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**Episode #4 of 10**  
Basics of low-carb eating

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# Let's Start with Breakfast

by [Emily Stone](#)

Welcome back!

When trying to eat low-carb for breakfast, you'll want to steer clear of the breakfast aisle (and definitely the bakery!). Many of the foods commonly associated with an American breakfast (cereal, oatmeal, fruit juice, bagels, pastries, and pancakes) contain the sugar and low-fiber flours you're trying to avoid. Instead, the focus will be on eggs, healthy fats, vegetables, and alternative flours and sweeteners.

Here are a few options for a fat-fueled breakfast that will keep you full until lunch (or beyond).

## Eggs

You cannot go wrong by basing your breakfast around an egg or two. Even better, choose pastured or omega-3 eggs for their increased nutrient profile.

Here are a few ideas:

- Scramble or pan fry over-easy in grass-fed butter or coconut oil. Season with salt and pepper to taste. (Optional: Add a side of avocado slices or nitrate-free bacon.)
- Make an omelette or egg scramble with veggies, cheese, and/or meat of choice. Cook in grass-fed butter or coconut oil.
- Consider this make-ahead idea of baked egg muffins:
  1. Combine eggs, whole milk or cream, veggies, meat, cheese, salt, and pepper, and pour into greased muffin tins.

2. Bake at 375°F (190°C) for about 20 minutes (until centers are set).

This is a great way to use up leftover veggies or meats in your fridge—feel free to experiment with different combinations.

## Smoothies

A high-quality blender is invaluable if you're going to eat low-carb and avoid processed foods. I use mine for smoothies, batters, soups, ice creams, and blended drinks.

There are unlimited smoothie combinations you can try. Here's one I love because it packs in two servings of leafy green veggies, healthy fats, and antioxidant-rich berries, all before the coffee's done brewing. Add ingredients in order, and blend on smoothie setting (or high) until a consistent color and texture is reached.

Try this green smoothie:

- 8 oz. (240 ml) water
- juice of 1/2 lemon
- 2 cups baby spinach
- 1/4 avocado flesh
- 1 tbsp. coconut oil
- 1/4 cup frozen blueberries (or raspberries or blackberries)

- 1 tbsp. raw honey (optional)
- ice

## Bulletproof Coffee

This favorite drink of Keto followers is a great way to kill two birds with one stone: your morning coffee, plus breakfast, in one delicious drink.

1. Combine 8 oz. (240 ml) of fresh brewed coffee, 1 tbsp. of coconut oil, 1-2 tbsp. grass-fed butter, 1 tbsp. vanilla, and a dash of cinnamon. (Some people will add powdered collagen for its many benefits.)
2. Blend on high for 30-60 seconds for a creamy, latte-like drink that's packed with healthy fats and ready for sipping or taking on the go.

## Bread

You have two options:

- Buy in a store. Consider high-fiber, low-carb sprouted whole grain breads, muffins, and other baked goods.
- Make your own. If you're feeling ambitious, you can make your own low-carb bread loaf and use it for toast or sandwiches.

Get creative with toppings: almond butter, grass-fed butter, avocado, grass-fed butter, fried egg, or bacon.

## Pancakes, Waffles, and Muffins

If you're like me and LOVE breakfast/brunch, the idea of giving up pancakes, waffles, and muffins forever might seem like a dealbreaker. However, there are some great Paleo and Keto-friendly recipes to replicate these favorites.

In general, you can substitute almond flour and/or coconut flour for wheat flour, as well as use honey or coconut sugar in place of white/brown sugar in many baking recipes. You can even sneak in veggies like zucchini and carrots and healthy fats like avocado and coconut. Remember to top with grass-fed butter, unsweetened berries, or real whipped cream (not syrup) to keep sugar low.

Now that you know about a variety of low-carb breakfast options, have fun experimenting! If mornings are rushed for you, pick just one to two recipes and repeat all week, or prep egg muffins or pancakes ahead of time. That's one less choice you need to make and ensures a healthy start to the day.

Tomorrow, we'll move on to great options for lunchtime—at home, in the office, or on the go.

From my kitchen to yours,

Emily

### **Recommended resources**

[Against All Grain](#): author Danielle Walker's grain-free recipes

[Empowered Sustenance](#): author Lauren Geertsen, NTP, sharing the resources that freed her life from disease and medications

[Keto Diet Blog](#): a smoothie roundup

[Know Foods](#): for everything from waffles to donuts and crepes

[Low-Carb Breakfast](#): low-carb creative Pinterest board

### Recommended reading

[Pastured vs Omega-3 vs Conventional Eggs—What's the Difference?](#)



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