



The Bride's Guide to
*Wedding Day
Breakfast*

This information is for educational purposes only and is not intended as a substitute for medical diagnosis, treatment or advice. You should not use this information to diagnose or treat a health problem or condition. Always check with your doctor before changing your diet, taking supplements, or starting a new exercise routine.



YOU'VE DONE ALL THE PLANNING

NOW IT'S TIME TO SAY 'I DO'

Your big day has finally arrived! All those hours of planning are finally coming together and you get to enjoy the finished product with all your closest friends and family!

The one area you may have forgotten about in all the planning is breakfast. Yes, you need to eat breakfast on your wedding day, and no, champagne and coffee don't count.

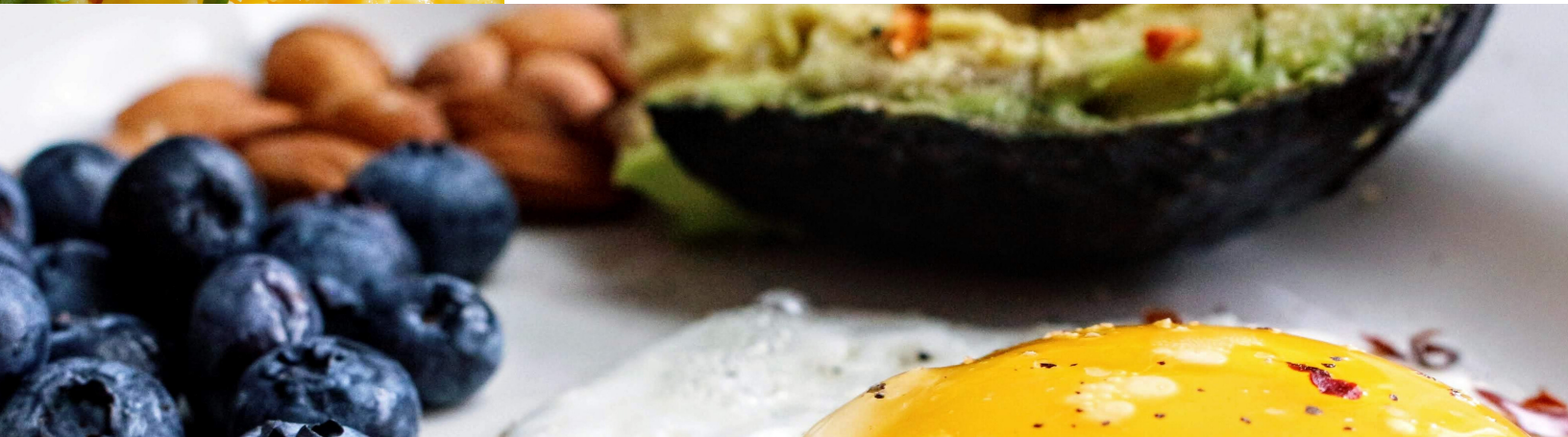
Eating a balanced breakfast ensures you have energy to focus on the important things- like saying 'I DO' to your partner. It will keep you from feeling faint or hangry, both of which are big no-no's on your wedding day.



Breakfast is the most important meal you will eat on your wedding day.

There are 4 components of a balanced bridal breakfast:

- Protein
- Fiber
- Healthy Fats
- Hydration



PROTEIN

Protein is a macronutrient that helps prevent blood spikes and the energy crashes.

- Eggs
- Greek yogurt
- Low-sodium breakfast sausage
- Cottage cheese
- Smoked salmon
- Crunchy peanut butter

FIBER

Fiber is a type of carbohydrate that is not absorbed for energy but does increase fullness after eating.

- Whole grains (oats, toast)
- Berries
- Nuts and seeds
- Apples, peaches

HEALTHY FATS

Fats are essential in providing satiety, which is vital if you may not get lunch or even much dinner.

- Avocados
- Nuts
- Peanut butter
- Chia seeds
- Coconut Oil



HYDRATION

Staying adequately hydrated can seem counter-intuitive, as you probably don't want to spend all day running to pee in your wedding dress. But once the festivities start, you may be too busy to stay hydrate. Start your morning with a liter of water. This will help keep you from feeling lightheaded, and good hydration can help your skin glow!

TIP: you can still enjoy your normal cup of coffee or a celebratory mimosa, just add water in between!





LOADED AVOCADO TOAST

Quick, easy and tasty

- Whole Grain Toast
- Avocado
- Tomatoes
- Eggs (scrambled or soft boiled)
- Seasonings of choice



SMOKED SALMON BAGEL

For the bride that wants a fancier feeling breakfast.

- Whole wheat bagel
- Smoked salmon
- Cream cheese
- Sprouts



YOGURT PARFAIT

Customize a parfait bar with your maids

- Plain Greek yogurt
- Berries
- Nut Butter
- Chia Seeds
- Slivered Almonds



BREAKFAST BURRITO

These can be made in advance and heated up for a quick on-the-go wedding day breakfast.

- Black beans
- Scrambled eggs
- Whole wheat tortilla
- Sweet potato
- Salsa



OATMEAL POWER BOWL

Simple, filling, and easy on your stomach.

- Oats
- Milk of choice
- Blueberries
- Almonds

SMOOTHIE

If you're too nervous to eat, try sipping on a smoothie

- Milk of choice
- Vanilla non-fat Greek yogurt
- Frozen berries of choice
- Frozen spinach
- Chia seeds

