

How The Women Behind Your Favorite Healthy Breakfasts Power Up For The Day

One of the best things you can do for your career is to make sure that your morning routine (and your breakfast) sets you up to have a productive day. Here's how the women behind some of the top healthy breakfast and snack brands start their day [🐦](#) —and what foods they fuel themselves with.



Jola Sonkin, CEO & Co-Founder of GoMacro

Incorporating mindful movement like a yoga class or workout first thing is key for Sonkin. “It’s important for me to start each morning with a clear head and mindful thoughts that set intention for the day ahead. After some time to myself, I make breakfast and get my kids ready for school...I make a huge effort to keep work and family separate and to not multi-task so that I can truly be present in the moment, making it more productive and meaningful.”

Her typical breakfast is a green smoothie. “I’ll usually do a mix of kale, nut butter, almond milk, chia seeds and a scoop of plant-based protein powder. I skip coffee and opt for green tea in its place. If I happen to have the time, oatmeal is also one of my favorites.”