

JOYOUS FREEBIE!

joyous health

Healthy Breakfast Guide

JOY McCARTHY

Certified Holistic Nutritionist,
Bestselling Author and Breakfast-lover.

...
BE VIBRANT.
BE AWESOME.
BE JOYOUS.
...



NOURISH YOURSELF!

**Want to feel more vibrant,
improve your overall health and
look your best? Then always start
your day with a nourishing meal.**

Along with Walker (my hubs), we've put
together this guide of our favourite breakfast
meals to *inspire you to joyous health.*

You'll notice that every single one of these recipes includes complex carbohydrates, high quality protein and good fat, plus hundreds of micro-nutrients such as vitamins, minerals and antioxidants. These nutrients are the building blocks and raw materials to keep your energy balanced, your mood joyous, your digestion bloat-free, your skin gorgeous and glowing.

This guide is filled with delicious and nourishing breakfast ideas to create joyous health. Walker and I hope you enjoy them all.

Wishing you joyous health today and always!

Joy McCarthy

JOYOUSHEALTH.COM

GOOD
MORNING!

START YOUR DAY JOYOUSLY!

Every morning before breakfast, drink freshly squeezed lemon and water.

...
WATCH MY
VIDEO ON LEMON
AND WATER
HERE!
...

Lemon and water has incredible health benefits:

- Supports digestive health by stimulating digestive secretions which aid in the breakdown of food.
- Stimulates the release of bile which supports detoxification because bile, along with fiber is a carrier of waste products.
- Supports and stimulates healthy bowel movements.
- Lemon juice is alkaline and rich in vitamin C making it food for the skin!
- Makes your skin G-L-O-W
- Natural cure for heartburn
- Best anti-bloat cure!

How to:

1. Using a fresh lemon, slice in half and squeeze out the juice.
2. Pour the juice into a large glass of room temperature water.
3. Drink 10-20 minutes prior to a meal.
4. Swish your mouth with plain water after drinking if you are concerned about the enamel of your teeth.



BE
VIBRANT!



HEALTHY BREAKFAST RECIPES



Sunflower
Seed Butter
Chocolate
Chip Toast



Triple Berry
Coconut Power
Smoothie



Mason Jar
Superfood
Granola



Detox
Smoothie



Eggy Avo
Tartine



Green Tea
Matcha
Smoothie



Quinoa
Breakfast
Bowl



...
SERVES
ONE
...

Sunflower Seed Butter Chocolate Chip Toast

JOYOUS FAVOURITE!



This is a kid-approved (and grown-up) favourite. I enjoy using sunflower butter but it's just as yummy with almond butter. The addition of hemp hearts adds a hit of complete protein and anti-

inflammatory good fat. And the cinnamon helps to balance blood sugar. Enjoy with some fresh fruit. Just like the [eggy avo tartine](#) (on page 10) I also enjoy this as a snack, as you can see in my photo.

**I personally love the Silver Hills brand. They are a Canadian company, and the wheat has been sprouted which makes it more digestible. Of course you can use gluten-free bread or grain-free bread if you wish.*

WHAT YOU NEED!

- 1 piece of toasted bread*
- 1-2 tbsp sunflower seed butter
- Half banana sliced
- 1 tbsp hemp seeds (hearts)
- 1 tsp chocolate chips or raw cacao nibs
- Sprinkle of ground cinnamon
- Drizzle of honey

MAKE IT WITH LOVE!

Slather your favourite toast with sunflower seed butter. Top with sliced banana, sprinkle with hemp seeds, chocolate chips and cinnamon. Drizzle with honey.

TRIPLE THE FLAVOUR!

...
SERVES
ONE
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Triple Berry Coconut Power Smoothie

Smoothies are the perfect nourishing meal-in-a-cup, especially if you are a super-busy person. They are also a wonderful way to get on the health train. If you've been struggling with getting on track and staying motivated, committing to one smoothie a day does the body good!

MAKE YOUR OWN COCONUT MILK!*

Coconut milk is so easy to make! You'll be amazed at how tasty it is too!

WHAT YOU NEED!

2 tbsp goji berries
1 cup blueberries
1/2 cup blackberries
1/4 cup hemp seeds (hearts)
1/4 cup coconut flakes or shreds
(look for "unsulfured")
2 cups coconut milk (either canned
or tetra-pak)*
*Optional: Vanilla plant-based
protein powder*

...

Garnish with additional hemp seeds
and coconut flakes.

MAKE IT WITH LOVE!

Place all ingredients into a high power
blender and blend until smooth. Enjoy
right away.



...
SERVES
ONE
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Mason Jar Superfood Granola

HEALTHY ON THE GO!

I don't know about you, but I LOVE putting things in mason jars – from food to storing paper clips and especially breakfast. The convenience aspect of a mason jar breakfast-to-go makes eating healthy a no-brainer.

MAKE YOUR OWN GRANOLA FROM SCRATCH!*

Get joyous in the kitchen and make your own granola from scratch!

WHAT YOU NEED!

- 1/4 cup applesauce
- 1/2 tsp cinnamon
- 1-2 tsp chia seeds
- 1/2 cup yogurt (coconut, sheep or other)
- 1/2 cup your favourite granola*
- Handful of fresh fruit
- 1 tbsp coconut flakes
- 1 tbsp goji berries

MAKE IT WITH LOVE!

In a small bowl, combine the cinnamon, applesauce and chia seeds. Since you probably won't be eating it right away, it will become thicker the longer it sits.

Using a mason jar, layer with yogurt, applesauce mixture, granola, fruit, coconut flakes and goji berries. Pop the lid (be sure the lid is tight). Toss in your bag. Perfect to transport to school or the office for a late breakfast.



KICK-START YOUR DAY!

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SERVES
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Detox Smoothie

If you've done the [Joyous 10-Day Detox](#) you know all about the benefits of eating foods that naturally stimulate the body's detox pathways. This smoothie is a great way to kick-start your body's detox engines, after you've had your lemon and water of course.

MAKE YOUR OWN ALMOND MILK!*

Making your own almond milk is super duper easy and often times far healthier than most store-bought milk. Here is my how-to video recipe in simple steps to make your own almond milk.

WHAT YOU NEED!

- 1 cup loosely packed spinach
- Thumb size ginger
- 1 cup chopped pineapple
- 1 carrot
- ¼ cup hemp seeds (hearts)
- 1 banana
- 2 cups almond milk*
- Ice
- Optional: Vanilla plant-based protein powder*

MAKE IT WITH LOVE!

Place all ingredients into a high power blender and blend until smooth. Enjoy right away.

JOYOUS QUESTION!

I'm shopping on a budget. What foods should I be buying organic?

You might be wondering what foods you should buy organic, here's a [handy dandy chart](#) on the Dirty Dozen and Clean 15 to make things easier, along with tips on how to shop organic on a budget.

BE
JOYOUS!



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SERVES
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Eggy Avo Tartine

BON APPETITE!

You may have noticed from my [Instagram](#) that this is a breakfast that Walker and I enjoy quite often. Tartine just means “open face” sandwich. Eggs are nutrition superstars, full of good fat, protein, iron and B12. *Bon appetite!*

**I personally love the Silver Hills brand. They are a Canadian company, and the wheat has been sprouted which makes it more digestible. Of course you can use gluten-free bread or grain-free bread if you wish.*

EGGS: MOTHER NATURE’S BEST BRAIN FOOD!

If you’re like me and you love eggs for breakfast, don’t forget they are mother nature’s best brain food. Be sure to check out my [Zucchini Frittata Cups](#).

- WHAT YOU NEED!**
- 1 piece of toasted bread*
 - Fresh spinach
 - Sliced tomato
 - Sliced ripe avocado
 - 1 egg, hard boiled
 - Sea salt
 - Drizzle of extra-virgin olive oil

MAKE IT WITH LOVE!

Place all ingredients on your favourite toast and be sure to give it a little drizzle of evoo. You could also give it a sprinkle of ground cayenne too, for a joyous kick!

You’ll notice I didn’t provide measurements for this recipe. This is because you can use as much as you would like for each ingredient.



FILL UP WITH ANTIOXIDANTS!

...
SERVES
ONE
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Green Tea Matcha Smoothie

Matcha is an antioxidant heavyweight. It has more antioxidants (AO) than blueberries, wine or green tea. AOs scavenge free radicals that damage our DNA which can otherwise cause cancer and premature aging.

CHILL OUT!

Matcha contains a very special amino acid called L-theanine (5 x more than green tea). L-theanine helps to relieve stress, lower blood pressure and counterbalance the effects of caffeine. I personally love matcha because it gives me a sense of alertness and energy without the negative affects of the jitters and anxiety that caffeine from coffee gives me.

WHAT YOU NEED!

1 tsp matcha or ¼ cup brewed strong green tea
1 banana
1-2 tsp chia seeds
½ ripe avocado
Dollop of honey
2 cups coconut milk
Ice
Optional: Vanilla plant-based protein powder

MAKE IT WITH LOVE!

Place all ingredients into a high power blender and blend until smooth. Enjoy right away.

JOYOUS QUESTION!

Where can I find more smoothie recipes?

For more great smoothie recipes, check out my book *Joyous Health: Eat and Live Well Without Dieting* and the [smoothie section of joyoushealth.com](http://joyoushealth.com). *Enjoy!*

BE
HAPPY!



...
SERVES
ONE
...

Quinoa Breakfast Bowl

NOURISH & BEAUTIFY!

I love making food look beautiful, it's so easy... all you need is a little creativity – just have fun with it! This bowl is full of an incredible number of nourishing and delicious foods. It is rich in fiber, vitamins C, B-complex, omega-3s, amino acids and bursting with antioxidants due to all those gorgeous coloured plant pigments.

MAKE THE FLUFFIEST QUINOA, EVER!

[Check out my video on how to make the fluffiest quinoa!](#)

WHAT YOU NEED!

- 1 banana sliced
- 1/2 cup cooked quinoa
- 3-4 strawberries, chopped
- 6 blackberries
- 5 blueberries
- 1 tsp chia seeds
- 1/2 tsp cinnamon
- 1 tbsp pumpkin seeds

MAKE IT WITH LOVE!

In a large cereal bowl, assemble as shown or mix all the ingredients together!

Enjoy with 1/2-1 cup almond milk or a few dollops of your favourite yogurt.

TREAT YOURSELF!

Mochaccino Extra Energy Smoothie

Be sure to try my
[Mochaccino Extra Energy Smoothie](#)
for a boost of natural energy!

BE
ENERGIZED!

I'LL HELP YOU FALL IN LOVE
WITH NOURISHING, HEALTHY,
BEAUTIFUL FOOD ONE
MORSEL AT A TIME.

Meet Joy!

Joy McCarthy is a certified holistic nutritionist (CNP, RNCP), founder of the hugely popular healthy living blog JoyousHealth.com and wellness clinic Joyous Health, where she consults a global community of clients and teaches workshops. Author of the Canadian Bestselling book [*Joyous Health: Eat and Live Well Without Dieting*](#).

CONNECT WITH ME



TAKE IT TO THE NEXT LEVEL

Want to take it to the next level with a custom meal plan?
Check out [Joyous Health's nutrition services](#).

Joy is fiercely committed to toxin-free beauty products which is why she launched her first line of personal care essentials in 2014. From toothpaste to deodorant, you never have to worry about using hormone disrupting ingredients again!

She is also a faculty member at the Institute of Holistic Nutrition. Joy is also an international speaker, and a featured nutrition expert on Global TV's "The Morning Show" and CBC's "Steven & Chris," which also airs on ABC's Live Well Network.

Joy regularly contributes her health expertise to many North American publications, television and radio shows. The co-founder of [Eat Well Feel Well](#), Toronto's first integrated nutrition and yoga program, Joy lives a life rooted in balance, love and healthy living, all common themes of the 6 week course.

Joy lives in Toronto with her two adorable kitties and husband Walker.

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BE VIBRANT. BE AWESOME. BE JOYOUS.

FLUFFY & DELISH!

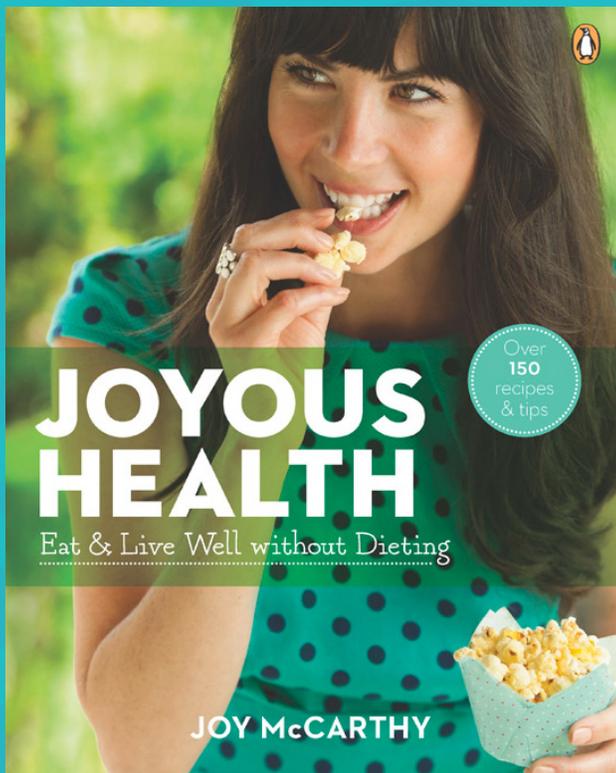
Pancakes!

You may have noticed there were no pancakes in this guide, yet I'm a *TOTAL pancake monster*. Don't worry, there are plenty on joyoushealth.com and in my book *Joyous Health: Eat and Live Well without Dieting*.

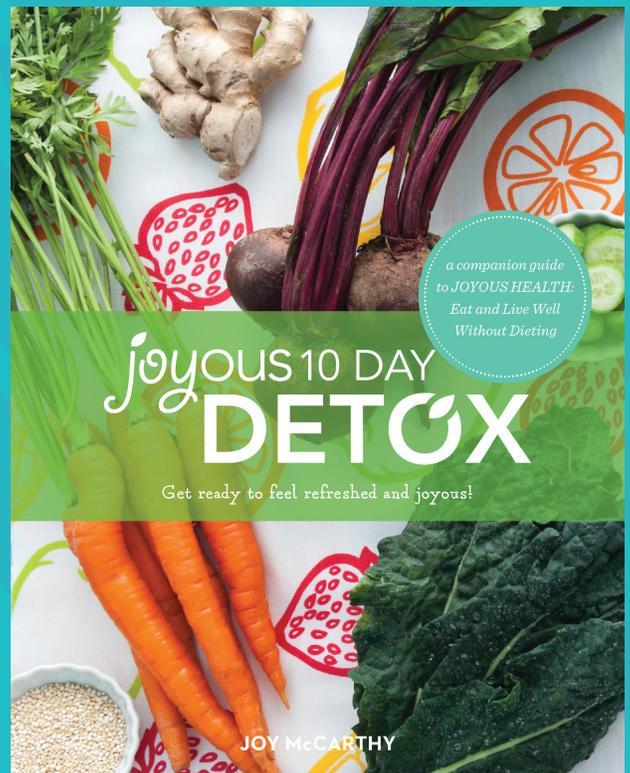


GET
INSPIRED!

joyOUS 10 DAY DETOX



+



= A JOYOUS YOU!

**PURCHASE
TODAY!**

BE VIBRANT. BE AWESOME. BE JOYOUS.



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learn about the
JOYOUS Blend
health benefits



The Honest Leaf JOYOUS tea blend

I love Shelby's philosophy to provide teas that have nothing to hide. "Honest" teas... meaning, what's printed on the label is exactly what you'll get inside the bag.

This blend is detoxifying and anti-inflammatory – both of which are essential for beauty and digestion. Plus, it was critically important that the flavour be uplifting, fresh and rejuvenating so that when you drink it, you feel... well, JOYOUS!

- INGREDIENTS
- ORGANIC GREEN ROOIBOS
 - ORGANIC LEMONGRASS
 - ORGANIC GINGER
 - MILK THISTLE
 - LEMON VERBENA
 - HIBISCUS
 - LEMON PEEL
 - LEMONGRASS OIL

Purchase JOYOUS BLEND!



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