

Day One Meal One

Avocado Toast with Garlic

When the bread is toasted, lightly rub the raw garlic on it. Spread the avocado on the toast. Sprinkle with salt, crushed red pepper, or nutritional yeast. Enjoy!

Considering how early I get up in the morning (3:45am) breakfast tends to be pretty simple. My all time favorite breakfast is sweet potato, avocado, and eggs cooked in ghee and sprinkled with a little salt. But, for the next 21 days there will be no eggs or ghee in my diet.

Sweet potato and avocado will remain staples, but there's another breakfast I enjoy that is super simple and delicious.