



4-DAY ENERGY CHALLENGE

By: Kristi Perry Brown



WHY BREAKFAST

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PROTEIN

The first meal of the day is literally intended to 'break the fast'. This meal also calibrates your blood sugar for the day. By incorporating protein we slow down the absorption of glucose into the blood stream and therefore have more sustained energy through the day. Good sources of clean proteins include: pastured eggs, organic chicken or turkey sausage, pastured bacon or a light fish.

HEALTHY FATS

Fat is our long-burning fuel source. Think of it like putting a log on the fire. Fats, like protein, help stabilize blood sugar levels by slowing down the absorption of glucose into the blood stream giving us consistent, reliable energy through our morning. Good sources of clean fats include: pastured butter (if tolerate dairy), coconut oil, olive oil, avocados, nuts, seeds and nut butters.



NOURISH

Often, breakfast happens on the run. All of us get in a rush to get out the door. When we do this we don't allow our body the time to digest the food we are eating. If we don't allow time to digest, even the most perfect diet won't do us much good. Take time to sit at the table without any electronics. Take a few deep breaths to help settle your mind. And chew, chew, chew your food!



4-DAY ENERGY CHALLENGE

In each block below, write down:

1) What you ate for breakfast.

(Days 1 & 2 should be identical, on days 3 & 4 use the EXACT same breakfast just add in a starch.)

2) Time of first hunger pain AFTER breakfast.

3) Mood/Energy level through morning.

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Day 1 Notes:

(I.e. 2-3 eggs cooked in butter + 1/2 avocado)

Day 2 Notes:

(I.e. 2-3 eggs cooked in butter + 1/2 avocado)

Day 3 Notes:

(I.e. 2-3 eggs cooked in butter + 1/2 avocado + roasted potatoes)

Day 4 Notes:

(I.e. 2-3 eggs cooked in butter + 1/2 avocado + roasted potatoes)

Hi There!

My name is Kristi Perry Brown and I help women who have lost their energy and just don't feel like themselves anymore. They want a holistic approach with a practitioner who will really listen, do the digging and find solutions tailored to their needs. Together we get to the root of the problem, find answers and get them feeling normal again.

By taking this first step with the 4-Day Energy Challenge you will gain valuable information about yourself and what your next steps are to regain your energy.

Have more questions? Email me at: kristi@kpbbalancedwellness.com and I'll personally respond to you.

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Kristi Perry Brown is trained in holistic and functional nutrition to support women in their busy lives. As a mom of two and a military wife, she understands the challenges of finding balance and maintaining one's own self-care. She strives to help each of her clients make sustainable diet and lifestyle changes that work in their life and get them feeling fantastic again.