



3 Common Morning Foods That Are Ruining Your Day & Killing Your Energy

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Chances are that you have a morning ritual that you follow every single day. You may be the type that has to have coffee first thing each morning. Or, you may prefer a smoothie to start your day!

Either way, there are three common foods people are consuming each day that are destroying their energy levels leading to a less productive and unhappy day.

Let's start our days off with choosing better products that will leave us feeling amazing. It's simple, really. **Just read the labels!**

Disclaimer

We only recommend products our team has tried and used, and all opinions expressed here are our own. This guide contains affiliate links. If you use these links to buy something, we may earn a commission at no additional cost to you. Your support supports the mission to change the food industry and empower people to feel good.

Eat Simple. Feel Good.

Jen Shiley

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BREAD

Clean Product Swap Bread

Bread that is made with “enriched wheat flour” has been stripped of all its fiber and you are left with straight glucose. Instead, **try bread that is made with anti-inflammatory flours and NO preservatives** so that your body can digest the food easily.

Instead of this...



Nature's Own
Multigrain Bread

Ingredients: Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fermented Rye Flour, Fermented Wheat Flour, Sugar, Yeast, Contains 2% Or Less Of Each Of The Following: Soybean Oil, Salt, Wheat Gluten, Brown Sugar, Flax Seed, Millet, Sunflower Seeds, Whole Oat Groats, Sprouted Rye Grains, Sprouted Triticale Grains, Sprouted Wheat Grains, Cultured Wheat Flour, Sunflower Lecithin, Vinegar, Cracked Wheat, Dried Molasses, Monocalcium Phosphate, Enzymes, Ascorbic Acid, Soy Lecithin.

Try this!



Pacha Bread

Ingredients: Organic Sprouted Buckwheat, Sea Salt

Get 20% OFF

Purchase your Pacha Bread and use code
WAKEUP to get 20% off

BUY NOW

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PROTEIN POWDER

Clean Product Swap Protein Powder

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Paleovalley protein powder is as simple as it gets: its single ingredient is **Bone Broth Protein**. There are no additives, refined sugars, fillers, or gums in this protein.

Instead of this...



OPTIMUM STANDARD
Whey

Ingredients: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavor, Lecithin, Salt, Acesulfame Potassium, Sucratose, Lactose.

Try this!



Nutsola
Complete Protein

Ingredients: Grass-fed Collagen Peptides, Organic Pea Protein, Organic Hemp Protein, Organic Dates, Organic Acacia Fiber, Organic Vanilla Extract, Sea Salt, Organic Monk Fruit

Get 10% Off

Purchase your Nutsola Complete Protein with our link and **get 10% OFF!**

BUY NOW

3

ALMOND MILK

Clean Product Swap Almond Milk

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Almond milk has become a very popular staple that many people have in their kitchens. The problem is that they're buying almond milk that has a list of unnecessary ingredients. Check out the differences.

Instead of this...



SO DELICIOUS®
Almond Milk

Ingredients: Almond milk (filtered water, almonds), contains 2% or less of: **vitamin** and mineral blend (calcium carbonate, vitamin E acetate, vitamin A palmitate, vitamin D2, sea salt, natural flavor, sunflower lecithin, locust bean gum, gellan gum, ascorbic acid (to protect flavor).*

* Take a multivitamin and drink clean almond milk.

Try this!



THREE TREES
Almond Milk

Ingredients: Filtered water, almonds.

Listen to the Wake UP podcast with Three Trees and learn why most plant-based brands rely on artificial ingredients

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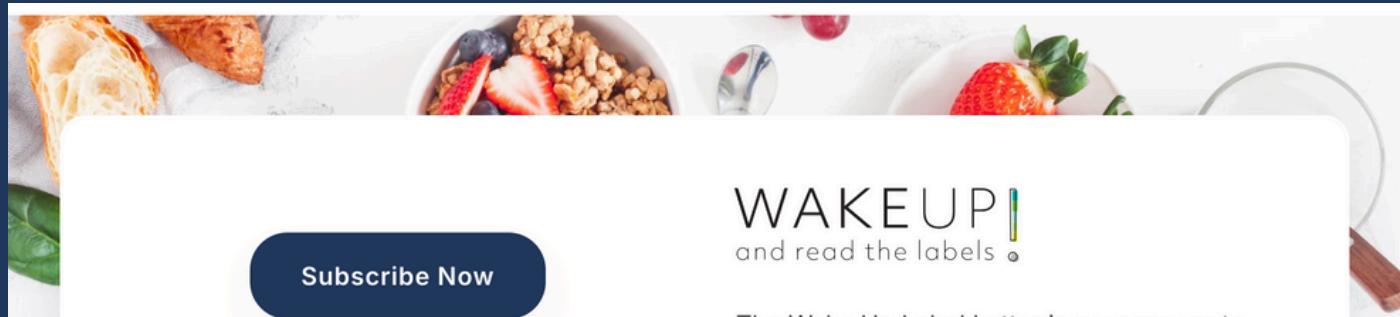
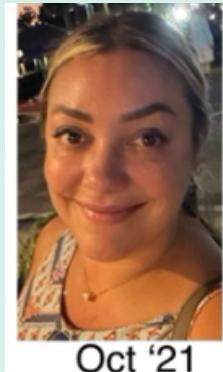


FOUR MONTH. WOW 😍
RIGHT.??



Lost 90 lbs and bloodwork was huge improvement + no more reflux medication

Clean food is amazing



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WAKEUP |
and read the labels.

The Wake Up Label Letter is your source to make clean eating easy. Get clean food swaps, anti-inflammatory recipes, and non-toxic living products.