**initial email subj:  Bacon, eggs, and avocado again?**

**unopens subj:  breakfast?**

I can remember when I first committed to Paleo.

My energy was bursting. Fat was flying off. My health was returning with a vengeance.

For breakfast? Sizzling strips of bacon and eggs--sunny side up.

Who knew bacon and eggs would be the catalyst of my Paleo transformation?

Every day, I’d wake up, and look forward to the sound, the smell, the taste.

Until one day… I didn’t.

I had to admit to myself, I was sick of them. Not just bored or fed up of the taste, but truly SICK of them.

Now I was in a quandary. What to eat. What to do?

Going back to previously unhealthy options was out of the question. It’d been months since I had an English muffin, a donut or bowl of cereal.

And skipping breakfast altogether was simply not an option.

Scouring the Internet for a tasty and satisfying Paleo breakfast ideas proved frustrating and time consuming.

And then suddenly I discovered these recipes from Paleohacks...

Paleohacks Paleo Breakfast Recipes

Hmmmmmm, delicious. Recipe after recipe, everything I tried, tasted sooo good.

Now I finally had what I craved... Variety.

The best part?

These Paleo-friendly breakfast meals can all be made within 10 short minutes! Just as fast as whipping up bacon and eggs.

In the process, my health exploded.

Whoever said it is right. Breakfast \*IS\* the most important meal in a Paleo day. And double that, especially when you’re following these kick-butt recipes.

>> Paleohacks Paleo Breakfast Recipes

Talk soon,

Dave

PS: You’re probably asking yourself if I still have bacon and eggs for breakfast?

Honest answer? Yeah. Once in a while. I’ve come to love them again. Especially if someone makes them for me. ☺

>> Paleohacks Paleo Breakfast Recipes

**Subject: My Paleo Morning Ritual**

How do you start your day?

I start mine with a detoxing cup of hot lemon water.

Then I juice. What do I juice? It depends, but it usually turns out vibrant green.

Then I work out. How do I work out? I’ll share that with you another time, but my goal is to build and maintain lean muscle. Because that enables your body to unleash a flood of fat-burning mitochondria.

Afterwards, I have a Paleo-centric breakfast.

In the beginning, I used to be practically *addicted* to bacon and eggs. But I quickly got sick of them.

Took a while and a bit of research, but fortunately I discovered an amazing Paleo breakfast recipe book. It’s called...

>> Paleo Breakfast Recipes

Go ahead and try’em now. Here’s why I love them...

They’re obviously Paleo-friendly and they’re incredibly delicious. I swear, you’ll think you’ve died and gone to Paleo heaven after you’ve tried Julie’s version of...

* Fresh Mushroom and Pepper Omelet...
* Baked Chicken Breasts With Kale Slaw...
* Bacon and Spinach Scramble...
* Breakfast Chili...
* Stuffed Pancakes...

Yeah, they’re delicious but the second reason I think they’re great is there’s so much variety. I didn’t realize how much variety mattered in a Paleo diet. But it does. A lot.

All in all, there’s over 40 health-maximizing recipes.

The cool thing is, as you can see I spend about 90 minutes in the morning getting my day started. That means I don’t want to waste a minute of it on cooking and cleaning up. Luckily, these recipes only take about 10 minutes to prepare.

That’s pretty quick.

They’re also great as leftovers. So unlike bacon and eggs, where they quickly lose their appeal afterwards, with a lot of these recipes you can whip up a batch and reheat them as needed. It’s totally up to you.

Go ahead and see for yourself...

>> Paleo Breakfast Recipes

Talk soon,

Dave

**PS:** I know it seems like 90 minutes is a lot. But it’s really not. Once you fall into a rhythm and get a ritual thing going, I swear you’ll wonder why you didn’t do it sooner.

Plus, things like these 10-minute recipes make the whole process simpler and easier.

It’s rare something is quick, tastes good and is healthy for you, but these recipes really do hit the spot.

Do yourself a big favor today and see for yourself right now...

>> Paleo Breakfast Recipes