

THE BREAKFAST GUIDE

What we eat in the morning sets the rhythm for the entire day. This is a nutritionist-curated breakfast guide to calmer mornings & steadier energy.



 The Gut
Perspective

By Paridhi Garg

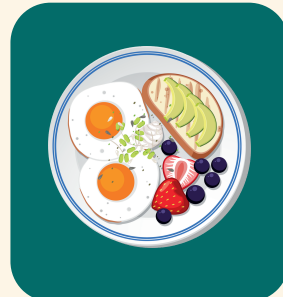


5 EASY BREAKFAST TWEAKS



TWEAK #1: ADD BEFORE YOU SUBTRACT

Instead of cutting out the carb heavy foods completely, start by pairing them with protein and fat. This will help soften the blood sugar spikes.



TWEAK #2: START WITH FIBER WHEN POSSIBLE

Starting with fibre helps slow digestion and glucose absorption, supporting a steadier blood sugar response and energy levels.

TWEAK #3: PROTEIN DOESN'T HAVE TO BE EGGS

Protein doesn't always have to mean eggs — options like Greek yogurt, paneer, lentils, nuts, seeds, or even protein powders do the job.



TWEAK#4: PICK SAVOURY ON MOST DAYS

Savoury breakfasts are often lower in added sugars and support steadier blood sugar throughout the day.

TWEAK #5: CONSISTENCY AND SIMPLICITY

Try to keep it simple and consistent. Small, repeatable changes are far more powerful for your health than fancy breakfast makeovers.



WHY THIS MATTERS FOR YOUR GUT?



IMPORTANT!

When breakfast is mostly refined carbohydrates or quick sugars (like biscuits, sugary cereals, white bread, or just coffee), it gets digested and absorbed very quickly. This leads to a rapid rise in blood glucose, followed by a sharp insulin response.

While this may feel like a quick energy boost, it creates a short-lived spike and crash pattern that doesn't just affect energy for your day – it also influences digestion, gut function, and your overall gut environment in the following ways:

Triggers a stress response (cortisol): Blood sugar spikes can increase cortisol, which may alter gut motility and disrupt the natural rhythm of digestion.

Impacts how well you digest food: Fluctuations in blood sugar can affect stomach acid and enzyme activity, influencing how efficiently food is broken down.

Disrupts gut–brain signaling: Leading to early hunger, cravings, and less stable appetite regulation throughout the day.

Shapes your gut microbiome over time: Diets high in quick sugars and low in fiber may support less beneficial bacteria.

Shows up as real, noticeable symptoms: Bloating, energy crashes, and feeling hungry soon after eating and throughout the day.



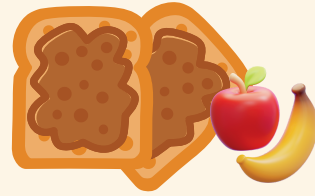


MY GO TO BREAKFAST RECIPES



2 whole egg omelette/scrumbled cooked in extra virgin olive oil with at least 4 veggies of choice (onion, tomatoes, capsicum, mushrooms, spinach, kale, etc.).

For a more filling breakfast, I add a slice of multigrain sourdough with cream cheese or peanut butter.



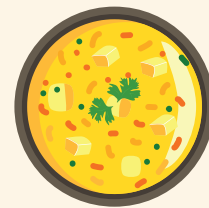
Multigrain sourdough bread toast with unsweetened peanut butter or almond butter – topped with chia seeds, apple slices, and banana slices

On some days, this is a quick breakfast for busy mornings, and on some days, I pair it with eggs for a fuller meal.



A balanced Greek yogurt bowl with a seed and nut mix (chia, flax, sunflower, pumpkin, almonds, walnuts, etc.), 2-3 fruits of your choice, and a sprinkle of homemade granola on top for crunch and sweetness.

I add a scoop of my favorite protein powder and a spoon of unsweetened peanut butter for protein. You can also drizzle some honey or maple syrup for added sweetness.

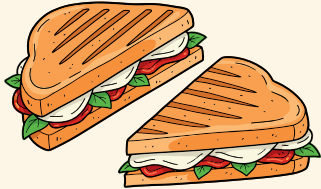


Chickpea flour (besan) pancake cooked in extra virgin olive oil and topped with at least 4 veggies of choice (onions, tomatoes, capsicum, carrots, spinach, coriander, etc.).

I eat this with yogurt/curd seasoned with salt, pepper, and cumin.



MY GO TO BREAKFAST RECIPES



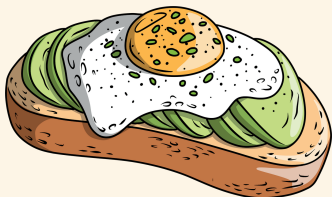
A simple sourdough grilled sandwich with tomato, cucumber, onion slices, and grilled paneer (or the protein of your choice), seasoned with salt, pepper, garlic powder, and oregano.

I like to add lettuce or spinach to this sandwich if I have them handy in my kitchen. You can also add feta if you like it.



Air fry 3 eggs on top a bed of baby spinach. Top with tomato, onions, mushrooms, and cheese of your choice. Air fry for about 17-20 minutes at 180 degrees. I like to call this egg pizza.

I like to have this for breakfast, lunch, or dinner. It offers a great balance. If you like, you can add a fruit on the side or as dessert.



Multigrain/brown/sourdough bread topped with fried/poached eggs and avocado (seasoned with salt, pepper, chopped onions, tomatoes, and lots of lemon juice). This is comfort!

If you don't eat eggs, it tastes great even without them. But make sure to add your protein source on the side to make it balanced.



Savoury vegetable porridge/upma made from oats, millets, quinoa, etc. Cooked with vegetables like peas, tomatoes, onions, bell peppers, beans, corn (whatever is available in the kitchen).

You can also make this sweet by using fruits, but make sure to add nuts and seeds to balance the sugar with protein and fat.



A small note before you go.

*Just know that every little step counts and if this helped you see your digestion a little differently and take a step forward, I'm really glad you stopped by here
:)*

*For more gentle, real-life gut insights, find me at
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– Paridhi Garg