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e've all been there—those nights that ended up being way too short. The more beautiful (or hazy) the memories from those evenings, the more brutal the mornings after tend to be. Admittedly, most hangovers stem from a spontaneous decision to go out on a Friday or Saturday night, whereas if your sister is getting married or your friend is throwing a house-warming party, you will likely be able to sense that storm looming over the horizon. This is where hangover planning pays off: just as home pharmacies should be well-stocked with painkillers ahead of time, fridges should be stocked with eggs. For the lucky ones, there may even be a roommate or a loved one at the ready to supply the nourishment necessary for soothing throbbing heads and calming rumbling stomachs.

You can go about a Hangover Breakfast one of two ways: your body might be calling out for fatty, salty comfort foods. In that case, it is best to give it what it needs and make yourself a breakfast burger or Kimchi Fried Rice. If you are craving vitamins and fresh fruit, superfoods like quinoa or miso are excellent pick-me-ups. Salt and nutrients will help stave off even the worst of hangovers. What most of us can agree ▶



ABOVE Miso Soup (p. 94)
OPPOSITE Turkish Burger (p. 99)