



Breakfast Boost Challenge



CHALLENGE DESCRIPTION:

Breakfast – for some it's their favourite meal of the day, for others it's an easy one to skip. Whether you wake up dreaming of waffles or consider black coffee a balanced start – the Breakfast Boost Challenge is here to help you start your morning with a balanced option that gives you the energy you need to take on the day!

For the next 7 days, use the tips below to help you to prioritize a healthy breakfast!

WHY IS EATING BREAKFAST IMPORTANT?

As the first meal of the day, breakfast has the important task of **kickstarting your metabolism**. Eating within 1 hour of waking up, tells your body to start burning calories to use as energy. This energy fuels everything your body does, from breathing to talking to jumping up and down – our bodies are constantly using energy to keep each system running smoothly so we can go about our daily lives.

In the long term, eating breakfast is associated with a lower risk of weight gain and diabetes. Research also suggests that people who skip breakfast may be at a higher risk of heart disease.

People who eat breakfast tend to have better diets overall, have healthier eating habits and are less likely to snack throughout the day than people who skip breakfast. Studies have also shown that not having breakfast affects your mental performance including your attention and memory. And just in case you're still wondering what all the breakfast fuss is about – people who eat breakfast are also more likely to meet their recommended daily intake of vitamins and minerals, all of which are essential for our body to function!

Eat breakfast

If you are in the "breakfast is skippable" camp, this tip is for you. The most important step in your challenge to eat a healthy breakfast is to eat any breakfast whatsoever. If you find you are tight on time in the morning, try to prep healthy options the night before that are easy to grab and go. It's also ok to work your way up to a more balanced breakfast, maybe you start the day with a piece of fruit and nut butter or a few hard-boiled eggs.

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Focus on protein

Including protein in a balanced breakfast is a great way to keep you feeling full and stabilize your blood sugar levels. Peanut butter, nuts, Greek yogurt, cottage cheese and eggs are all great sources of protein to include in a healthy breakfast.

Don't forget about fruits and veggies

Fruits and veggies are high in vitamins, minerals and fibre – all essential in **maintaining healthy body function**. From brain health to gut health fruits and veggies have too immune-boosting and anti-inflammatory properties to be overlooked as an essential component of a healthy breakfast.

Redefine your breakfast

Who says breakfast must be confined to breakfast foods? Breakfast is a meal, just like any other, if you're getting healthy carbs, protein and fats, that's all that counts! If you aren't a fan of typical breakfast foods, stick with healthy recipes you love to eat for lunch and dinner and try them in the morning. You can also try having leftovers from the night before as an easy option!

Avoid these tasty traps

On your journey towards better breakfasts, it's important to steer clear of high-sugar choices masquerading as healthy options. Some breakfast cereals can be heavily processed with lots of added sugar despite being advertised as a 'good for you'. Bottled smoothies and breakfast muffins are no different – both contain added sugars with little nutritional value.

THE CHALLENGE

Brainstorm a healthy breakfast plan for the next 7 days to help you stay on track. Plan your breakfast the day ahead to make sure you have it ready to go and don't fall for a quick and "easy" option if you are in a rush. Check out some of the examples for inspiration:

- **Better Breakfast Ideas**
- **Breakfast Made Easy**
- **Breakfasts for Busy Mornings**

Note down your breakfast plan in the chart and keep track of your favourites or anything that you would like to try differently. While this challenge is only for one week, the goal is to find breakfast ideas that will inspire you to fuel your body for the day ahead and improve your well-being long-term.

BREAKFAST BOOST

Your 1-Week Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

CHALLENGE COMPLETE!

Congrats on completing the Breakfast Boost Challenge! With this week behind you, hopefully you can move forward with positive new habits. Remember to continue to experiment and find foods that work best for you in the morning with your routine and you will start to see a difference in how you feel throughout the day.



Congratulations on completing the **Breakfast Boost** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

