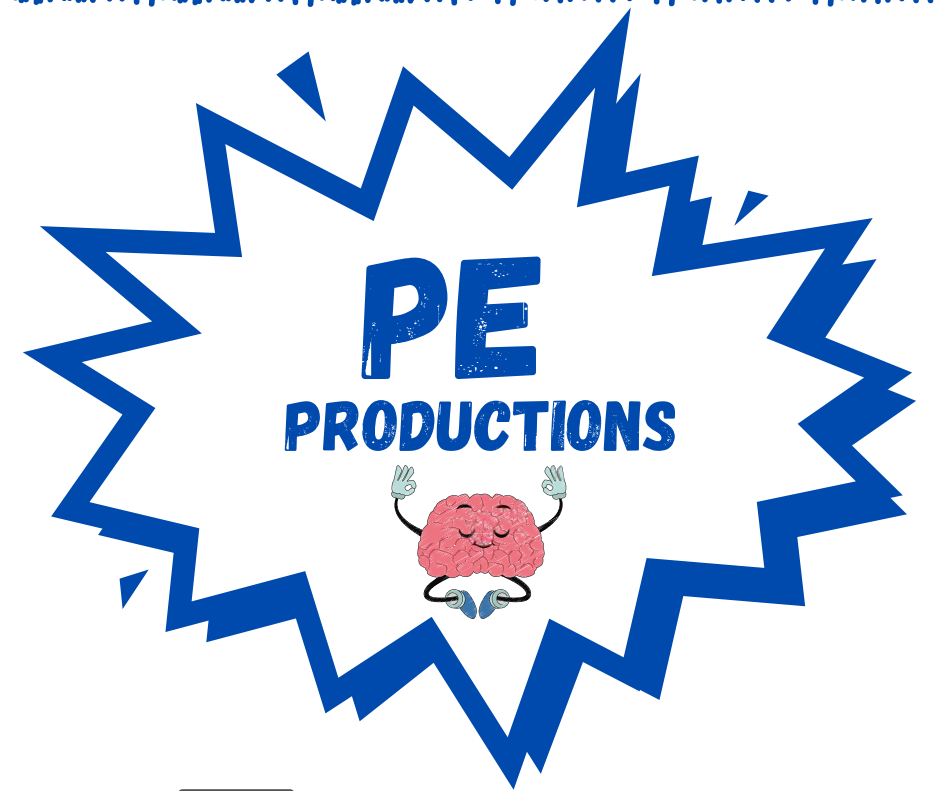


Super healthy Breakfast at home



STEP 1: Choose something to drink



Water



Soy drink



Almond drink



Oat drink



Whole milk

If you want to add something...



100% Pure cocoa



No sugar

...or any other plant-based drink but with **NO SUGAR**



STEP 2: Grab a bowl and make your fruit + yogurt mix

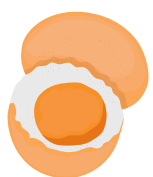


Plain yogurt, Kefir or Skyr
SUGAR FREE!

Sliced fresh **FRUIT**

Add Grains, nuts, seeds
SUGAR FREE!

STEP 3 Make a healthy plate or simply a toast



Eggs



Avocado



Tomato



Tuna



Cheese



Brown bread



Olive oil



PREPARE YOUR SCRIPT:

Good morning! This is my super healthy breakfast tutorial. Here you can see all the ingredients *(record all the food laid on the table)*



To drink I have _____ *(record the mug with the liquid inside)*



My bowl has _____ + _____ + _____ *(record your hands mixing the food inside the bowl)*



My plate is made of _____ + _____ *(record your plate already done)*

My breakfast is healthy because it has no added sugar and is made of carbs, proteins and healthy fat.