

Suppers Breakfast Challenge

How will you know if your breakfasting habits are causing your problems with mood and energy? Do you have any combination of:

- * Strong preference for refined carbs: candy, cake, chips, soda, and white bread
- * Irregular breakfast habits or habits of sweet or starchy breakfast
- * Unsatisfactory energy levels plus

Depression	Obesity
Anxiety	Diabetes
Learning Issues	Problems with alcohol
Confirmed or Suspected Eating Disorder	

If so, the Suppers breakfast challenge will give you important *data* about your body. All you need to do is try four different breakfasts and note how you feel.

Days 1 and 2 Do what you usually do

Days 3 and 4 Have scrambled eggs with some green vegetables and NOTHING ELSE

Days 5 and 6 Have unsweetened oatmeal or whole grain cereal and milk or milk substitute and NOTHING ELSE

Days 7 and 8 Have breakfast chili and NOTHING ELSE

If you would like to try a vegan raw fruit option, substitute a fruit smoothie (recipe below) for the eggs or chili.

Rationale: If you have a combination of the issues that the Suppers programs deal with -- depression, anxiety, learning issues, obesity, diabetes and/or problems with alcohol --AND a strong preference for refined carbohydrates, it's *data*. Our members usually start improving when they find the right kind of breakfast *for them*. For some, oatmeal works. For most, a meal that combines adequate protein, high quality fat, and low starch vegetables brings a big boost of energy, holds off cravings, and levels out moods. And for some of our members, a strict vegan approach emphasizing in-season fruits has brought vibrant health. But you won't know which works best for you until you try an experiment and observe the results.

Just note how you feel through the day. If you must have coffee, wait until an hour after you eat, or you'll sabotage the experiment. If you can't wait for your coffee, that's *data*.

Breakfast Chili: A super easy way to make a big batch

- * Place enough olive oil in a soup pot to coat the bottom.
- * On medium heat, brown 1½ pounds of ground turkey.
- * Add 4 cups of high fiber vegetable, like finely shredded cabbage.
- * Add two cans of drained kidney, black, or preferred beans.
- * Add one small jar of salsa and one small jar of tomato sauce after reading the labels to make sure there is no form of sugar or corn syrup in them.
- * Depending on the amount of liquid in the salsa, you will need to add some water.
- * Add a tablespoon of chili powder, or to taste.
- * Add salt to taste, if it is not restricted for you.

Let it simmer until the water steams off and it is the consistency you like, about ½ hour.

In the ideal world, your ingredients would be organic and fresh. This is not the ideal world. Follow the Suppers principle of nutritional harm reduction, which you can out at:

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http://www.thesuppersprograms.org/Documents/Information/NutritionalHarmReduction_Tips.pdf and use the highest quality ingredients you can *without stressing over it*.

Vegetarians

This is a little harder for vegetarians. Vegans can try the challenge with black bean chili. Those who eat eggs but not meat can add an egg to the menu. The goal is to feel the effects on your body of combined protein, high quality fat, and high fiber carbohydrate. Those who wish to try a fruity vegan approach can make smoothies by processing 2 – 4 TBS full fat coconut milk, a handful of raw almonds, 1 banana, ½ c. mixed berries, 1 peach, 1 pineapple wedge and some greens, such as a few leaves of kale.

Tracking

Choose a few things you'd like to track like energy, mood, alertness, concentration, number of hours before hunger sets in, cravings. Make note of how you feel throughout the day.

	Breakfast	Morning	Midday	Afternoon	Evening
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					