

APPENDIX D -- GOING 4LEAF SERIES WEEK 2: BREAKFAST & SNACKS

By Dr. Kerry Graff

Week 2- Game Plan. This week you are going to:

1. Enact your weekly plan for meal planning and shopping (this week you're shopping for 4Leaf breakfasts and snacks).
2. Start eating a 4Leaf breakfast every day.
3. Start eating only healthy snacks.
4. Keep track of your progress using the 4leaf Survey daily reporting version.
5. Toss or give away all of your unhealthy breakfast foods if you haven't already done so.
6. Start thinking about some 4Leaf lunch options for next week.
7. Start stocking your pantry with healthy staples (oats, nuts, beans, grains like bulgur, brown rice and quinoa, etc.)

BREAKFAST. Skipping breakfast denies your body the fuel it needs to get moving and sets you up for food cravings later in the day. **SO DONT SKIP BREAKFAST!** For most people, breakfast is what we call a routine meal, meaning we tend to eat almost the same thing every day.

It's essential that all *routine* meals are 4Leaf (80% or more of the calories come from whole plants). You have almost no chance to eat at a 4Leaf level overall if a meal that you eat almost every day is not 4Leaf.

You will need to find a 4Leaf breakfast that you like AND that will deliver enough calories so that you can make it to lunch without getting hungry. (Alternatively, you can plan a mid-morning healthy snack.) There are a million options,

but below are a few of our favorites to get you started:

Sailors Daily Oatmeal

(what Jim Hicks eats just about every morning)

1. Start with any brand of oatmeal (*old fashioned, not quick cook*) that has only one ingredient--whole rolled (or steel cut) oats.
2. Put the oatmeal in a bowl along with a few raisins, add a few ounces of cold water and top off with unsweetened non-dairy milk. If you haven't tried oatmeal cold, you definitely should; and you may never eat hot oatmeal again.
3. While the oats soak, cut up a medley of your favorite fruit and put on top.
4. If you find yourself getting hungry before lunch, just add more oats to your breakfast. That should do the trick.
5. This meal can be prepared from start to finish in five minutes and can be eaten at any time of day or night. It's my go-to meal when I come home from a trip late at night.

Steel-cut oats and fruit

(what Kerry Graff eats just about every morning)

1. Put ½ cup of steel cut oats (2 servings worth) into a pot on the stove. Add 2 cups of water and turn on heat to medium.
2. While that is cooking, cut up and eat a half a grapefruit. If it is really delicious, eat the other half too.
3. Let the dog out, wash the dishes that didn't get done last night and stir the oats a few times.

4. Slice a banana into a big bowl and add the oats when they have finished cooking.
5. Add some blueberries. (I use frozen so they cool the oats off enough that I don't have to wait to eat it.)
6. Add a few walnuts, some cinnamon, and a splash of almond milk.
7. Eat until comfortably full. Usually I finish the whole thing.

OK, it is a little embarrassing how much I eat for breakfast. But seriously, if I don't eat this volume of food, I am hungry before lunch. And I still lost 25 pounds eating all this food and am now at a very healthy weight.

You hate oatmeal? My first response is to tell you to GET OVER IT, because oatmeal is seriously good for you. *Like a cholesterol sponge.* Well, that's not really how it works, but you get the idea. My second response is to ask if you have had the steel cut version, which has a firmer texture and nuttier taste. Usually, people's objection to food is related to texture and not taste, and the texture of steel cut oats is less, well, objectionable! But if you just can't stomach it...

Whole grain cereal is a decent option, although it is somewhat processed and you need to be sure there isn't added sugar. Add fruit, and make sure to use plant-based rather than cow's milk.

Fruit and/or veggie smoothie. There are a million versions of this. Below is my daughter's "go to" breakfast smoothie. It takes less than 2 minutes to make.

1. Place ripe banana in blender.

2. Add a few frozen strawberries and/or blueberries.
3. Add a little maple syrup (optional, unless you are my daughter...)
4. Add just enough fruit juice or almond milk for the blender to blend everything together.

Potato and veggie scramble. This is obviously not quick to make, but it is my favorite Saturday morning breakfast. I even got my local diner to start making it for me if I'm out to breakfast with friends--thanks, Lafayette!

If you have leftover potatoes, use them. If not,

1. Wash and dice a potato into ½ inch pieces. Place in a bowl and cook in microwave on high for 3 minutes.
2. While that is cooking, cut up your veggies. Use any of the following or whatever you have on hand:

Sliced onion, asparagus, broccoli, tomatoes (fresh or sundried) spinach, peppers (any kind--I really like banana peppers) and mushrooms.

3. Place a skillet on medium heat and once hot, add the onions (if you are using) first. **You do not need any oil!** After these have cooked a bit, add the other veggies, starting with the potatoes, which should be soft by the time they come out of the microwave.
4. Then add the things that take longer to cook (like raw broccoli and asparagus) followed by the quicker cooking things (like peppers and spinach).
5. Add black olives if you wish. And some black pepper.

6. Serve. Consider topping it with hot sauce, salsa or hummus. Yum!

There a ton of options for breakfast foods. If none of the above appeal to you or if you need more variety, see Chapter 13 for recipe resources.

What about juice for breakfast? As mentioned earlier, since fruit or vegetable juice (whether packaged or fresh) is not a whole plant, it does not count as a serving of fruit or veggies on the 4Leaf Survey. It is missing the all-important fiber that makes your body run so efficiently and it also contains a concentrated load of sugar. For these reasons, we don't advise that you make fruit or vegetable juice a part of your daily routine.

What if I'm just not hungry in the morning? Eat at least a little fruit anyway and have some on hand for a mid-morning snack. If you don't eat breakfast, that donut at the office is going to be calling your name by mid-morning.

SNACKS. While you are getting used to how much you need to eat to get you to the next meal (you will need to eat significantly more volume now than you did before), you will need to have some healthy snacks on hand. Also, some people just can't comfortably eat enough whole, plant-based food at one sitting to provide sufficient calories to last them 5-6 hours until the next meal.

These folks will need to routinely add snacks into their daily routine. By snacks, I'm talking about quick-to-grab, ready-to-go foods that are just as healthy as the 4Leaf meals you are eating. So I'm not talking about crackers or potato chips. Some examples of easy-to-eat 4Leaf snacks you might have on hand:

- Bananas, apples, grapes or clementines

- Celery with a little peanut butter
- Cut up veggies and oil-free hummus
- Air popped popcorn

What about nuts? We do not recommend that you snack on nuts or seeds. Why? Because they average over 70% fat and if you are HUNGRY, you most likely will end up eating a lot of calories snacking on these. Fill up on something less calorie dense and save nuts and seeds to be used sparingly elsewhere, like sprinkled lightly on your oatmeal or salad.