



LOOK BEYOND HAIR™
WIST. GLIDE. SHINE.

Healthy Breakfast Ideas: Different Meals

- Day 1: Eggs
- Day 2: Scrambled tofu
- Day 3: Oatmeal or any grain product
- Day 4: Boxed breakfast cereal
- Day 5: Muffin and coffee
- Day 6: Fresh fruit
- Day 7: Fresh vegetables

	What I ate	How I feel right after eating	Two hours later
Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7

You may discover from this exercise that you are unusually sensitive to certain foods. A food sensitivity or allergy may be your body's way of telling you to start eating foods more appropriate for your current life goals.