



Breakfast Meal Ideas

Fuel your day well with a healthy breakfast!

Oatmeal - quick, old fashioned, rolled, steel cut

- Hot with sliced banana, 1 tsp brown sugar, 1 Tbsp ground flaxseed, cinnamon
- Hot with 1/4 cup blueberries, 1/4 cup low sugar vanilla Greek yogurt
- Hot with over-medium egg, 1/4 sliced avocado, sliced grape tomatoes, ground black pepper
- Cold (overnight) made with 1/2 cup oats, 1/2 cup milk of choice, 1/4 cup low sugar vanilla yogurt, 1 Tbsp chia seeds, 1 Tbsp ground flaxseed, 1/4 cup applesauce, cinnamon, topped with sliced bananas

Toast- whole grain bread or bagel, or other favorite variety

- mashed avocado, egg (your way), cottage cheese
- peanut (or other nut) butter, sliced banana, drizzle (1 tsp) honey, cinnamon
- hummus, sliced peppers, sliced grape tomatoes, ground black pepper
- Greek yogurt cream cheese, thinly sliced cucumbers and radishes, dried dill
- egg salad and side of favorite fruit

Eggs - scrambled, boiled, fried, omelet style

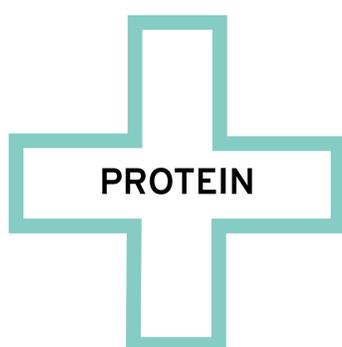
- Mixed or topped with salsa, cottage cheese, and green onion
- Salad made with hard boiled eggs, 2:1 Greek yogurt: mayonnaise blend, dried dill, salt and pepper and topped with arugula and sliced tomatoes
- Mixed or topped with mushrooms, spinach, feta cheese, and ground black pepper
- Mixed with shredded chicken, brown rice, and stir-fried vegetables
- Hard boiled with ground black pepper and a side baked sweet potato and fruit

Yogurt - low (added) sugar, favorite flavor, Greek for boost of protein

- Parfait layered with rolled oats, mixed berries
- Topping toasted whole grain waffle with sliced strawberries
- Mixed with cooked/cooled quinoa, and diced mango and kiwi, drizzle of honey
- Plain, topping cold salad of diced avocado, tomatoes, cucumbers, and multi-colored peppers
- Blended with favorite fruits and milk of choice for a simple smoothie

Notice a theme?

Get protein, fiber-filled carbohydrates, and always a fruit or a vegetable - or both! With this 'formula' you can find and build a healthy breakfast no matter where you are, at home or out.



Meats
Dairy
Eggs
Beans
Nuts
Seeds
Soy



Whole Grain Bread
Whole Grain Cereal
Quinoa
Oats
Brown Rice
Sweet Potato
Whole Grain Bagel



Berries
Banana
Kiwi
Bell Peppers
Avocado
Cucumber
Tomatoes

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