. Chicken Breast and Almonds
2. Scrambled Eggs and a grapefruit
3. Fried Eggs and Cashews
4. Hamburger patty w/ Hot Sauce and Blueberries

So there you have it. A few options to help you get through your breakfast drought. As you can see, many of the choices are not the traditional American breakfast but I think you will see and feel the difference. Give it a shot!

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