

I Can't Wait To Get Up In The Morning!

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I was meeting with a client when he told me that he can't wait to get up in the morning. I said that is great and asked him why? He said that he makes the egg breakfast that I suggested. Cooking up onions, mushrooms, spinach and peppers. Adding an egg and scramble. Then topping it with salsa. Just last week another client calls the same breakfast, "Anita's egg and vegetable festival!" I love hearing this because isn't this what we want to do most days. Eat food that we love that is really good for us. Part of it is having great recipes and the ingredients on hand. One of my new favorites is the unfolded eggroll. It is like eating the inside of an eggroll for dinner! There are so many great recipes to try and to make up with what you have on hand. Check in with yourself and see if you are happy with what you are eating. Is it healthy for you? Is there something that you can add to what you are making to add more flavor and nutrition. I am now adding chopped red cabbage and micro greens to my wraps and salads. I have a client that uses the juice from sauerkraut as her salad dressing! Over the weekend I made this month's featured recipe and it was delicious! So I hope that someday you will say I can't wait to get up in the morning to eat the delicious and nutritious meals I have planned.