

Springtime Breakfast Ideas

General Springtime Guidelines:

Eat to your appetite.
Keep portion sizes small.
Use no/less oil and more spicing.
Take only a small breakfast.
Take your main meal at midday.
Sip only warm water or spicy tea with meals.

Greens & Grains for Breakfast

- Best Greens for the season:
 - Beet greens
 - Cabbage
 - Chard
 - Collard greens
 - Dandelion
 - Endive
 - Kale
 - Spinach
- Best Grains for the season:
 - Amaranth
 - Barley
 - Buckwheat
 - Corn
 - Millet
 - Quinoa
 - Basmati Rice
 - Rye

Breakfast Beans

- Best Beans for the season
 - Aduki/adzuki
 - Black beans
 - Black-eyed peas
 - Garbanzo
 - Kidney
 - Lima
 - Lentils
 - Mung beans
 - Navy
 - Pinto
 - Tur dal
 - White beans

Eggs & Vegetables

- Best Vegetables for the season
 - Asparagus
 - Bell peppers
 - Beets
 - Broccoli
 - Brussels sprouts
 - Cabbage
 - Carrots
 - Cauliflower
 - Celery
 - Chilies
 - Garlic
 - Green Beans
 - Leeks
 - Onion
 - Peas
 - Potatoes, white
 - Radish
 - Turnips
 - All listed greens
- Use whole eggs or egg whites.

Keeping it Light

- Best breakfast options if you have little to no appetite
 - Spicy tea
 - Ginger
 - Clove
 - Cinnamon
 - Sliced apple with cinnamon
 - Sliced pears with ginger
 - Corn bread toast lightly brushed with ghee
 - Rye toast lightly brushed with ghee
 - Small servings of other recommended options