

>>> HC WELLNESS <<<

START YOUR BREAKFAST FIT



IMPORTANCE OF A COMPLETE BREAKFAST

>>> BREAKFAST

Breakfast is considered the most important meal since it is the first meal of the day that is consumed after a long period of fasting derived from the hours of sleep. This food is vital for our organism since it helps us to increase the energy we require on a daily basis for a better physical and mental performance.

WHAT DOES A COMPLETE BREAKFAST LOOK LIKE?

>>> WHAT SHOULD IT INCLUDE?

A healthy and balanced breakfast should include: carbohydrates, proteins, fiber and fats. Some examples of the foods you get from each are:

- **Carbohydrates:** starchy vegetables, whole grains, dairy, most fruits, etc.
- **Protein:** animal or vegetable sources, eggs, lean meat such as ham, beef, chicken, fish.
- **Fiber:** plums, apples, bananas, breads, pasta, cereals, pears, sweet potatoes, etc.
- **Fats:** avocado, nuts, olive or coconut oil, yogurt, almonds, seeds.

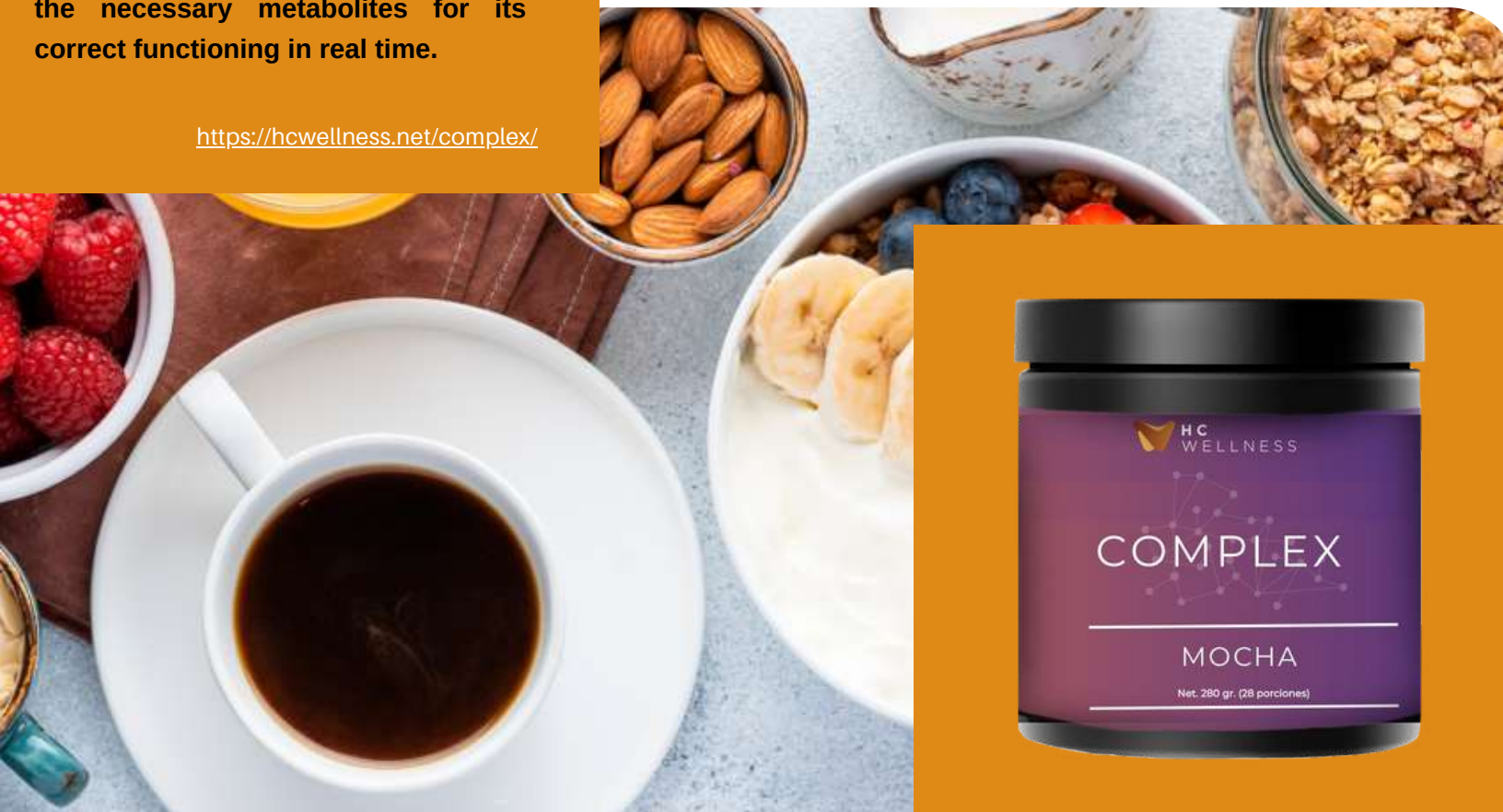
WHAT IS COMPLEX?

It is a nutraceutical of the metabolic line, elaborated with intelligent nanobiomic science, which allows delivering to each organ of your body the necessary metabolites for its correct functioning in real time.

<https://hcwellness.net/complex/>

>>> WHY INCLUDE COMPLEX IN YOUR BREAKFAST?

The technology with which it was elaborated and its natural ingredients will help you to a better functioning of the circulatory, gastrointestinal, cellular and metabolic systems. It also contains caffeic acid, an organic compound found in coffee, which acts as a powerful antioxidant and will help strengthen your immune system.



3 IDEAS FOR HEALTHY BREAKFASTS



➤➤➤ AVOCADO AND EGG TOAST

- 4 slices of toasted bread
- 4 hard boiled eggs
- 1 avocado
- Lemon juice
- Extra virgin olive oil
- Accompanied by a fruit juice or a cup of coffee, or complex.



➤➤➤ OATMEAL PANCAKES

- Oatmeal pancakes
- Blueberries to taste
- Peanut butter
- Accompanied with a glass of skim milk or a cup of coffee, or complex.
- Complement breakfast with a portion of protein, either a few slices of ham or a hard-boiled egg and a fruit salad of your choice and natural yogurt.

IMPORTANT REMINDER

Stay hydrated throughout the day and exercise.



➤➤➤ SALMON SANDWICH

- 4 slices of whole wheat bread
- 2 slices of salmon
- Lettuce salad sprouts
- Green olives
- Cream cheese
- Mustard
- Olive oil (optional)
- Salt and pepper (optional)
- Accompany it with squeezed orange juice.