

# The Breakfast Experiment

As a way of tuning into your body and learning to listen to its messages, explore eating a different breakfast every day for a week. Jot down what you eat and how you feel, both right after eating and again two hours later. Sit quietly after you eat and reflect. Note how your energy level, your moods and your physical symptoms are affected by the food in your body.

Day 1: Eggs and Greens  
(Choose from spinach, kale, collards, bok choy, broccoli. I like them sautéed with garlic)

Day 2: Whole grain toast with a nut butter

Day 3: Oatmeal or any whole grain product

Day 4: Boxed breakfast cereal

Day 5: Muffin and coffee

Day 6: Fresh fruit

Day 7: Fresh vegetables

What I ate	How I feel right after eating	Two hours later
Day 1 .....		
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Day 2 .....		
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Day 3 .....		
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Day 4 .....		
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Day 5.....		
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Day 6 .....		
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Day 7 .....		
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You may discover from this exercise that you are unusually sensitive to certain foods. A food sensitivity or allergy may be your body's way of telling you to start eating foods more appropriate for your current life goals.

*Adapted from the Institute of Integrative Nutrition*