

START YOUR DAY OFF WITH A GOOD-QUALITY, BALANCED BREAKFAST!

OPTION 1

- WHOLE GRAIN CEREAL
- LOW-FAT MILK
- ADD FRESH FRUIT

OPTION 2

- GREEK YOGURT
- SPRINKLE IN SOME GRANOLA
- ADD FRESH FRUIT

OPTION 3

- WHOLE GRAIN TOAST WITH ALMOND/PEANUT BUTTER
- ADD SLICED BANANAS
- SPRINKLE CHIA SEEDS OVER TOP

OPTION 4

- OATMEAL
- ADD CHOPPED ALMONDS OR WALNUTS
- FRUIT SMOOTHIE

OPTION 5

- VEGGIE OMELET (EGGS + CHOPPED VEGETABLES)
- FRESH FRUIT

OPTION 6

- FRUIT SMOOTHIE
- MIX IN OATS & FLAXSEED
- ADD SPINACH OR KALE

OPTION 7

- FRUIT SALAD
- SPRINKLE IN QUINOA
- ADD CHOPPED NUTS

OPTION 8

- WHOLE GRAIN TOAST
- SPREAD MASHED AVOCADO
- PLACE EGG ON TOP

OPTION 9

- BREAKFAST BURRITO
- USE BLACK BEANS & EGGS
- ADD VEGETABLES

OPTION 10

- WHOLE GRAIN MUFFINS
- ADD FRUIT OR VEGETABLES
- ADD NUTS