

A BETTER  
*Breakfast*  
REAL FOOD · REAL PEOPLE

NATHAN & ELIZABETH SHETLER

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All Bible verses taken from King James Version and/  
or Martin Luther, 1912

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# Dedication

*This book is dedicated to...*

*...Our Heavenly Father*

*...Our earthly fathers and mothers, and*

*...All fathers and mothers  
who strive to provide nourishment for their family.*



## *A little about the authors . . .*

We are nestled in the fields, forests of Walhonding, Ohio (Amish Community) 2 miles off the beaten trail, where nature abounds and the handiwork of God is wondrously manifested. (Psalm 19:1) Here life is never dull, but full of many adventures, challenges and blessings. We enjoy doing things together as a family, of which the Lord has blessed us with 3 boys and 3 girls. Nathans' occupation involves construction work and some organic crop farming. Elizabeth guides the house and keeps the home fires burning. And of course, we enjoy Breakfast time and try to take joy in the little things of life!

## *So, what's better about this book?*

1st of all—A BETTER TASTE than settling for something out of a box or carton or something from a drive-through window.

2nd—These foods can be MORE WHOLESOME AND NUTRITIOUS than no breakfast or boxed breakfast, when enjoyed as part of an active lifestyle.

We encourage a moderate lifestyle of good food in moderation. To overindulge is neither temperate nor healthy.

### GLUTTON

*(noun)*

one who eats too much



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*She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.*

PROVERBS 31:15

YOU CAN BE A PROVERBS 31 WOMAN!

*Choose Godliness & Unselfishness*

Plan your breakfast menu the night before.  
Try to get to bed at a proper time to allow you to rise early.



*From the rising of the sun unto the going down of the same the Lord's name is to be praised.*

PSALM 113:3