

ANTHONY ROBBINS
LIVE IN LONDON

Unleash The Power Within
Where The Impossible Become Possible



Other Breakfasts

While juices and smoothies will make up a large proportion of your breakfasts, these tasty metabolism starters are fantastic when you are first starting out, or when you have only got a few minutes before you race out of the door.

Remember, as you become more accustomed to the subtle sweetness of the alkaline vegetables you might find yourself enjoying some of the lunch and dinner meals at breakfast-time too!

Avocado Breakfast On-the-Go

Highly nutritious brekkie that can be enjoyed at a snack at any time during the day



Serves: 1

Preparation Time: 5Minutes

Ingredients:

Half an avocado

1/4 lemon

Small handful sesame seeds

Flax Oil or Udo's Choice

1 clove of garlic (optional-de -
pends on if you have meetings!)

1/2 tomato

Instructions:

- 1 Dice the tomato, crush the garlic and spoon out the avocado, keeping the skin intact.
- 2 Mix everything together with the lemon and oil and then place back into empty avocado skin, sprinkle with Himalayan salt and serve.

Alkaline Baked Bean Salsa Brekkie

Look at all of those alkalising, energising ingredients! A great start to the day!



Serves: 2

Preparation Time 30 Minutes

Ingredients:

1 can of haricot beans (pref. organic)
4 spring onions
6 cherry tomatoes
1 handful of basil
2 handfuls of spinach
2 cloves of garlic
1 avocado
½ lemon
Olive oil
Himalayan salt & black pepper

Instructions:

- 1 Roughly chop the spring onions, halve the cherry tomatoes, and finely chop the garlic. Now, in a reasonably sized frying pan, bring a little water to the boil (maybe 50ml or less) and 'steam fry' the garlic for one minute.
- 2 Now throw in the cherry tomatoes, haricot beans and spring onions until everything softens.
- 3 Next add the basil and spinach until it is wilted and season with Himalayan salt and black pepper.
- 4 While this is cooking prepare a side salad and halve the avocado and voila.
- 5 Serve the bean salsa mix with salad and the halved avocado, with lemon and olive oil drizzled all over.