

# 5 Supercharged Breakfast Strategies

for Busy Women  
needing a Boost!  
(without needing  
to spend hours  
in the kitchen!)



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# Hello There

Thanks for downloading this guide to a Supercharged Breakfast!

I'm Bec and I help busy professional women feeling overwhelmed and exhausted to dramatically boost their energy so they can power through their daily to-do lists. This allows them to achieve their professional and personal goals and live their dream life with limitless energy and resilience.

If you're like most of my clients, you're a busy, professional woman who is very short on time. You have a jam-packed schedule and often find you skip breakfast or eat on the run. Which sets you up for an afternoon energy slump, cravings and can lead to weight gain. These breaky strategies are such a gamechanger for my clients and I invite you to try them for one week and see the difference to your energy levels!

Hope you enjoy this guide, it's straight out of my Supercharge your Health Method and I know that if you follow it you are going to love it!

Enjoy!

From my heart space,  
Bec



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# WHAT YOU EAT FOR BREAKFAST SETS YOU UP FOR THE DAY AHEAD.

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Even as adults, it's still the most important meal of the day and is proven to help you make better decisions.

Here are my tried and tested breakfast strategies for women just like you and I that are designed to supercharge our energy for the day ahead!



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## 1. START BY CONSUMING BREAKFAST WITHIN 30 - 60 MINUTES ON WAKING UP (AND NEVER SKIP BREAKFAST!)

This replenishes glycogen stores in the liver after fasting through the night, supports stable blood sugar throughout the day, and prevents you from running off adrenalin to produce fuel for your body.

When you prioritise starting your day off with a solid breakfast, you are automatically supporting your thyroid, adrenals, and female hormones by communicating “safety” to your body. When we go long hours without eating especially first thing in the morning, our body senses this lack of food and responds by holding onto fat stores (yikes!), slowing the metabolism and producing more stress hormone!

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## 2. CONSUME MORE CARBOHYDRATES THAN PROTEIN THAN FAT.

In ideal breakfast meal provides 40g carbs, 20g protein, and 10g fat. This progression of macros helps to get fuel to your cells fast without spiking your blood sugar- supporting quick energy without the crash later in the day.



### 3. ADD SEA SALT!

This is one of my favourite adrenal supports. Sea salt provides sodium in combination with trace minerals to support adrenal function. Under stress, your adrenals use sodium quickly and often need to be replenished. Whether you salt your food or add salt to an adrenal cocktail or your water, including a quality sea salt to start your day is a great way to support healthy energy levels and adrenal function long term.



# MY THREE FAVORITE QUICK-TO-MAKE ENERGY BOOSTING BREAKFAST FOR BUSY PROFESSIONAL WOMEN



## **Mandelade with Fruits**

- 30g almonds, 20g sunflower seeds soaked overnight in water and blitzed

Serve with stewed apples and cinnamon or berries and Greek yoghurt



## **Seeded Veggie Toast (100% Rye bread)**

- Pan fried seeds (sunflower), mushrooms (protein) with choice of veggie (spinach, zucchini cabbage) in ghee

Place on avocado rye toast



## **Overnight soaked oats (in full cream milk)**

Add choice of fruit – mango, berries, and blitz in a smoothie  
(Add collagen for an extra protein boost)



# NEXT STEPS... ..

You now have a few ideas to supercharge the start to your day  
(and avoid those 3pm energy slumps)

But here is the thing... for most women with busy schedules feeling depleted, lacking energy and wanting to feel empowered and in control of their health and vitality takes more than this alone.

That's why the "5 Supercharged Breakfast Strategies" is such a small portion of my complete system. There are so many other elements that all need to be working together and orchestrated so you can live a dream life with limitless energy and resilience.

If you would like to explore what else may be causing you to run down your body battery and create an energy debt for your body (cashing cheques with no minerals- the body's foundations) and find out what is stopping you from feeling truly empowered and cashed up on energy then I invite you to book in for a free Discovery Call so we can develop a health strategy.

I only have a small number of spots for these calls each week, so click on the link below and grab your spot!

[CLICK HERE](#)

Or scan the QR code:



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