



**New You
Breakfast Ideas**

6

***NEW YOU
Breakfast
Recipes***

Apple Cinnamon Pancakes (Gluten-Free Recipe)

SERVING: Serves: 4 – 6 pancakes

INGREDIENTS

- Serves: 4 – 6 pancakes
- 1/2 cup coconut flour
- 4 eggs
- ½-1 cup coconut water
- 2-4 Tsp. coconut palm sugar
(depending on taste preference,
start with 4 Tbsp. in your First batch)
- ¾ tsp sea salt, Himalayan salt or your favorite healthy salt
- 2 tsp cinnamon
- ½ apple very finely chopped
- cold pressed coconut oil, ghee or your favorite healthy cooking oil



DIRECTIONS

- 1) Combine all the ingredients in mixing bowl. Use only ½ cup coconut water to start.
Mix ingredients together to create a consistency similar to a traditional pancake batter, only slightly thicker. Add more coconut water if needed to create desired consistency. Use a medium/high heat on the stove.
- 2) Grease pan with healthy cooking oil. Use a ladle to pour pancake batter into pan. Flatten with a spatula to about ¼-1/2 inch thickness.
- 3) Let sit a few minutes until the bottom is firm enough to flip the pancake. Let sit slightly longer if you desire a crispier consistency.
- 4) Flip the pancake and let sit another minute or so (about ½ the time as the first side). Remove from heat and serve. Serve with coconut yogurt, or your favorite pancake toppings. Note: It's ok if the pancake's center is slightly moist when you take it off the heat. It will continue to dry even after it is done cooking.

Superfood Breakfast Balls (Gluten-Free, Dairy-Free Recipe)

SERVING: 20 balls

INGREDIENTS

- ½ cup almonds
- ⅓ cup pepitas (pumpkin seeds)
- ⅓ cup walnuts
- ¼ cup black sesame seeds
- ⅓ cup chia seeds
- ¼ cup almond butter
- ½ cup tahini
- ¼ cup coconut palm sugar
- 2 tablespoons of your favorite super green powder (optional)



DIRECTIONS

- 1) Combine all of the ingredients in a food processor. If the mixture is not moist enough to make balls out of, add 2-3 tablespoons of water and continue mixing.
- 2) Scoop out mixture with tablespoon and mold into balls. Eat right away, or refrigerate. Lasts several days in the refrigerator.

Tip: Keep some in the refrigerator for days when you don't have time to make breakfast. You'll have a fast, nutritious breakfast that will keep you going.

Banna Muffins

SERVING: 6-8 muffins

INGREDIENTS

- 1/2 cup almond or coconut flour
- 3 eggs
- 1-2 tbs coconut palm sugar
- 2 sliced bananas
- a dash of cinnamon
- 1 tsp of vanilla
- 1 tbs butter/ ghee for the pan



DIRECTIONS

- 1) Measure out your flour, egg, coconut palm sugar, and vanilla. Put into a large mixing bowl. Cut up your bananas and place as well into the mixing bowl along with a dash of cinnamon.
- 2) Preheat the oven to 150 celcius. Place your batter into either a cupcake or muffin pan to bake.
- 3) Remember to wet the pan with butter or ghee so the mixture doesn't stick.
- 4) Pour your muffin mix into the pan and bake at 150 celcius for ten to fifteen minutes!

Mango Go Juice

SERVING: 1 serving

INGREDIENTS

- ½ frozen mango
- 1 cup coconut water
- 1 cup water
- 1 cup spinach
- 1 tbs ground chia seed
- 1 -2 tbs protein powder
- ¼ cup blueberries



DIRECTIONS

- 1) Measure and mix all of your ingredients in a blender. Wait until your mixture is thick and smooth and pour into a glass and enjoy!

Green Powerhouse

SERVING: 1 shake

INGREDIENTS

- A ton of spinach (1-2 cups)
- ½ Pear
- 1 Cup coconut water
- 1 TSP flax oil
- 1 cup water



DIRECTIONS

- 1) Measure out your spinach, coconut water, flax oil, and water. Cut up your pear.
- 2) Pour your ingredients into a blender and blend. When your shake is thick and blended, pour into a glass and enjoy!

Grain-Free Muesli Recipe

SERVES: 8

SERVING SIZE: ½ Cup

PREPARATION TIME: 10 Minutes

INGREDIENTS

- 1 ½ cups almonds
- 1 ⅓ pumpkin seeds
- ¾ cup sunflower seeds
- ¼ cup sesame seeds
- ¾ cup desiccated coconut
- 1 cup flax seeds or chia seeds
- ¼ cup almond butter
- ⅓ cup tahini
- ¼ cup coconut palm sugar
- ¼ cup water or almond milk



DIRECTIONS

- 1) Place all ingredients in food processor. Mix together until well combined and beginning to stick together.
- 2) Refrigerate mixture in an airtight container. Serve with fresh fruit and nut milk as a delicious start to your day.

New You in the New Year

5-Week Coaching Intensive | 22 Jan - 24 Feb 2018 | Online Program

Join Jon Gabriel and his most-trusted team of advisors for this 5th-annual 5-week transformational program where you'll be led step-by-step through the core Gabriel Method principles, given clear and simple action steps, and find the real and lasting solution to your weight problem forever.

SAVE THESE DATES | **5-WEEK COACHING INTENSIVE**
22 JAN - 24 FEB 2018 | ONLINE PROGRAM

100% INSTANT ACCESS DIGITAL PROGRAM INSTANT ACCESS

January

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

February

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | | | |

LEARN MORE

The Program Includes

- Weekly Core Lesson Classes (include live Q&A)
- Weekly Guest Lectures w/Expert Advisors
- Ongoing online discussions throughout
- Ongoing action steps, assignments & visualizations
- Access to the Exclusive Facebook Group For Extra Support

Program Benefits

- Understand your own unique biology from the inside out
- Learn how to effectively turn off your FAT Programs
- Leverage the power of your mind to transform your body naturally
- Learn to use exercise to change your hormones—so no more “calorie burning” just for the sake of it
- Find deep peace, a sense of purpose and meaning
- Transform your attitude, and awaken your inner joy
- Connect with like-minded people all over the world