



Pocket Paleo: Breakfast

Nell Stephenson

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When it comes to eating paleo, trainer, nutritional consultant and author of *Paleoista* Nell Stephenson knows that breakfast is one of the most challenging meals. It's the most important meal of the day, but why do so many of us have it all wrong? Skipping breakfast to save calories or because we don't have enough time does nothing other than increase our chances of making poor meal choices. And when trying to eat paleo, it can be struggle to move away from old standards like cereal or oatmeal and still eat something easy to prepare but filling and healthy.

So what does a good paleo breakfast consist of? The same thing any other meal does—vegetables, protein and fat, like soft-boiled eggs over spinach with some avocado and a side of berries, or even a five-minute well-balanced smoothie. By starting the morning off the right way, you'll set yourself up for sustained energy and focus day after day.

POCKET PALEO: BREAKFAST includes

- 50 recipes, like sun-dried tomato and basil Sonoma omelets, bacon and melon roll ups, breakfast Carpaccio and Mexican fajitas
- Building paleo breakfast basics
- Tips for adventurous eating, kid-friendly modifications, eating on-the-run and more

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Irma Cook:

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Teresa Obannon:

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