

Suggestions for Gluten-Free and Dairy-Free Breakfasts

Remember that store-bought pre-made foods usually have chemicals!

Main meal (cooking/preparing ahead of time and reheating in AM saves time)

Eggs (organic and free-range); can be blended in a blender with fruit in a smoothie
Sausages (no sugar or nitrates added, ie. Mrs. Jones Sausage Links in freezer section of groceries)
Organic hot dogs without sugar added (no bun)
Hamburgers (no bun; can use almond pancakes for a bun – see below)
Meatballs (no pasta)
Crustless egg muffin quiches (can add chopped veggies or sausage)
Meat fixed any way that does not involve using flour or products from cows
Make chicken nuggets – dip chicken pieces into beaten egg then in almond flour and bake at 350 degrees until done. Store in freezer or refrigerator.

Side dish items (carbohydrates with fiber to slow the sugar absorption)

Whole fruit
Baked apple with cinnamon
Avocado – whole or mashed; can make a dip for raw vegetables or fruit pieces
Whole fruit cut up and blended with filtered water into a smoothie; eggs (cooked if you wish) can be blended in, too, which are not tasted but provide the meal's protein and fats
Almond bread – recipe in book #1 below
Almond flour pancakes (can serve as hamburger buns, too) – coconut oil on top – recipe in book #2 below
Soft whole dates can be cut up and mashed to sweeten anything
Organic steel-cut oatmeal (the fiber is intact) - cut up soft dates and mash into the hot oatmeal to sweeten (can add fruit, shredded coconut, coconut oil, cinnamon, or chopped nuts)
Brownies made with almond flour, eggs, and raw honey (as long as the child is not allergic to chocolate or almonds or eggs) – recipe at www.tammysrecipes.com/fudgy_black_bean_brownies; delicious!

Drink ideas (store-bought juices way too high in sugar and most have chemicals)

1 apple (peel, cut in slices and remove core) blended with water to make apple juice; you can leave the skin on if you have a Vitamix blender)
1 orange (peel and remove seeds) blended with water to make orange juice
Water with any fruit added and blended in a blender

Sources:

1. Gut and Psychology Syndrome, Dr. Natasha Campbell-McBride, Medinform Publishing, 2010. You can get the book on Amazon or at www.GAPSdiet.com.
2. Internal Bliss, International Nutrition, Inc. www.gapsdiet.com or Amazon