

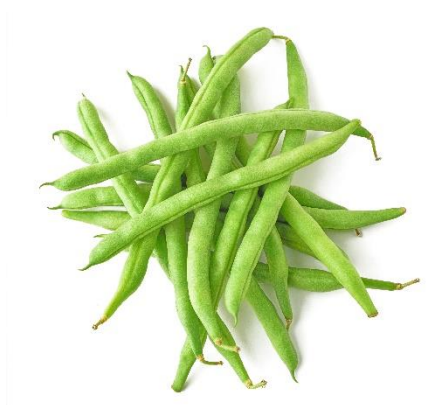
Breakfast Vegetables

Marieruggles.com

Specializing in Pre-Diabetes, Cholesterol, Triglycerides, Bone Health & Constipation

Ideas to Help you Have a Vegetable with Every Breakfast

This is the only way to meet your daily goal for vegetable consumption.



Use leftover vegetables in an omelet. Or make a base of onions + favorite vegetable.

Breakfast Fruits

Have a vegetable most of the time. Berries or a small fruit are okay if you're going to be active to metabolize (burn off) the sugar.

