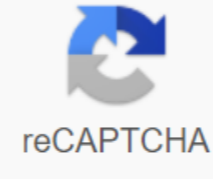




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3 day refresh meal guide

This article was created in partnership with Dave's Killer Bread. Breakfast is more than bacon and eggs. It could be a protein waffle before workout, a boozy Saturday brunch, smothered and covered in brown hash at 1am, or a classic bowl of cereal in front of the TV. No wonder they call it the most important meal of the day, especially when it can be eaten at any time of the day. We team up with our fellow breakfast lovers at Dave's Killer Bread to dive into all the reasons the meal is so great. Let's get started. Share on Pinterest1. It's the most versatile meal. You've heard of breakfast, brunch, and dinner - but never dunch. Or will it be linner? For both ways, meshing lunch and dinner doesn't really have the same effect. That's because breakfast can't be placed in a box and is not limited by the time of day. (That and dunch sounds really, really silly.) Standard breakfast foods taste delicious no matter when you eat them. Eggs work for literally every meal as an omelette, in tacos, on pizza, you name it. You can top the bagels with an avocado-feta spread for a post-workout snack or cream cheese and berries for a sweet treat. Heck, even oatmeal can be eaten at lunch in a vegetarian burger or at dinner with salty toppings like roasted squash or chorizo. And it works the other way as well: Anything you like to eat in the afternoon or evening can also be enjoyed in the morning. Don't believe us? These breakfast soups, pizzas and pasta will change your mind.2. It's an excuse to eat our fave carb of all: bread. French toast, cinnamon toast, avocado toast, oh my! Bread is the last breakfast food. But it is important to have access to the right things - you want to avoid bread with refined or rich flour and instead choose those cereals that are filled with whole grains, rich in fiber and can help digest and manage weight. Dave's Killer Bread is our go-to - we especially love done right white bread, made with supergrains like quinoa and soy, and Raisin' the Roof! As with all DKB products, bread has no high fructose corn syrup and artificial garbage, but still provides -"killer" - taste, texture and nutrition in every slice.3. It's modest. We saw some impressive breakfasts worthy of insta spread during our day, and you bet your morning cup of coffee, we tried to recreate a few of them. But that doesn't mean we don't occasionally down a bowl of oatmeal with a peanut butter glob while wearing sweat. Breakfast meets you where you are - unlike lunch dinner, which usually requires pants (very hiny).4. It's a reward for fasting - go you. Even if you are not on the train on interrupted fasting, you are fasting every day while you sleep. That's why your first meal of the day - whether it's at 6 a.m. or 2 p.m. - is important, because you're breaking your overnight fast and refueling yours suggest doing so with a balanced, energy-boosting breakfast that includes whole grains, proteins, and fruits or vegetables. We love spreading cream cheese and mixed berries on Boomin' DKB's Berry Bagels since they have 13 grams of whole grains and 11 grams of protein. Grumbling tummy, meet your suit.5. Breakfast goes where you go. With the popularity of fast food and takeout, it is clear that we all love meals along the way. But only one meal has really mastered the mobile game: breakfast. It's very good, we need to be able to take it with us everywhere (purse, bag, whatever), which is exactly why granola bars, egg muffins, yogurt parfaits, and glasses of oatmeal exist. 6. Bacon. Believe it or not, bacon is not always a breakfast food. It was launched into the star of a PR guy named Edward Bernays, who made bacon and eggs mostly American it is today for sale more of it. While normally we won't fall for such PR spin, we have to admit he got into something: it's really one of the best food trends of all time, and we're grateful breakfast gave us an excuse to eat it. And although bacon may have a reputation for being heavy on grease and sodium, we believe it can perfectly fit into a well-balanced (complimentary!) diet as long as it's balanced with fresh produce and whole grains. Preparing your own food is usually healthier and less expensive than buying ready-made meals. It can also be a lot of fun. How much do you earn for yourself? Preparing your own food boasts a number of advantages. Cooking is cheaper, you know (and control) exactly what goes into a dish, and you can often impress people while doing it. We've shown you how to master the basics of the oven to expand your cooking and how to improve your home cooking through science. And if you need a little push, we've also mentioned how you can break your addiction to take away. It's nothing to be ashamed of: you don't know how to use your oven. Maybe you made a batch... Read more So how about you? Whether you're cooking from scratch or just ordering the same sandwich or salad, we want to know: Meet me never to miss. Cisco People's Birthday Breakfast: John T. Chambers, President and CEO, Cisco Systems>Email: chambers@cisco.comURL: ~ 80 to 100 CiscoT employees frequency: Monthly, 9 a.m. to 10 a.m. Purpose: To give everyone in the company an opportunity to voice their opinions about where we're headed. Why I never miss it: I learn a lot about what's really going on The staff asks difficult questions, and by the time you've heard something a few times, you know that you've got a problem - or an opportunity. Cisco Systems is regeneration. At the \$6 billion network giant, the most important meal of the day isn't just for high-end influence brokers anymore. In fact, it's strictly for the rank and file. Every year in month of birthday, more than 7000 employees at Cisco headquarters in San Jose received an email invitation to a birthday breakfast with CEO John Chambers. Several dozen employees show up each month to ask their toughest questions directly to the CEO. Chambers sent bruising queries about cooperation strategies and stark assessments of management failures. It's not always pleasant, but for Chambers, it's an integral hour of unmediated interaction. I'm not there for the cake, he said. Guiding principles Personal interaction and open communication. This is especially important when you are growing at the speed we are. Birthday breakfast is the most effective means to receive candid feedback from staff and to explore potential problems. Best practice I never hide behind a pulpit. Any question is fair game. And I strongly discourage directors and vice presidents from attending. The source of energy is very basic. A continental breakfast. Dress CodeNot official. If I met the client that day, I would wear a tie but no jacket. Talking Stick I work my way through the room, taking questions. I get between 20 and 50 questions at every breakfast - everything from 'Don't you care that Microsoft's record on collaboration isn't very good?' to 'Are you aware that we're losing good people in a certain area of the company?' Meeting figuresIf there is a gap between what the leader says it is doing and what is actually happening, I will learn about it at birthday breakfast. We have a policy of interviewing potential employees with at least five Cisco employees. In a quick phase of hiring a few years ago, I asked 500 managers at our quarterly meeting how many requested five interviews? Everybody raise your hands. I said, I have a problem, because in the last three birthday breakfasts I asked the new tenants how many people were interviewed that way, and only half raised their hands. You've got to fix it. Matt Goldberg mattg@tripod.com editorial director of Tripod in Print. Breakfast is the most important meal of the day... or is it? The conventional wisdom dictates that breakfast is a necessity, that it jumps to start your metabolism during the day and helps you lose weight. Furthermore, observation studies consistently show that people who eat breakfast are more likely to be obese than those who eat breakfast (6). However, the correlation is not equal to cause and effect. This data does not prove that breakfast helps you lose weight, just that breakfast is associated with a lower risk of obesity. This is most likely because breakfast skippers tend to be less health conscious overall, perhaps opting for a doughnut at work and then having a big meal at McDonald's for lunch. People know that breakfast is good for you, so people with healthy habits are generally more likely to eat There is no evidence that breakfast jumping starts metabolism and makes you lose weight. However, breakfast can be beneficial for certain aspects of health. It seems that the body's blood sugar control is better in the morning (7). Therefore, high-calorie breakfast leads to lower average blood sugar than eating a high-calorie dinner (5). In addition, a study in people with type 2 diabetes found that fasting until noon increases blood sugar after lunch and dinner (8). These effects are medial by body clocks, also known as circadian rhythms, but more research is needed before scientists can fully understand how it works. People with diabetes and those who are interested in their blood sugar should consider eating a healthy breakfast. But as a general advice: if you are not hungry in the morning, skip breakfast. Just be sure to eat healthy for the rest of the day. Summary There is no evidence that skipping breakfast is harmful to healthy people. However, people with diabetes should consider eating a healthy breakfast or getting most of their calories at the beginning of the day. Last updated on November 5, 2020 Did you get into a rut before? Or are you in a rut right now? You know you're in a rut when you run out of ideas and inspiration. A rut can manifest as a yield vacuum and is one reason why you don't get results. Even if you spend more time on your work, you don't seem to be able to accomplish anything constructive. Is it possible to learn how to get out of a rut? Over time, I tried and found some useful methods to pull me out of a rut. If you experience ruts too, whether as a work professional, a writer, a blogger, or a student, you will find these useful. Here are my 12 personal tips for getting out of ruts: 1. Work on small tasksWhen you're in a rut, solve it by starting small. Delete your smaller tasks that have been piled up. Reply to your email, organize your documents, explain your work space, and reply to private messages. Whenever I get it done, I create a positive motivation, which I bring to my work. If you have a big long-term goal, you can't wait to get started, dividing it into smaller goals first. This will help each piece feel manageable and help you feel like you are moving closer to your goal. You can learn more about goals versus goals here. 2. Take a break from your deskWhen you want to learn how to get out of a rut, get yourself out of your desk and go for a walk. Go to the toilet, go around the office, or go out and get a snack. According to research, your productivity is best when you work for 50 minutes to an hour and then rest for 15-20 minutes. Your mind may be too bogged down and will need some broadcasting. By leaving your computer, you can create more space for new ideas hidden behind stress levels.3. Upgrade YourselfTake time down to upgrade your knowledge and skills. Go to a workshop, read about a topic of interest, or start learning a new language. Or any of the 42 ways here to improve yourself. Modern computers use different typewriters because Steve Jobs dropped into a calligraphy class back in college. How is that for inspiration?4. Talk to a FriendTalk with someone and get your mind out of work for a while. Relying on a support system is a great way to work on self-care when you're learning how to get out of a rut. Talk about anything from normal conversation to a deep conversation about something you really care about. You will be amazed at how a brief encounter can rejuvenate in its own way.5. Forget about trying to be perfectIf you are in a rut, the last thing you want to do is step into your own feet with perfectionist trends. Perfectionism can lead you to fear of failure, which may eventually hinder you even more if you are trying to find motivation to work on something new. If you allow your perfectionism to fade, soon, a drip of inspiration will come, and then it will build up with more water droplets. Before you know it, you have a whole line of ideas. Learn more about How Not to Let Perfectionism Secretly Screw You Up.6. Draw a vision to work TowardsIf you are constantly getting in a rut with your work, perhaps no vision inspires you to move forward. Think about why you're doing this, and what you're doing it for. What is the ultimate goal or vision you have for your life? Make it as vivid as possible. Make sure it's an inspiring vision for you and use that to trigger you to act. You can use the power of vision or even create a vision board if you want something to remind you of your goals.7. Read a book (or Blog)The things we read are like food for our brains. If you're out of ideas, it's time to feed your brain with great material. Here's a list of 40 books you can get started. You can also stock your browser with only the feed of high quality blogs and follow writers who inspire and motivate you. Find something that interests you and start reading. 8. Quick napIf you are at home, take a quick nap for about 20-30 minutes. This clears up your mind and gives you a quick boost. There is nothing quite like starting on a new beginning after getting caught up in sleep. A Harvard study found that whether they take a long nap short naps, participants showed significant improvement in three of the four tests in the study's cognitive evaluation battery.9. Remember why you are doing thisSometimes we lose sight of why we do what we do, and after a while we become jaded. A quick refresher on why you even started on this project will help. What were you thinking about doing this? Find your thoughts back then. Recall and can even log about it to make it feel more tangible.10. Find some competitionWhen we're learning how to get out of a rut, there's nothing quite like healthy competition to push us forward. If you're out of ideas, then check on what people are doing in your space. Colleagues at work, competitors in the industry, products and websites of competitors, and network conventions can all inspire you to get a move on. However, don't let this throw you back into your global tender or low self-esteem. 11. Go to exercise Since you don't make headway at work, you can also spend time getting into shape and increasing dopamine levels. Sometimes we work so much that we neglect our health and fitness. Going jogging, swimming, cycling, or any kind of exercise helps you start to feel better. As you improve your physical health, your mental health will improve, too. Our different aspects are all connected. If you need ideas for a quick workout, watch the video below:12. Take a few days off If you are stuck in a rut, it is often a sign that you have been working too long and too hard. It's time to rest. In addition to the quick tips above, arrange a day or two to take off from work. Don't check your email (work) or do anything work-related. Relax, do your favorite activities, and spend time with family members. You will return to your recharge job and be ready to get started. Contrary to popular belief, the world will not end from taking a break from your work. In fact, you will be much more willing to make an impact after proper rest. More tips to get you out of a RutFeatured photo credit: Ashkan Forouzani via unsplash.com unsplash.com