

A CULINARY CONCOCTION TO LIFT THE  
SPIRITS AND NOURISH THE SOUL

*Check out this mood boosting meal plan perfect for Fall!*

A mood-boosting breakfast can set a positive tone for your day. Here's a breakfast plan filled with nutritious and delicious options to lift your spirits:

**Day 1: Berry Bliss Smoothie Bowl**

- Blend mixed berries, banana, Greek yogurt, and a splash of almond milk.
- Top with granola, sliced fruits, and a drizzle of honey.

**Day 2: Avocado Toast with Poached Egg**

- Mash avocado on whole-grain toast, sprinkle with salt, pepper, and red pepper flakes.
- Top with a perfectly poached egg and a handful of arugula.

**Day 3: Greek Yogurt Parfait**

- Layer Greek yogurt with honey and granola.
- Add fresh fruits like strawberries, blueberries, and kiwi.
- Sprinkle with chia seeds and a few nuts for crunch.

**Day 4: Veggie Omelette**

- Whisk eggs and pour into a hot, non-stick pan.
- Add sautéed spinach, tomatoes, bell peppers, and feta cheese.
- Fold the omelette and serve with whole-grain toast.

**Day 5: Peanut Butter Banana Toast**

- Spread peanut butter on whole-grain toast.
- Top with banana slices and a sprinkle of cinnamon.
- Optionally, add a few dark chocolate chips for a sweet touch.

*Additional Tips:*

- ☀️ **Stay Hydrated:** Pair your breakfast with a glass of water, herbal tea, or freshly squeezed juice.
- ☀️ **Incorporate Greens:** Add a handful of spinach or kale to your smoothies or omelets for an extra nutrient boost.
- ☀️ **Mindful Eating:** Take your time to enjoy your breakfast. Mindful eating can enhance your mood and digestion.

**Remember, variety is key to a balanced diet. Feel free to adjust the portions and ingredients based on your preferences and dietary requirements. Enjoy your mood-boosting breakfasts!**

