BREAKFAST FOR BRAIN POWER



What should I eat? What should I drink?

My biggest questions when I started to optimize my mornings.

I found a dozen of brain booster foods and I tried many things: fruits, smoothies, vegetables, eggs, etc...

The results: **I stopped eating and started doing this instead...**

Intermittent Fasting

I skip breakfast each day and eat my first meal around 1pm.



I've found that not eating for 14 hours (or longer) profoundly impact in my **discipline**, **focus** and **productivity**.

During my fasting window, up **until** 1 pm on most days, I get a lot more work done than if I had breakfast when I woke up.

But fasting isn't all sunshine and rainbows

Starving yourself for 16 hours takes extra effort. You get hungry. With hunger, comes loss of focus, and decreased productivity, and that's no fun.

Bulletproof Intermittent Fasting is My Cheat Code

It allows me to work more hours straight without feeling hungry with significant boost in my morning energy, better focus and concentration.



Bulletproof Coffee Is easy to make, don't take much time from my morning routine and saves me money



Here's a link to get the Bulletproof Coffee Kit if you decide to give it a try.

Available at amazon