

Low Glycemic Index Breakfast Ideas

Steady energy levels and sustained fullness

CATEGORY	RECOMMENDED MEAL IDEA
Whole Grains	Steel-Cut Oats with Walnuts Topped with cinnamon and a handful of berries.
Protein Based	Spinach & Mushroom Omelet Two eggs whisked with fresh greens and feta cheese.
Plant Based	Avocado on Sprouted Grain Bread Smashed avocado, red pepper flakes, and hemp seeds.
Dairy / Alt	Greek Yogurt Parfait Plain 0% yogurt, chia seeds, and raw almonds.
Quick Prep	Smoked Salmon Roll-ups Cucumber slices topped with salmon and capers.