A FREE GIFT FOR YOU

FEEDING THE FOCUS

7 ADHD-Friendly Breakfasts for Calm Mornings



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Soul Spark

Welcome, love

I'm Shermon — life coach, chef, and a mama who knows what a hard morning feels like.

In my kitchen, food is the beginning of everything. What our babies eat first thing in the morning sets the tone for their whole day: their energy, their mood, and how steady they feel walking into that classroom.

This little book gives you my 7 favorite ADHD-friendly breakfasts. Every one is built the same way: **protein, healthy fats, and fiber — with no sugar spikes and no dyes.** Nothing fancy. Nothing that takes all morning. Just real food that helps the day start calm.

Pick one. Keep it simple. Repeat what works.

With love,

Shermon Sims

I'm a coach and chef, not a doctor. This is my family's approach to breakfast, shared with love. For your little ones, always check with your pediatrician about what's right for them.

The 4 Rules of a Calm-Morning Breakfast

1. Protein first	Eggs, yogurt, nut butters. Protein keeps blood sugar steady — and steady means fewer crashes before lunch.
2. Healthy fats	Avocado, chia, flax, nut butters, salmon. Brains run on good fats.
3. Skip the spikes	Sugary cereals and dyes send energy up fast and drop it even faster. We go slow and steady instead.
4. Prep ahead	Most of these can be started, or finished, the night before. Future you says thank you.

1

Brain-Boost Berry Smoothie

5 MINUTES • BLEND AND GO

> **Why it works:** Berries and spinach for the brain, Greek yogurt and chia for protein and staying power.

YOU'LL NEED

- 1 banana
- 1 cup mixed berries (fresh or frozen)
- 1 handful baby spinach
- 1/2 cup Greek yogurt (or coconut yogurt)
- 1 tablespoon chia seeds
- 1 cup almond milk
- A pinch of cinnamon

MAKE IT

Add everything to the blender. Blend until smooth and creamy. Pour and go.

Mama tip: Freeze the banana the night before for a thick, milkshake feel. Let little ones push the blender button — helpers eat better.

2

Egg & Veggie Breakfast Muffins

10 MIN PREP + 20 MIN BAKE • MAKE-AHEAD

> **Why it works:** Pure protein in a grab-and-go package. Make a batch Sunday, and weekday mornings are handled.

YOU'LL NEED

- 8 eggs
- 1 cup chopped baby spinach
- 1/2 bell pepper, finely diced
- 1/4 cup shredded cheese (optional)
- Sea salt and black pepper
- Olive or coconut oil, for the tin

MAKE IT

Heat the oven to 350°F. Grease a 12-cup muffin tin. Whisk the eggs with salt and pepper, then stir in the spinach, pepper, and cheese. Fill each cup about 3/4 full. Bake 18 to 20 minutes, until set. Cool, refrigerate up to 4 days, and warm for 20 seconds before serving.

Mama tip: Let each child pick their own veggie add-in. Ownership makes breakfast disappear.

3

Sweet Potato & Egg Hash

25 MINUTES • WEEKEND FAVORITE

> **Why it works:** Slow-burning sweet potato plus eggs and avocado. This is the breakfast that carries a kid all the way to lunch.

YOU'LL NEED

- 1 large sweet potato, peeled and diced small
- 1/2 onion, diced
- 1/2 bell pepper, diced
- 2 tablespoons olive oil
- 4 eggs
- 1 avocado, sliced
- Sea salt, black pepper, smoked paprika

MAKE IT

Warm the oil in a large skillet over medium heat. Cook the sweet potato, onion, and pepper with the seasonings for 15 to 18 minutes, until tender and golden at the edges. Make 4 little wells, crack an egg into each, cover, and cook 3 to 5 minutes until the whites set. Serve with avocado on top.

Mama tip: Dice the sweet potato the night before and keep it in water in the fridge. Morning-you just drains and cooks.

4

Peanut Butter Banana Overnight Oats

5 MINUTES TONIGHT • ZERO MINUTES TOMORROW

> **Why it works:** Oats and flax give slow, steady energy, and the peanut butter keeps them full. No cooking, no morning rush.

YOU'LL NEED

- 1/2 cup rolled oats
- 1/2 cup almond milk
- 1/4 cup Greek yogurt (optional)
- 2 tablespoons peanut butter (or almond butter)
- 1/2 banana, sliced
- 1 tablespoon ground flaxseed
- A pinch of cinnamon

MAKE IT

Stir everything together in a jar or bowl. Cover and refrigerate overnight, at least 6 hours. In the morning, stir, add a splash of milk if you like it looser, and serve cold or warmed.

Mama tip: Make 3 jars at once — breakfast for Monday, Wednesday, and Friday is already done.

5

Green Power Pancakes

20 MINUTES • THE SPINACH IS OUR SECRET

> **Why it works:** All the comfort of pancakes, with spinach blended right in and blueberries instead of a sugar crash.

YOU'LL NEED

- 1 cup oat flour (or blended rolled oats)
- 1 ripe banana
- 2 eggs
- 1 big handful baby spinach
- 1/2 cup almond milk
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/2 cup blueberries
- Coconut oil, for the pan

MAKE IT

Blend the banana, eggs, spinach, and almond milk until bright green and smooth. Stir in the oat flour, baking powder, and cinnamon. Fold in the blueberries. Cook small pancakes in a warm, oiled skillet, about 2 minutes per side. Serve warm — a drizzle of pure maple syrup is plenty.

Mama tip: Make a double batch and freeze the extras with parchment between them. The toaster brings them right back.

6

Salmon & Egg Scramble

10 MINUTES • BRAIN FOOD, BIG FLAVOR

Why it works: Salmon brings the omega-3 fats that growing brains love, and eggs bring the protein. Leftovers never tasted so smart.

YOU'LL NEED

- 4 eggs
- 1/2 cup cooked salmon, flaked
- 1 tablespoon butter or olive oil
- 1 tablespoon chopped fresh dill or chives
- Sea salt and black pepper
- Whole grain toast or fresh fruit, to serve

MAKE IT

Whisk the eggs with a pinch of salt. Warm the butter in a nonstick skillet over medium-low heat. Pour in the eggs and stir slowly with a spatula. When they're almost set but still soft, fold in the salmon and herbs. Cook 1 more minute and serve right away.

Mama tip: No salmon leftovers? This scramble is just as good with a handful of spinach and a little cheese folded in.

7

Apple Cinnamon Quinoa Bowl

15 MINUTES • WARM, COZY, MAKE-AHEAD

> **Why it works:** Quinoa is a complete protein in a tiny seed. Warm apple and cinnamon make it taste like dessert — with none of the spike.

YOU'LL NEED

- 1/2 cup quinoa, rinsed
- 1 cup almond milk, plus a splash to serve
- 1 apple, diced
- 1 teaspoon cinnamon
- 1 tablespoon almond butter
- 1 tablespoon chopped walnuts (optional)
- A pinch of sea salt

MAKE IT

Simmer the quinoa, almond milk, apple, cinnamon, and salt for about 15 minutes, until the quinoa is tender and creamy. Spoon into bowls, swirl in the almond butter, and top with walnuts and an extra splash of warm milk.

Mama tip: Cook a big pot on Sunday. It keeps 4 days in the fridge and warms up beautifully with a little milk.

Your Calm-Morning Week

Monday	Peanut Butter Banana Overnight Oats (made Sunday night)
Tuesday	Egg & Veggie Breakfast Muffins (from the Sunday batch)
Wednesday	Brain-Boost Berry Smoothie
Thursday	Apple Cinnamon Quinoa Bowl (warmed from the fridge)
Friday	Green Power Pancakes (from the freezer)
Saturday	Sweet Potato & Egg Hash — everybody home, take your time
Sunday	Salmon & Egg Scramble — cook extra salmon Saturday on purpose

The Sunday setup (30 minutes): bake the muffin batch, cook the quinoa pot, portion 3 jars of overnight oats, freeze a banana, wash the berries. Five school mornings, handled.

The starter grocery list: eggs • Greek yogurt • salmon • rolled oats • quinoa • almond milk • peanut or almond butter • chia seeds • ground flaxseed • bananas • mixed berries • apples • baby spinach • bell peppers • sweet potatoes • onions • avocado • cinnamon

What's next, love?

My ADHD Mom's Grocery Guide ($7.77) makes shopping for all of this simple, aisle by aisle:
Get the Grocery Guide

My Soul Fuel Blueprint 3-Day Challenge (Oct 27–29, 6 PM EST) is FREE to join — three evenings of nourishment, business, and money with purpose:
Save your free seat

Want to work with me one-on-one? Book a private consultation:
Book your 1:1 call

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Shermon Sims is a life coach and chef, not a medical doctor. This book is nutrition education from her family's kitchen, not medical advice. Please check with your pediatrician about your child's specific needs.