

# breakfastcure<sup>®</sup>

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**



COOKS  
OVERNIGHT

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JUST  
ADD WATER

# breakfast cure®

## apple cinnamon

### 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

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## 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.



UNPROCESSED



GUT HEALTHY

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## mango & sticky rice

organic & gluten free ingredients

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

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## mango sticky rice

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**

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## masala chai

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**



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## mega omega

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.

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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**

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# breakfast cure<sup>®</sup> triple berry

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.

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