

Breakfast basics for a long ride or race:

Protein, carbs and fat are needed. Fat is the fuel that keeps the body going. Green veggies are a bonus!

Carbs should be slow release, also known as low glycemic index. The rider will get the benefit of the carbohydrate energy over a longer period of time, rather than a quick burn and then crash.

White sugar is at the very high end of the glycemic index, along with processed grains like white flour and white potatoes. Oatmeal and whole grains, along with sweet potatoes and vegetables are low glycemic index.

Recipes:

Smoothie:

Start with:

- Almond milk, full fat milk, apple juice or water*
- Unflavored protein powder* (whey protein is an excellent choice)

Add some or all of the following:

- 1 scoop of green powder* (I like Green Vibrance)
- 1/2 banana*
- 1 Tb ground chia seeds*
- 1 Tb coconut oil*
- 1 Tb almond butter
- 1/4 avocado
- Kale
- Spinach
- Frozen berries

* ingredients in my smoothie every morning!

Whiz up in powerful blender so that everything is smooth. Drink immediately, or the chia seeds will thicken it. Delish!

Mom's Organic Power Oatmeal:

- 3/4 cup organic rolled oats (or steel cut oats)
- 1 1/2 cups organic water
- Pinch organic salt
- 1 tsp organic whole chia seeds
- 1 Tb organic coconut oil
- Maple syrup to taste, organic of course
- Raw organic pecans, if desired

Put oats and water in pan, start heating, Add chia seeds and stir immediately to mix around. Turn heat down to medium after boiling and cook for 5-7 minutes, stirring frequently until done. Add coconut oil, and stir to incorporate it into the oatmeal. Add syrup and nuts! Yes!

New York Bagel:

- Bagel
- Full fat cream cheese
- Lox
- Tomato
- Capers
- Red onion slices
- Lemon

Slice bagel, add cream cheese and lox (important for protein and fat). Add other ingredients as desired. Yum!

Egg Sandwich:

- 2 scrambled eggs, shaped compactly to fit on a slice of bread
- 2 slices bread, buttered on one side
- 2 slices of cooked bacon
- 1 slice cheddar cheese

Cook two slices of bacon, set aside. Put cheese on one slice of bread. Griddle two slices of bread, butter side down in pan, until golden brown and cheese is soft. Meanwhile, scramble eggs, shaping them compactly to fit well on bread. Slide eggs on cheesy bread, add bacon and finish with the second slice. Ta da!

Sweet potato and eggs

- Sweet potato
- Sesame seeds
- Onion (optional)
- 2 eggs
- Butter

Bake sweet potato for about 45 minutes, slice open and add sesame seeds, butter and salt. Side of scrambled or fried eggs.

Alternate: Cube sweet potato, toss with diced onion, sesame seeds, coconut oil, sea salt and pepper. Sauté or roast in oven until soft and golden brown. Top with fried eggs.

Veggie scramble:

- Vegetables, cubed or diced; sweet potatoes, mushrooms, spinach, carrots, squash
- 2-3 eggs, beaten
- Olive oil, coconut oil or butter

In a sauté pan, cook vegetables that you like, sautéing until done, noting that some veggies take longer than others and to cook accordingly. Add beaten eggs, and scramble all together. Yum!

Bacon burrito:

- 2 Eggs
- 2 slices bacon
- 2 Tb diced sweet potato
- Tortilla (gluten-free if needed)

Fry two strips of bacon in a pan. Once crispy, set aside on paper towels to cool. Chop into one-inch pieces. Leave a tablespoon of the bacon grease in the pan, discard the rest. Sauté sweet potato until tender. Put the potatoes aside. Scramble two eggs. Wrap everything in a tortilla.

Avocado toast:

- 2 pieces whole grain bread or GF bread
- ½ avocado
- Olive oil
- Sea salt
- Eggs

Toast bread and drizzle with olive oil. Cook eggs your favorite way. Divide avocado in half and smash gently on toast. Sprinkle with sea salt and have eggs on top or on side.

Vincenzo Nibali's breakfast (2014 Tour de France winner)

1. Four ounces of pasta with one tablespoon of olive oil and grated Parmesan cheese to taste.
2. Two eggs fried in light olive oil.
3. Two ounces of dried ham.
4. Four small bread rolls with jam or honey.
5. Dried apricots, figs, and raisins, and an ounce of almonds.
6. A glass of orange juice.
7. One liter of tap water.

Dinner for breakfast

There is no reason why not to eat dinner food for breakfast, if it's more appealing.

- Roast veggies with eggs or meat.
- Pasta with olive oil and cheese, with some eggs for protein.
- Leftovers from the night before.
- Chicken, rice, vegetables.
- Lasagna.