

BREAKFAST OATMEAL

Heaping $\frac{1}{2}$ cup of old fashioned oats and cook as directed
(not instant oatmeal –loss of nutrients)

Pour into cereal bowl and mix into oatmeal a tablespoon of
Omega mix or similar product. This mix comes from Energyfirst.com,
Ground flax seed from Samson and the Lion works as well and either
Provides the good fat that every meal needs

Optional: also stir in $\frac{1}{2}$ scoop of Greenergy from energyfirst or similar product
From Samson – both are a micronutrient product

Then slice one banana over oatmeal and pour on some frozen blueberries

Mix 2 scoops of vanilla protein powder (Optimum from Samson is a good brand)
With skim milk(Homeland Dairy skim is great and available at Lowes Foods) semi-
thick
And pour over oatmeal

Sprinkle with cinnamon and you have a complete meal and balanced with a protein,
A good complex(grown from earth) carb in your oatmeal and fruit and a good fat

Drink water for hydration and your looking good.

What to do with that big jug of protein powder?
Make a shake – a complete balanced meal

1 cup of skim milk in the blender with 2 scoops of protein powder – blend a few seconds
add tablespoon of ground flax or flax seed oil or Udo's oil (go to
Samson)

optional: 1 scoop of Greenergy or similar product

blend a few seconds

add and blend frozen fruit (strawberries, raspberries, pre-sliced frozen bananas, peaches
or whatever you like) and a few pieces of ice to make it thicker and colder(for summer)

blend – pour in a big glass and you have another complete meal!