

# BREAKFAST FRAMEWORKS

**7 ways to hack  
breakfast  
to stabilize moods and  
increase focus**

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**Roadmap to Attention and Regulation**  
**ROAR**  
**Module 1**

# FIRST HERE ARE THE RULES:

## FRAMEWORK:

1. Fat/Fiber/Protein
2. No added Sugar
3. No refined Carbs
4. No refined vegetable oils

## What is allowed:

1. Whole Grains
2. Raw Honey / Maple Syrup / Coconut Sugar, in MODERATION
3. Good fats like Extra Virgin Olive Oil, Avocado Oil, Coconut Oil, Ghee and other cold-pressed organic oils that are local to you (eg. mustard oil, sesame oil)

*Keeping these fairly simple rules in mind and executing them may require you to revamp your kitchen to keep healthy, whole ingredients close by. I encourage you to visit your local farmer's market to pick their bounty of fresh vegetables and fruit.*

**YES, vegetables can go into breakfast too!**



# **THE 7 BREAKFAST FRAMEWORKS**

**1. Waffles and Pancakes**

**2. Muffins**

**3. Toast**

**4. Hot Cereal**

**5. Tacos**

**6. Crepes (Savory)**

**7. Eggs any way**

# THE 7 BREAKFAST FRAMEWORKS:

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1. Waffles and Pancakes
2. Muffins
3. Toast
4. Hot Cereal
5. Tacos
6. Crepes (Savory)
7. Eggs any way

These are ordered in order of increasing blood sugar stability and increasing favorability. In other words, you ideally want to grow into this framework.

I will be providing two recipes in each framework - a couple of links to external websites that have excellent recipes, and sometimes, my own recipe.

***All recipes are Gluten and Dairy Free with Egg-Free Options (except for the Eggs breakfast.***

# 1.WAFFLES AND PANCAKES

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To make Waffles and Pancakes ROAR worthy, our trick is to make sure we use whole grain flours or nut flours to make them. Preferably avoid gluten as it is inflammatory for more people. Removing gluten in some meals helps us increase our nutrient density, as we get different groups of fibers, vitamins and minerals from different grains.

## Recipe Links:

1.Start here: <https://cookieandkate.com/easy-gluten-free-oat-waffles/>

2.Move here: <https://wakethewolves.com/fluffy-almond-millet-waffles/>

3. Vegan Waffle: [https://functionalnutritionforkids.com/2018\\_\\_\\_/gfveganwaffle/](https://functionalnutritionforkids.com/2018___/gfveganwaffle/)

4.Almond flour Pancake: <https://elanaspantry.com/silver-dollar-pancakes/>

5.Coconut Flour Pancakes: <https://www.ambitiouskitchen.com/fluffy-coconut-flour-pancakes-with-wild-blueberry-maple-syrup/>

6.Vegan Buckwheat Pancakes:  
<https://www.lazycatkitchen.com/gluten-free-buckwheat-pancakes/>

Use any of these recipes to make waffles and pancakes that are deliciously sugar, wheat and dairy free!!

## Here's a VEGAN recipe::

- 1/2 cup almond flour
- 1/2 cup millet flour or buckwheat flour or brown rice flour
- ½ tsp baking powder
- ¼ tsp baking soda
- 1 tbsp raw honey
- 1 tbsp flax meal soaked in 3 tbsp water (or use 1 egg)
- Water to make thick batter
- Superfood Sneak: ¼ cup Chopped dry strawberries or Grated Beets(!!)
- Mix well to make a really thick batter for waffles (be sure to use a thin regular waffle iron if you are making vegan waffles, NOT a belgian waffle iron)
- For pancakes, make a thinner batter (still thick, but you can allow it be of pouring consistency)

**Sometimes you just want a healthy mix:**

**<https://www.simplemills.com/Shop/Product/Pancake-Waffle-Mix.aspx>**

## 2. MUFFINS

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No, we aren't getting into bran muffins. We still want our muffins to taste good! I am going to give you two recipes here: for savory muffins do an egg muffin, or a chickpea muffin.

For sweet muffins, do an almond flour or coconut flour muffin.

### Sweet Recipes:

1. Banana Walnut Breakfast Muffin with Almond Flour:

<https://livinghealthywithchocolate.com/banana-walnut-breakfast-muffins-paleo-gluten-free-grain-free-dairy-free/>

2. <https://www.theendlessmeal.com/coconut-almond-paleo-breakfast-muffins/>

3. VEGAN RECIPE (calls for GF flour, which can be a bit refined)

<https://www.rhiansrecipes.com/gluten-free-vegan-blueberry-muffins/#recipe>

### **Savory:**

1. Egg Muffins (ditch the feta, if avoiding dairy)

<https://www.loveandlemons.com/veggie-frittata-muffins/>

2. Chickpea Frittata muffin

<https://simple-veganista.com/mini-chickpea-flour-frittatas/>

## 3. TOAST AND NUT BUTTER

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**This is an easy one:**

If your kid is conventional, do Gluten Free Whole Grain Toast with Almond Butter with or without raw Honey. Both whole grain and sourdough toast are OK. Be sure to lather on the nut butter, and add some berries on the side.

1. Toast
2. Nut butter (2 tbsp)
3. ½ cup berries
4. Eggs (anyway, if your child will tolerate that)

The key is to avoid spreads like Nutella, and if your kid is absolutely intent on Nutella, move to paleo versions of Nutella.

**Check out this 4-ingredient homemade Nutella, or scout your local Whole Foods to find a sugar free one. If it is not sweet enough for your child, add raw honey.**

<https://minimalistbaker.com/4-ingredient-nutella-vegan-gf/#wprm-recipe-container-35627>



## 4. HOT CEREAL

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If your child is a rare enjoyer of hot cereal, here are some tips:

1. Choose home-cooked oat meal - steel cut oats are even better - over instant oatmeal
2. Gluten free hot cereals are easy to make - cook  $\frac{1}{2}$  cup of any grain in 1 cup of water until fully cooked, add raw honey / coconut sugar, nuts and seeds and nut milk. Enjoy.
3. Steer clear of wheat based cereals, if possible
4. Move from milk to non-dairy milks (oat milk, coconut milk, almond milk, Ripple etc)

### RECIPE for NUT MILK:

OR

2 tbsp nut butter  
1 cup water  
 $\frac{1}{2}$  tsp maple syrup

Blend and enjoy!

Soak  $\frac{1}{2}$  cup nuts or seeds in water overnight  
Drain water, and blend nuts/seeds, 2 cups  
water, 1 date (or 1 tsp maple syrup), optional  
vanilla extract.

Enjoy!

# VAISH'S BREAKFAST PORRIDGE:

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Soak 1 tbsp chia seeds,  
2 tbsp oats  
½ tbsp flax meal

In water for ½ hr or just add hot water, and let soak for 10 minutes.

Add nut milk, cacao powder, raw honey and warm or eat as is.

**I'll be honest: this is more of an adult recipe: so mom or dad, enjoy!**

# 5. TACOS

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Tacos can be an amazing breakfast - not limited to visiting a Mexican restaurant. As we move from sweet breakfasts to savory, so many possibilities expand for us.

The entire flavor palate becomes available, tickling hunger, releasing enzymes and bile. It is now much more blood sugar balancing. Make sure to add a protein like beans, tofu or eggs.

*Cheese is strictly optional, only if your child absolutely won't eat them without.*

My go to recipe for Tacos quite straightforward:

1. Warm up **organic corn or almond tortillas**
2. **FAT: Add a tsp of ghee**
3. **FIBER:** Stir fry any veggies + meat you want (cumin, salt, chili powder - you can't go wrong\_
4. **FLAVOR; Lemon squeeze!!**
5. **CRUNCH:** Raw onions + Cilantro for garnish
6. **FAVOR:** If adding cheese will help your child eat the taco, add the cheese. If you are open to experimentation, try Chao Cheese or Miyoko's Cheese.
7. **Protein:** Scrambled Eggs or TOFU
8. **FLAVOR:** Pico De Gallo? YES!!

**Tacos are infinitely customizable, and if you haven't thought of them for breakfast, think again.**

## 6. DOSAS (SAVORY CREPES)

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The discovery of the Dosa somewhere hundreds of years ago in Southern India has overturned culinary experiences for those seeking taste **and** health.

It is the perfect anti-inflammatory food that does not spike blood sugar, fermented - so it is easier to digest AND contains numerous vitamins and post-biotics - a true wonder food.

Now making a dosa is no mean feat. Here are 3 Options that might help:

1. Buy Dosa Batter in your local Indian Store - Watch this video to learn how to spread a dosa : <https://www.youtube.com/watch?v=Fpn3z2nqejY>
2. Besan Chila
3. Mung Dal Dosa

**I am totally not biased when I say that there is NO BETTER BREAKFAST!**

# 7.EGGS ANY WAY

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Lastly, but not leastly, if your child can tolerate eggs, this is a fantastic breakfast. You saw the recipe for an egg muffin earlier, but as you know eggs can go any way.

2 eggs for breakfast with 1-2 tsp of olive oil or ghee and few chopped veggies in the mix (if possible), and your child is all set for the day.

-Omelette

-Scrambled Eggs

-Sunny Side up with Sourdough or Almond Flour Toast

-Any other Egg Recipe you can think of is game.

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In this module you have learnt the importance of a Blood Sugar Balancing breakfast. No matter what you choose, remember that there are 3 levels to a blood sugar balancing breakfast:

1. Fat (Good Fats Only)
2. Fiber, and
3. Protein

If you make sure that every meal that your child eats has these three (especially breakfast), you are set to go.

Finally, remember to **AVOID**

- Refined Sugar, and
- Refined Carbohydrates

I think you will be surprised to see the quality of your child's focus and energy increase rapidly through the day.

# HOMWORK: PLAN BREAKFASTS FOR THE NEXT 3 DAYS:

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## DAY 1:

MEAL / RECIPE \_\_\_\_\_

- FAT
- FIBER
- PROTEIN
- LOW CARB + LOW SUGAR

## DAY 2:

MEAL / RECIPE \_\_\_\_\_

- FAT
- FIBER
- PROTEIN
- LOW CARB + LOW SUGAR

## DAY 3:

MEAL / RECIPE \_\_\_\_\_

- FAT
- FIBER
- PROTEIN
- LOW CARB + LOW SUGAR



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### **Disclaimer:**

***The information in this document is for educational purposes only. Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.***