



This is the *Health Matters* podcast.

### **Set Yourself Up for Success with a Healthy Breakfast with Julie Endl**

I'm your host Kimberley Payne and this is the show for women who want to improve their spiritual and physical health.

In this episode, we'll be talking about breaking the fast. We'll be sharing recipes and secrets so that you can easily start making small changes in your morning routine that, over time, will offer you great reward.



This week we're going to be talking with Julie Endl. Julie is a native to Jefferson, WI. She is a wife of 27 years to Scott and has 3 adult children. She is an Integrative Nutrition Health Coach and received her certification from the Institute for Integrative Nutrition in New York City. As a health coach, Julie works alongside you offering you motivation, support, accountability and education to help you reach your wellness goals. She has a passion for wellness and helping others to reach their optimal health. You can learn more about her at [www.xcelwellness.net](http://www.xcelwellness.net). Welcome Julie.

#### **Julie**

Hi Kimberley. Thank you for having me on the show.

#### **Kimberley**

Glad to have you here. So we're going to jump right into the questions. In the introduction I talked about "breaking the fast". What does it mean to eat a nutritionally dense breakfast?

#### **Julie**

Well you know you talk about "breaking the fast" and that's how we get the word breakfast. That's how we define that word breakfast in the morning. We're breaking the fast from the whole night of hopefully getting a good night's rest. So we break that fast by giving our nutrition a start in the morning. So when

we talk nutritionally dense breakfast we want to make sure that we are eating whole food. Sometimes you might hear that explained as clean eating to start off your day.

**Kimberley**

I've heard the term "clean eating" and I like it. Can you give us some examples of what would be included in a nutritionally dense, clean breakfast?

**Julie**

Sure, usually a nutritionally clean breakfast would start you off with something like whole foods. Whole food would be nothing processed; nothing in a box. Something God put on this earth in its simplest form. (For example, an egg). So when we talk nutritionally dense we want to make sure it's whole food and that we are preparing it with the idea that includes fiber, plus protein, plus a healthy fat. Finding those foods that would fit that kind of recipe for getting you started off healthy.

**Kimberley**

Now I grew up eating cereal, Rice Krispies and Corn Flakes, that sort of thing. That's in a box. I like the egg idea. I do love a hard boiled egg. What other sorts of foods would you consider that include just the fiber, protein and healthy fat?

**Julie**

So maybe one time you make a smoothie for breakfast. I like to make a smoothie that would be nutritionally dense. I pack it with nut milk; I use almond milk. I'd put spinach in it so there's lots of fiber there, really good nutrition in spinach. It's a simple food. Then I would add some berries; low sugar, low glycemic berries. I might throw half of an avocado in there, some protein powder and then some other super foods like chia seeds or flax seeds. So we're really packing that full of nutrition. And then some ice to make it nice and chilly and cold. It's just a really simple way to blend up in a breakfast, especially if you need something quick to go out the door.

**Kimberley**

I've never considered putting an avocado in my smoothie. That's a great idea, I like that.

**Julie**

Yes, it's a healthy fat. An avocado is an amazing super food. It's thickens it too and gives it a nice consistency so it's not so watery. It's a great thing to add.

**Kimberley**

So we've talked about breaking the fast because we've gone hours without eating or drinking. So why do we need to eat a healthy breakfast?

**Julie**

The reason we need to eat a healthy breakfast is that it reduces your hunger throughout the day which may make it easier to avoid overeating. For instance, if you skip breakfast you may feel ravenous later and then you're tempted to reach for that quick fix. For instance, maybe at your office they have a vending machine or someone brings in donuts to celebrate someone's birthday, or a cake or something. So it just avoids that overeating. We want to reduce our hunger. What we're trying to do with eating a nutritionally dense breakfast is to set yourself up for success for the rest of the day. If you skip breakfast you start making some bad choices throughout the day.

It keeps you on track. People who eat a healthy breakfast tend to eat a healthier overall diet; one that's more nutritious. In contrast, people who like to skip breakfast may be more likely to skip fruit and vegetables throughout the day.

A healthy breakfast also helps you sustain your energy. Can you imagine skipping breakfast and then trying to go to a meeting or run a conference or anything like that? It helps you have energy and brainpower. It gives you that energy to fuel your body. It gives your muscles the energy they need too.

Skipping breakfast is also associated with decreased physical activity. You're going to feel more sluggish and less energy. So it's really important. You've heard that it's the most important meal of the day and it really is.

### **Kimberley**

Yes, I see it a lot more especially in the school systems where they have the breakfast programs. For those kids who might not have it at home, whether too busy or too rushed or financially not in a place; any particular reason. But the schools are realizing that it definitely important. When you mentioned brain power I just thought about that. It gets the brain going.

### **Julie**

Definitely.

### **Kimberley**

What would you say to the people that don't like breakfast? Who say, "Oh if I eat breakfast it makes me sick."

### **Julie**

Makes them nauseous? Everyone is different. In my coaching practice, that's one of the things that I feel is really important. What works for one person may not work for another person. Now some people might not eat breakfast until ten o'clock and that's okay. That's their breakfast time. That's how their body works the best. And that's something that you really need to do. I have something called a "breakfast experiment" which I don't think we talked about prior to this but it's something that I could send to your listeners. It's for you to find out what works best for your body; what keeps you fuller the longest. So basically what you do is for 7 days you eat a different breakfast and then you see in two hours or one hour after that how hungry you are. You need to find out what works best for your body, for your little machine you got there.

## Kimberley

I really like that idea. Too often I hear blanket statements that everyone should do this no matter who you are or what kind of life you have or anything like that. A breakfast experiment, I like that. How would listeners get that from you?

## Julie

I could send it to you Kimberley if you wanted me to. Otherwise it's very simple: Day 1 eat eggs. It's something I could send to you Kimberley but it's basically Day 2 you eat oatmeal or grains to see how your body reacts. Day 4 we're going to try that boxed cereal, what we consider a healthy cereal. Day 5 we're going to do a muffin and coffee, Day 6 we're going to do fresh fruit and Day 7 we're going to do some fresh veggies. It's a very simple way to find out how your body handles all these different foods.

## Kimberley

I love it. What I can do is put a link to it in the show notes. So when listeners go to my website they can see the show notes there and they can link to it. That's a great idea. That's very neat.

So what are some good substitutions for a healthy and nutritional breakfast?

## Julie

I have some swap outs. I work with clients and we really try to take what they're currently eating and just try to tweak it a little bit to try to get more nutrition. For instance, I don't know if you have where you live but I have where you can buy packaged little oatmeal packets that come 10-12 in a box. You just add water, put warm water on it, however you would do that and you have breakfast oatmeal. You can tweak that and do a steel cut oats, you can do overnight oats, quinoa cereal, chia pudding. And I've also sent those recipes to Kimberley as well—easy, simple ways to make things ahead of time to save time in the morning. Also, it's a great way to get nutrition in your breakfast.

Maybe you would like a protein bar or a breakfast bar. You grab that in the morning. So we're going to try to tweak that and we're going to have a smoothie instead. Another tweak—we talked a little bit about that boxed cereal—what I would consider a healthier box of cereal. Something we have in Wisconsin is a multi-grain cereal, something like that. We want to tweak that, I've got a muesli recipe that has seeds in it and it's an amazing protein packed breakfast that is absolutely my favourite. I have the recipe and it's super easy to make in a bulk area where you can have it ready for the morning. It's very quick and easy.

And then we also have the granola bar, the standard granola bar. We have something in Wisconsin in my area called a [Larabar](#). It's got 4 ingredients. It is processed, we know, but it has simple ingredients that we can read. It's got no preservatives.

I don't know if you guys have McDonalds by you, I don't know Kimberley but we have an Egg McMuffin. You would drive thru and grab it. We're going to tweak it. We're going to make an egg muffin at home. we're going to make 12 at a time so we've got them ready to go. There's actually nothing to that to just grab them and go.

So those are some tweaks that you can do.

**Kimberley**

I've seen the [Larabar](#) at Costco. I've never tried one myself. And yes we do have McDonalds here in Canada. Because I'm finding that I'm really loving eggs lately I'd love to make one that would be a healthier choice than an egg McMuffin for sure. Those are neat ideas. I like the idea especially that what you are doing is not reinventing the wheel and saying, "No, you can't do that" but just swapping some things out and tweaking some things over there. It's not a complete drastic change or anything like that.

Now, we're going to move on to the BEEP round. Julie will give quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer or BEEP. So what do you have for us for a quick tip for Bible study?

**Julie**

I'm a big group joiner. I like all things group. I like to share with other people. So what I would do would be to call your parish, your church, and talk to the person who handles religious education and ask, "Do you have any groups running right now? Could we start a group?" Just find somewhere that you can connect. Find another group that you could join or create a new group. Connect with your church and ask what they would have for you.

**Kimberley**

I like that. What we are doing at my church is that we just started a new study by Priscilla Shirer called [Armor of God](#). Really loving that Bible study. It's great. We have a group of about 20 of us.

What is your quick tip for eating healthy?

**Julie**

This really gets me excited. I've had some clients that are like me that say they don't like a lot of different foods. They say they don't like a lot of healthy foods. So what I have them do is make a list of all the whole foods that they like, like apples or eggs. What are the whole foods that you like, like chicken? And then we're going to create recipes from those very simple foods. It's a great way to jumpstart your clean eating lifestyle.

**Kimberley**

That's excellent. And your quick tip for exercise?

**Julie**

My quick tip for exercise is it's time for you to find your tribe. Because I like to workout with people I really like to find my tribe and find others—for me it's ladies—that can workout at the same I do. Whether it's walking—I've been walking with the same women for 20 years on Thursday mornings. At 6:30 a.m. we walk. We meet at someone's house, we sit and have a cup of coffee together and then we head out on our day. So find your tribe.

**Kimberley**

That's fantastic. And your quick tip for prayer?

**Julie**

My quick tip for prayer is something I do every morning. I have a journal. It's very simple, I just start with gratitude and then I write whatever I'm grateful for and then I turn that gratitude into prayer. Prayer for people, answer to prayer. Whatever I'm looking for prayer for, to me writing it down seems to be part of my prayer; the actual writing of it. And then I can always look back and see when there's been answer to prayer, which is awesome, right?

**Kimberley**

Yeah. Prayer journals are fantastic.

Now I understand that besides the breakfast experiment, which we talked about already, tell us a little about the other gift you have for our listeners.

**Julie**

Okay, I have a whole pack of recipes for everyone. We talked a little bit about swapping out and I talked a little about the chia pudding, the muesli, the overnight steel cut oatmeal, the easy muffins, and then I have an egg muffin. And then I also have how to make the perfect green smoothie recipe. They're tested, I use them all the time. You're going to love them. I hope you enjoy them as much as I do. Start tweaking your recipes and start tweaking your breakfast a little bit differently.

**Kimberley**

I'm looking forward to that because I've never tried chia pudding. Is that chocolate flavour?

**Julie**

You can make it chocolate. You could add cocoa powder in there. Chia is a seed. What I do is buy these little quart mason jars and I just make up 4 or 5 at a time. Almond milk, chia seeds, vanilla, cinnamon, nutmeg and put a little turmeric in there. And you can put a little sweetener in there if you want. And then those chia seeds are gelatinous so they fill up and expand and you can eat this cold or warm it up. It's an amazing thing to do. And one of the things I always love to do and I promote to everyone I know is to be prepared. If you're not prepared in your health journey it's really going to be more difficult to be successful. Doing things ahead of time in the batch idea is the best way to do that.

**Kimberley**

I totally agree. Thanks again to Julie Endl for her expert advice and thank you for joining us today.

This interview has been brought to you by [Fit for Faith—a 7 week program to improve spiritual & physical health](#). This workbook unites physical health and spiritual health through a 7-week program to lose

weight and develop a deeper relationship with God. You can discover more about this book and other health programs at [www.kimberleypayne.com](http://www.kimberleypayne.com).

If you liked this episode please help spread the word by leaving a rating and review on iTunes.

This has been the Health Matters Podcast, believing that prayer & Bible study are to the spirit what exercise and healthy eating are to the body.

Blessings on your journey to health.

### About Kimberley Payne

Kimberley Payne is the host of the *Health Matters – Healthy Spirit Healthy Body* podcast. She is author of *Fit for Faith – a 7-week program to improve spiritual and physical health* and is a motivational speaker offering workshops and online courses based on her book. She hopes to inspire women to live happier, healthier lives that glorify God. She is happily married and lives with her husband in a village east of Toronto, Canada where she hikes and bikes. Visit her website at [www.kimberleypayne.com](http://www.kimberleypayne.com)

