

# Thoughts On Breakfast Decision Making And Gratitude

We all know that breakfast is the most important meal of the day. It gives us the energy we need to start our day and helps us to focus and concentrate. But what many people don't realize is that the decisions we make about breakfast can also have a big impact on our overall well-being and happiness.



## An Omelet For Evan: Thoughts on Breakfast, Decision-making and Gratitude by Sheri Wall

★★★★☆ 4.7 out of 5

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When we make healthy breakfast choices, we are more likely to feel good about ourselves and our day. We are more likely to have energy and focus, and we are less likely to experience cravings or overeat later in the day.

On the other hand, when we make unhealthy breakfast choices, we are more likely to feel tired, sluggish, and irritable. We are more likely to

experience cravings and overeat later in the day, and we are less likely to have the energy and focus we need to be productive.

So, what are some healthy breakfast choices? Here are a few ideas:

- Oatmeal with fruit and nuts
- Yogurt with berries and granola
- Eggs with whole-wheat toast
- Smoothies made with fruits, vegetables, and yogurt
- Whole-wheat pancakes or waffles with fruit syrup

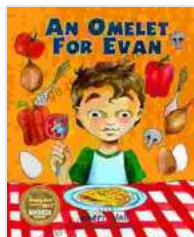
In addition to making healthy breakfast choices, it is also important to be grateful for the food we have. Gratitude can help us to appreciate the simple things in life and to be more mindful of our eating habits.

When we are grateful for our food, we are more likely to eat slowly and savor our meals. We are more likely to be mindful of our portion sizes and to avoid overeating.

Gratitude can also help us to be more appreciative of the people in our lives who make it possible for us to have food on the table. It can help us to be more compassionate and understanding towards others.

So, if you are looking for a way to improve your overall well-being and happiness, start by making healthy breakfast choices and cultivating a grateful heart.

Breakfast decision making and gratitude are two important things that can have a big impact on our overall well-being and happiness. By making healthy breakfast choices and being grateful for the food we have, we can set ourselves up for a successful and fulfilling day.



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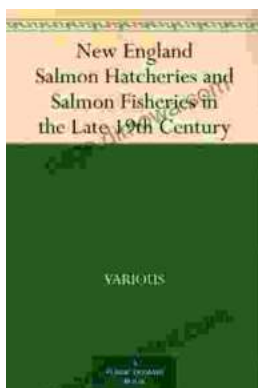
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