



BREAKFAST

is a great way to start the day!

Why is it important to eat a healthy and complete breakfast?

Breakfast is an essential meal because it provides an important first energy boost after an overnight fast, contributing to physical and mental well-being. Possible consequences of skipping breakfast include decreased energy, poor concentration, increased hunger throughout the day, decreased metabolic activity, decreased physical performance and increased stress and irritability.

How to compose a healthy, complete and satiating breakfast?

There are some tricks to do it, we suggest the "4-box method". Each box represents a food category and to have a healthy, complete and satiating breakfast you need to fill them all in a balanced way, without forgetting any of them! For example, choosing milk for the protein category, oatmeal for complex carbohydrates, chopped fresh fruit for simple carbohydrates, and chocolate for fats will give you a delicious and healthy breakfast. Try making your own now!

