breakfast**cure**.

feels like a hug



apple cinnamon

organic & gluten free ingredients

Certified gluten-free oat groats, apples, cocoa butter, cinnamon, nutmeg, vanilla, lemon zest, Himalayan pink salt







Strengthens Qi, Jing, and Shen

- Oat Groats build Qi, Blood, Jing, and Yang, calm Shen, support the bones, skin, Heart, and calm spasms.
- Apples build Spleen Qi and Yang and benefit the Stomach.
- Cinnamon relieves abdominal pain from cold and builds Heart Qi and Yang.
- Nutmeg warms the middle burner, moves Qi, relieves pain and bloating from Spleen and Stomach deficiency.
- Cacao butter benefits the Heart and warms Kidney Yang.

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coconut blueberry bliss

organic & gluten free ingredients

Short-grain brown rice, medium-grain white rice, Oregon blueberries, coconut cream (tree nut), maple sugar, lemon zest, cinnamon, Himalayan pink salt



coconut blueberry bliss

Calms Shen, Soothes Liver Qi & Nourishes Yin

- Coconut nourishes Heart Yin.
- Blueberries nourish Yin and benefit and soothe the Liver.
- Lemon nourishes Yin, moves Liver Qi, clears Heat, and calms Shen.
- Brown Rice calms Shen, benefits the Stomach, harmonizes the Spleen and Stomach, soothes digestion and inflammation, and regulates Fluids.







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mango & sticky rice

organic & gluten free ingredients

White jasmine rice, mango, coconut cream (tree nut), coconut sugar, Himalayan pink salt



Benefits Heart and Stomach Resolves inflammation

- Mango benefits the Stomach, promotes digestion, and nourishes Heart Yin.
- Coconut & mango cool, promote digestion & regulate fluids without putting out the fire of digestion or slowing the ability to metabolize fluids.
- Jasmine rice resolves Damp Heat.
- Coconut Sugar releases slowly and doesn't spike blood sugar in part due to the fiber inulin, which is also linked to an increase in good gut bacteria!



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masala chai

organic & gluten free ingredients

White basmati rice, medium grain white rice, coconut cream (tree nut), coconut sugar, cinnamon, cardamom, allspice, ginger, black pepper, optional Assam tea (packaged separately), Himalayan pink salt



Warms Yang Strengthens, Soothes, & Moves Qi

- Rice builds Qi, calms Shen, generates fluids, and Harmonizes Spleen/ Stomach.
- Cinnamon warms and fortifies Kidney and Spleen Yang, relieves abdominal pain and diarrhea from cold, warms and unblocks the channels.
- Cardamom resolves Phlegm-damp in the Lungs.
- Ginger and Black Pepper soothe Liver Qi, Regulate and move Qi for symptoms of Liver Qi invading or overacting on Earth.
- Fennel nourishes Blood, builds Spleen Qi, and resolves Phlegm Damp in the Lungs.

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mega omega

organic & gluten free ingredients

Brown basmati rice, pear, coconut cream (tree nut), chia seeds, black rice, red rice, black currants, cinnamon, fennel seed,

Himalayan pink salt



Nourishes Yin Clears False Heat

- Brown basmati rice calms Shen and is the low glycemic foundation.
- Pears nourish Yin, clear heat and resolve Lung phlegm.
- Chia Seeds calm Shen, nourish Yin and fluids, contain all the essential amino acids, and absorb up to 20 times their volume in water, which releases slowly to hydrate the entire system.
- Black rice strengthens Jing, and controls sweating.
- Fennel nourishes blood
- Coconut cream nourishes Heart Yin and gently clears Yin deficient heat.

breakfast**cure**®

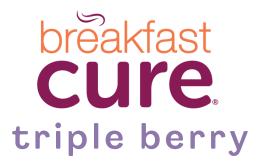
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triple berry

organic & gluten free ingredients

Certified gluten-free brown teff, sprouted brown rice, brown basmati rice, Oregon blueberries, goldenberries, Oregon cranberries, cocoa butter, cinnamon, vanilla, Himalayan pink salt breakfast cure.com



Regulates metabolism Nourishes yin and yang

- Brown teff is high in all essential amino acids and harmonizes the Liver and Spleen.
- Cinnamon relieves abdominal pain from cold and builds Heart Qi and Kidney Yang.
- Blueberries nourish Blood and Yin, and benefit and soothe the Liver.
- Cranberries benefit the Bladder and Kidney, remove toxins from the Blood, clear heat, open the Lungs, promote digestion and regulate appetite.
- Cacao benefits the Heart, warms Kidney Yang, warms the chest, moves Blood.
- Goldenberries regulate metabolism and appetite, are high in anti-oxidants and reduce inflammation.