



THE VERY BEST
clean cuisine
BREAKFAST PLANNER

Healthy and Delicious Breakfast Options!



hi there.

This Breakfast Planner is the perfect resource to help you plan and create easy and nutritious breakfasts in just minutes every day. Our planner provides 4 options to help you plan your week.

Don't forget to stop by our **Breakfast Planner Resource** page to see recommendations for clean ingredients and great kitchen tools to help make your breakfast prepping even easier.

Want to get featured on Instagram? Just tag us [@cleancuisine](#) or use our hashtag **#cleancuisine**.

We can't wait to hear how much you love our breakfast planner.

Aimee + Madison

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BREAKFAST OPTION #1 | SMOOTHIE

If you are not particularly active, you are trying to lose weight or you tend not to be a big breakfast eater, make a light No-Milk Shake made with fruit and nuts. You can also get more recipes in our **Clean Cuisine Super food Rich Smoothie eBook** or our **No-Milk Smoothie Recipes** on Clean Cuisine. Once you make a few of our No- Milk Shake recipes you'll soon be able to create your own! In the meantime, here is another recipe...

SUNNY C DELIGHT MILK SHAKE

SERVES 1 • GLUTEN FREE | DAIRY FREE

INGREDIENTS

- 1 orange, peeled and chopped
- 1 kiwi, peeled and chopped
- 5 pitted dates
- 2 tablespoons hemp seeds
- ½ cup water
- 3-4 ice cubes

INSTRUCTIONS

Place all ingredients, except ice in a **high-speed blender**, add process until smooth and creamy. Add the ice and process again. Drink chilled.



BREAKFAST OPTION #2 | GRAIN + FRUIT BOWL

Step 1: Use the “Cooking Whole Grains” guideline on the next page to cook the whole grain of your choice. Just because it is breakfast does not mean you need to eat a traditional “breakfast grain” such as oatmeal. Experiment with other grains, such as quinoa, brown rice, teff, amaranth and millet.

Step 2: Add any fresh or thawed frozen fruit of your choice to the cooked whole grains. Keep the fruit to grain ratio 2 to 1, meaning if you eat 1 cup of fruit then you want to have ½ cup of cooked whole grains.

Step 3: Pour nut milk or fresh hemp cream on top of your whole grains. Try sprinkling 1-2 tablespoons of hemp seeds, ground flaxseeds or chia seeds on top. Or stir in a few teaspoons of raw almond butter or tahini.

Step 4: Add a boost of flavor, antioxidants and phytonutrients. Add a sprinkling of spice, such as: cardamom, cinnamon, nutmeg, allspice, pumpkin pie spice or freshly grated ginger, lemon zest, or orange zest. For a little natural sweetness try just a drizzle of raw honey or 1 to 2 teaspoons date sugar or coconut palm sugar. Raw cacao powder and acai powder are also delicious and make great superfood stir-ins.



HOW TO COOK WHOLE GRAINS

1 Cup Grains | 2 Cups Water: Most whole grains can be cooked using about one cup of grains and two cups of water. If you prefer your grains softer, add more liquid and cook them slightly longer. For firmer grains, add less liquid.

Pre-Soaking + Rinsing Grains: All grains except for millet will benefit from pre-soaking and rinsing before cooking. You can soak grains for as little as one hour and up to twenty. After that, they will start to spout and will not require cooking. Presoaking grains washes away much of the phytic acid that can interfere with mineral absorption, allows them to cook faster and with less liquid, and makes them easier for your body to assimilate and digest.

Kombu Seaweed: If you don't have time to soak your grains, then add just a bit of unrefined sea salt or a piece of kombu seaweed and continue on with the cooking. This step helps neutralize the acid-forming property of the grains and infuses them with minerals.

Rotate Your Grains: We suggest you rotate your grains on a regular basis because each whole grain has its own unique vitamin, mineral, antioxidant, and phytonutrient profile. By rotating your grains you'll get exposed to a broad spectrum of nutrients.



HOW TO COOK WHOLE GRAINS

Step 1: Place grains in pot with enough water to cover and soak at least 1 hour.

Step 2: When ready to cook, pour grains into mesh basket and rinse.

Step 3: Return grains to pot, add fresh water or stock, sea salt or kombu seaweed, and bring to boil.

Step 4: Reduce heat to simmer, cover and cook until all liquid is absorbed. Remove from heat, discard kombu and serve.

GRAINS + WATER RATIOS

<ul style="list-style-type: none">• 1 cup brown rice, millet, amaranth or teff• 2 cups water or stock• Thumb-size piece kombu or pinch of sea salt	<ul style="list-style-type: none">• 1 cup quinoa• 1 ½ cups water or stock• Thumb-size piece kombu or pinch of sea salt	<ul style="list-style-type: none">• 1 cup wild rice or whole oats• 2 ½ cups water or stock• Thumb-size piece kombu or pinch of sea salt
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QUICK GRAIN TIPS

Tip 1: Cool grains slightly before fluffing so that they hold their shape and do not become mushy.

Tip 2: A rice cooker can be used to cook ALL grains. Presoak grains, if possible, drain, rinse and add to bowl with water or stock, and kombu or salt. Cover, turn on rice cooker and let your cooker do all the work.



EASIEST WAY TO COOK PERFECT WHOLE GRAINS

STORING COOKED GRAINS: We always have a big pot of cooked whole grains stored in a covered container in our fridge at all times. Every few days we make a different grain. We use these cooked grains in our breakfast, add them to soup, spoon them over our salads or top them with beans or sauce.

USE A RICE COOKER: If you are going to start adding whole grains to your diet you need to be able to cook them quickly and with the least fuss possible. The easiest way to prepare whole grains is with a rice cooker. Rice cookers can be used to make everything from millet, soups, pudding, and more. Their hands-free nature allows you to more easily cook and incorporate whole grains into any Clean Cuisine meal.

BEST RICE COOKER MODEL: Many different rice cooker models exist, but we are in love with the **VitaClay Chef Gourmet Rice & Slow Cooker Pro**. This sleek cooker fuses the centuries-old clay pot with modern computerized electronic cooking. Instead of the usual stainless-steel insert, it has an unglazed Zisha-clay pot that can be taken right to the table, eliminating the sticky job of scraping out rice. It can also be programmed to slow-cook soups, chili and stews. **Use code "CleanCuisine10" for 10% off a VitaClay Rice Cooker.**



BREAKFAST OPTION #3 | EGGS AND VEGGIES

If you are super hungry in the mornings, try our basic recipe for Scrambled Eggs and Veggies. Eat your eggs and veggies with any fresh fruit and consider topping them with lots of fresh salsa. You can use: onions, mushrooms, red or green bell peppers, carrots, zucchini, radishes, etc.

PERFECT SCRAMBLED EGGS AND VEGGIES

SERVES 1 • GLUTEN FREE | DAIRY FREE

INGREDIENTS

- 2 organic, pastured eggs
- 2 teaspoons water
- Sea salt, to taste
- Pinch of Paprika
- ½ teaspoon extra virgin coconut oil
- 1 cup finely chopped vegetables

INSTRUCTIONS

1. Crack the eggs into a small bowl. Add the water, salt, and paprika. Use a fork to whisk the eggs vigorously (the more you whisk them, the fluffier they will be). Set whisked eggs aside.
2. Heat the oil in a small skillet over medium heat; add the vegetables and sauté for 3 to 4 minutes. Pour the whisked eggs over the vegetables and scramble until the eggs are no longer runny.



BREAKFAST OPTION #4 | ON THE GO

If you are super busy or on-the-go and want a ready-to-eat breakfast, the following breakfast cookies or a **Larabar** are healthy options. Be sure to add fruit and keep your fruit to grain ratio 2 to 1.

SUPERFOOD BREAKFAST COOKIE

SERVES 8 • GLUTEN FREE | DAIRY FREE

INGREDIENTS

- 1 cup old fashioned oats
- ½ cup oat or almond flour
- 2 tbsp ground flaxseed
- 2 tbsp hemp seeds
- 1 tsp cinnamon
- ½ teaspoon baking powder
- ½ cup unsweetened applesauce
- 3 tbsp coconut oil, melted
- 3 tbsp honey
- 2 tbsp almond milk

INSTRUCTIONS | Preheat oven to 325. Add all dry ingredients to a bowl and whisk together. Stir in wet ingredients until well combined and let rest for 4-5 minutes. If your dough is too thick, add in 1-2 more tbsps of milk. Scoop 8 cookies onto a **baking sheet** and bake for 15-18 minutes.

OPTIONAL | Add in a few of these to add more nutrients and flavor: chopped apple, slivered almonds, dried unsweetened cranberries, dried unsweetened cherries



DRINK OPTIONS WITH BREAKFAST

We love drinking water or sparkling water, but sometimes we want something a little more flavorful.

SUGGESTION #1: Coffee or espresso with a little nut cream.

SUGGESTION #2: Organic Green Tea, hot or on ice!

SUGGESTION #3: Make your own juice using 1/2 cup frozen fruit (we love using frozen wild blueberries, strawberries) paired with 1/2 an apple or banana. Add about 8 ounces of water and blend.