

Name: _____

Date: _____

Blood Sugar Balancing Breakfast Ideas

S T C O R G X C F E N M H A C U I U X W M S P V
Z M V E Q G U O H H X O H R O R M W P J Z E T V
V J T R H R W A V O C A D O R U O X L S K O S P
L R S V Y O L L L B W D Y C G K H U E N E T D B
H F C R P O F Y I N C I B G Q F A I N L B A E D
Z B T U N B N O Y P T E A K E J R O O U J M E H
E N Q V V I L M I H G A I A B R Q R V P K O S T
T Y D F H O O F I F X F O H E X Q L K T M T S D
T F J H A S E K F D R S V B T J G V M H X S E O
E X F H J T O J S T M I D P P O Y X P D L M I A
L E Q D O E P Z E K W N T N J H O F B Q Z O R L
M R P E A A J J N C A N K A X A Z M L Q A O R M
O W P N N W M X B T Y N B E T V Y S S U F R E O
W I A I W A G C R E T I C G C T G O M X C H B N
P V A N E Z C U U X T N U P A G A G O Z H S E D
D R M T Z A H F L P Z N U T E F R T K V P U G B
N Y L V M G C R C U X J R K P D E K E P N M D U
U U W D O Y E S E E H C M A E R C H D S J N I T
G Z P Y V K I D X G F A D B H R A Q S S L O R T
I A W L S D Z G L J Q V H U H A J G A R N C R E
P D C R M S U A Y D E L A B R P H T L E X A O R
I T L N T T O T Z R K W T C X E M U M D D B P P
I F I Y K K N N Z X T V E R D U V P O J X A D U
F G Z J P T L W P H F Z V N P O H Y N E H Y Q D

baconmushroomstomatoes

Porridgeberriesseeds

yoghurtandberries

smokedsalmon

Almond butter

cream cheese

roobiostea

frittata

smoothie

omlette

Avocado

eggs