



5 RECIPES FOR SKINNY & SAVORY
MORNING DRINKS
beginning steps to start your healthy lifestyle

by Alene Snodgrass

Hey friend, I'm thankful you are interested in beginning a healthy lifestyle.

Better to begin now. Trust me! Because there's nothing like being forced to get healthy due to an illness or tragedy. And from one who has been there, I want to encourage you to take daily steps towards creating your healthy lifestyle.

This fast-paced, eating-out, run from sun-up to sun-down culture we live in has jeopardized our health. This busyness has only been created in the last 50 years or so. And frankly, our bodies were not meant to live on full speed ahead 24/7 stopping here and there to fill our hunger pains with chemically processed foods.

I bought into the lifestyle. I actually loved the lifestyle.

But it wasn't healthy and when tragedy occurred ([read it here](#)) my body began attacking itself in the form of an autoimmune disorder ([read that here](#)). Along this journey of healing I have learned so much. I'm eager to share the simple things I put in place to begin healing my body from the inside out.

Thank you for signing up. I hope you'll find this booklet helpful and print it out to refer to it often. My goal is to encourage you on your health journey.

Remember — WHATEVER YOU DO affects your health.

So let's begin with 5 easy breakfast drinks that promote great health.

As a convenience for you, all links to products are found on the last page. [Go here.](#)

MORNING ROUTINES ARE IMPORTANT

- Morning routines are crucial to starting your day right. First, I hope you started with enough rest. Rest is crucial for your body to heal.
- **Next give up the morning caffeine.** I know — *gasp!* For the most part I never ate in the mornings. I usually would drink coffee until lunch time. This was so bad for my body. Coffee is acidic, inflammatory, and raises your blood pressure.
- Caffeine influences how our bodies would normally respond internally. It covers up when we need rest by providing us with induced energy. It also stimulates our bowels, which we need to know if they are functioning properly on their own.
- There are two ways to give up caffeine — stop cold turkey (which I did) or gradually decrease consumption over a week. Either one is doable, you just have to commit and change up your familiar routine.
- Coffee is a special part of my mornings as that's when I read the Bible, journal, and plan my day. So finding a substitute was crucial. I've tried herbal teas, but my favorite now is a **great coffee substitute**. Try it — you'll love it.

FRENCH ROAST COFFEE ALTERNATIVE

- Heat water to boiling in a stove top or electric kettle
- In your favorite mug pour water over one tea bag of Teeccino French Roast herbal tea
- Add 1 TBSP of Nutiva Coconut Manna (optional)
- Stir until thoroughly mixed
- Let steep for 4 minutes
- Drink and ENJOY!
- Calories: 18 plain, 118 with Coconut Manna



Your body will be so happy once you have detoxed from your morning caffeine. The proverbial headache you might experience once stopping is because your body has been effected by the stimulant.

This French Roast herbal tea is caffeine free, savory and rich tasting with flavors of chicory, and deep coffee notes from roasted ramon seeds. You will love the bold rich flavor.

If you prefer a little creamy richness to your coffee, you will not want to skimp on adding the coconut manna.

There is a little adjusting to your morning rituals as you give up your coffee, but your body will thank you in the long run.

Remember, we are focusing on lifestyle changes that bring about great health from the inside out.

BAMBOO THERAPY TEA

- Heat water to boiling in a stove top or electric kettle
- Pour over one tea bag of Bamboo Leaf Tea
- Let steep for 4 minutes
- Sip and enjoy the therapy this tea brings to your hair, nails, and digestive organs
- Calories: 0



If you struggle with autoimmune issues, you will want this tea. This tea is healing for your gut. And this is important because 80% of your autoimmune system lives in your gut.

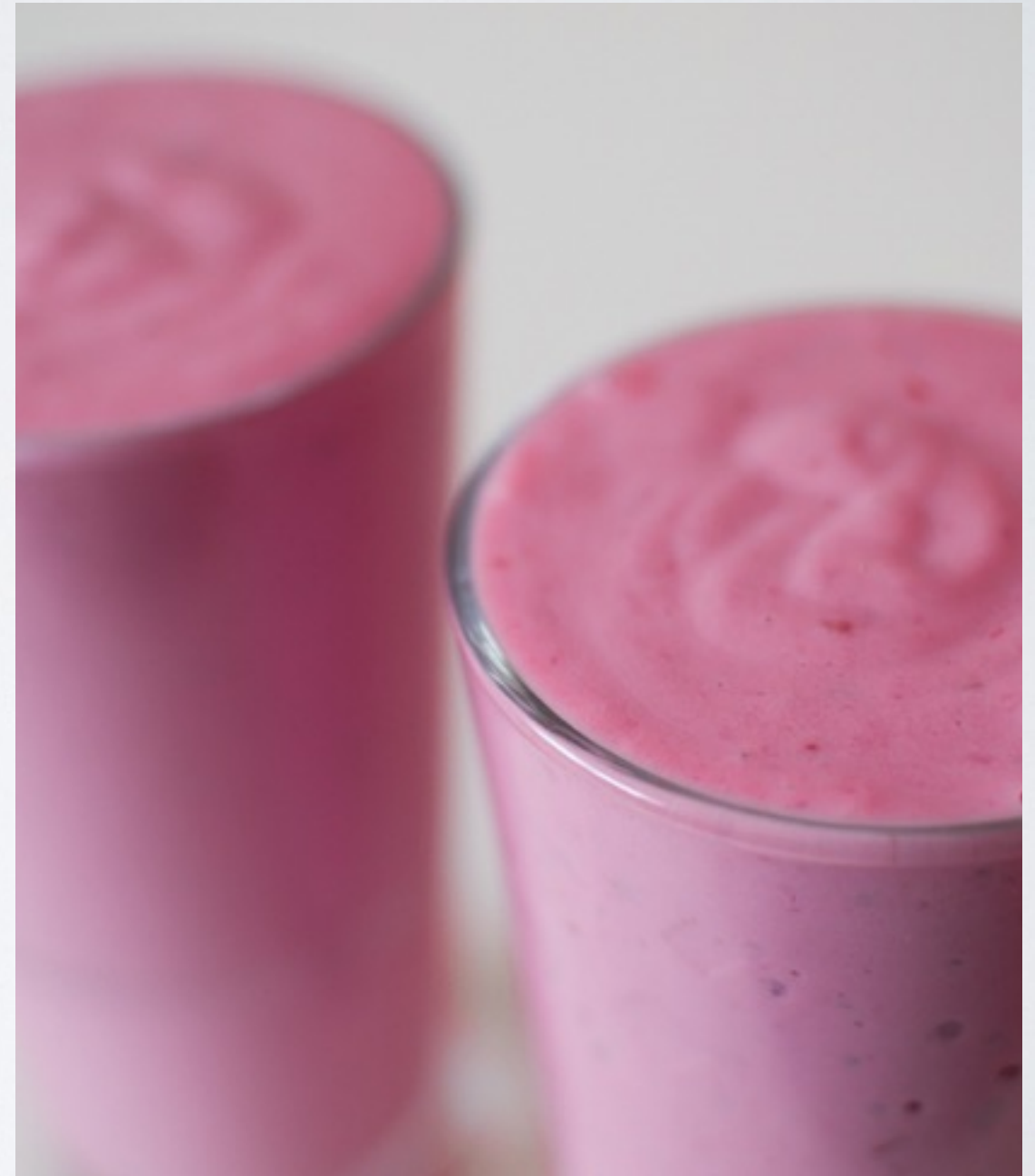
It is also great for brittle hair and nails. In my case when I lost my hair due to trauma and autoimmune disorder, bamboo leaf was a must.

Don't think robust flavor when you drink this tea. Rather instead think soothing, healing, and health. Drink a cup every morning and begin healing yourself from the inside out. If you'd prefer, heat you up a cup in the evening. There's no caffeine so you can savor that hot cup late in the evening.

This lightly flavored drink has so many healing properties that your body needs. Don't skip adding this to your morning!

BERRY GOOD BREAKFAST SMOOTHIE

- In a Nutri-Bullet place 2 cups of Organic spinach
- Add 1/2 cup of Organic blueberries
- Add 1/2 cup of Organic strawberries
- Add 2 TBSP of Bragg Apple Cider Vinegar
- Add 5 drops of Lime Essential Oils
- Seal and blend until smooth.
- If you prefer more of a frozen smoothie, you can use frozen fruits while adding 1/2 cup of coconut milk.
- Calories: 87



Most Americans do not get enough greens in their diet. And if they do they are broken down with chemical flavorings and seasonings.

This breakfast smoothie is packed full of nutrition and antibiotic boosting vitamins. Spinach, strawberries, and blueberries make a powerful healing team. When you add the apple cider vinegar it helps detoxify your body and better digest foods with its probiotic nature. Not to mention lower blood pressure and balance blood sugars. You can't go wrong with Apple Cider Vinegar.

Don't skimp on the lime. It helps cut the tart taste of the ACV, plus also provides cleansing benefits. Not to mention it has great anti-inflammatory and antioxidant properties.

You will come to love this breakfast smoothie packed with energy and healing foods.

HEALING BONE BROTH

- In a crockpot add 2-3 lbs of bones — farm raised chicken, pork, or grass fed beef.
- Add 2 sliced onions, 3 carrots, and celery.
- Add 2 TBSP of Apple Cider Vinegar, dash of salt and pepper.
- Fill with filtered water until all ingredients are covered.
- Cook on low for 24 hours.
- Cool, skim off any residue on the top, and pore into large mason jars.
- May be stored in the refrigerator for 7-10 days.
- Calories: 72 per 8 oz



This is the most important drink you can add to your diet. Not only is this great for drinking first thing when you wake up, but it can be sipped through out the day for added benefits.

Bone broth is healing to our bodies. It is loaded with collagen and gelatin which helps heal our damaged and inflamed digestive tract.

Be sure to buy bones that are free of hormones. Buy grass-fed beef and farm raised chickens that are non-GMO. You want the purest of bones as the apple cider vinegar will help extract the minerals, gelatin, and collagen. This is a great anti-biotic.

I can't rave enough over bone broth. I saw a decrease in my allergies, my skin seemed softer, and I had less inflammation. All of that in my first 30 days of incorporating this broth into my morning routine.

ENERGETIC VEGGIE DRINK

- In a NutriBullet place two cups of spinach leafs
- Add 1 skinned and sliced cucumber
- Add 1 carrot chopped into small 2 inch lengths
- Add 1 celery stalk cut into 2 inch lengths
- 1/2 lime (squeezed for the juice)
- Cover tightly and blend.
- Calories: 100



I hope you are beginning to see how important refueling and detoxing your body is in the morning. For years I swallowed down cereal, having not a clue of how processed and chemically charged it was.

As I got older, I began to eat oatmeal for breakfast. I was told it was healthy and would lower cholesterol. But for someone who has an already inflamed system, oatmeal is actually a food that causes more inflammation.

This Energetic Veggie Drink is fast, simple, but loaded with powerful vegetables to start your day. Talk about a real energy boost — no carb laden cereals, just straight up vegetables that help you detox and are anti-inflammatory.

Your body will love you for bringing it this much nourishment as you begin your day.

WHERE TO FIND THE ITEMS MENTIONED

Attached for your convenience are affiliate links to items mentioned.

Click items below to view.

- [French Roast Herbal Tea](#) — this is the closest I've found to a full bold taste like coffee
- [Electric Kettle](#) — just like your mamma's kettle, but faster
- [Nutiva Coconut Manna](#) — true creamy flavor
- [Bamboo Leaf Tea](#) — treat your hair and nails to this soothing warm drink
- [Nutri Bullet Blender](#) — you will love how easy the NutriBullet is to clean up
- [Bragg Apple Cider Vinegar](#) — make sure you get an organic brand with the Mother
- [Lime Essential Oil](#) — only use full grade pure oils when ingesting. This is the brand I use and testify to.