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## **Fit 4 Ever: Breakfast of Champions**

If you are not eating breakfast, you are missing the most important meal of the day! When Jesus appeared to His disciples after His resurrection, He said, “Come and have breakfast.” It was a time of nourishment—physical, relational and spiritual. Too bad most of us just rush into the day, undernourished physically and unprepared spiritually.

Breakfast is essential for consistent energy, focus and concentration, easier weight loss and more consistent moods. But just eating breakfast isn’t necessarily going to get you started on the right foot.

### **Bible Reference:**

John 21



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