

Great Breakfasts (Quinoa, kale, garlic, onion and broth):

1. Sautee' in saucepan two tablespoons of Ghee (organic butter)-medium heat for about 5 minutes:
 - several (3 to 5-personal preference) finely chopped fresh garlic buds
 - 1/4 onion – finely chopped-this will create about 1/2 cup chopped onion.
1. Add 1 cup of broth. This is available as organic chicken broth, nonchicken vegetarian broth or vegetable broth etc.
2. Add 1/2 cup of quinoa
3. Add chopped kale. I typically use several stocks of organic kale.
4. Cover and cook for 20 minutes at medium heat.

Quinoa is 40% protein. Kale provides vitamin K, beta Carotene and various anti-oxidant features. Garlic is considered to be a great natural anti-biotic.

Sometimes I'll add a cooked egg if I need extra protein.

More Paleo Scramble:

1. Sauté chopped garlic and onion in coconut oil.
2. Add chopped tomato
3. Add chopped kale or chard. (you can add lettuce, cabbage etc) and simmer for 5 minutes. I like a lot of veggies-like 6 or 7 leaves of kale or chard.
4. Add 1/2 avacado
5. Stir in 3 eggs and chopped cheese (optional).
6. Cook until done.