

Simple Balanced Breakfasts

Important Factors for a Healthy Breakfast:

FRUIT & VEGGIES



Include a large portion of fruit and/or veggies. Fruits and veggies add fiber-rich carbohydrates, vitamins, minerals, and so many benefits to your meal.

PROTEIN



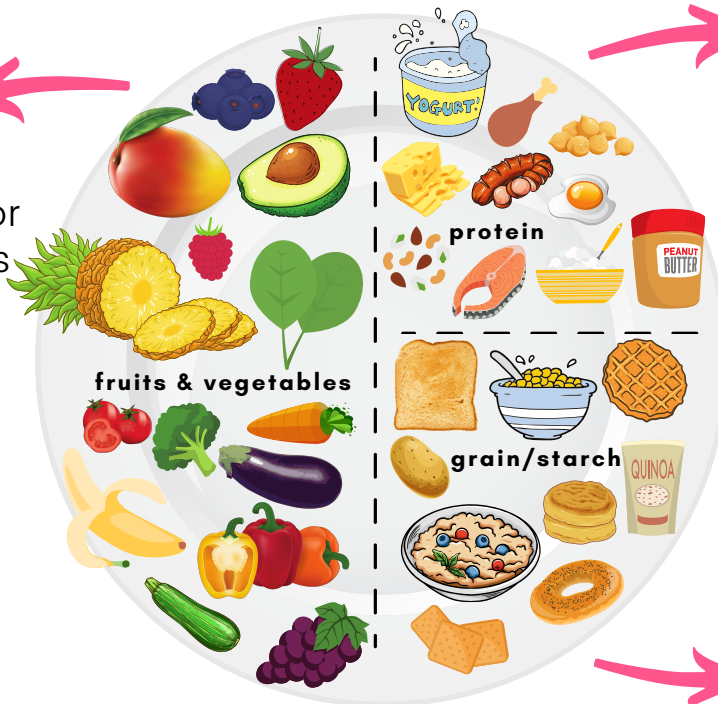
Include enough protein to leave you feeling energized and fully satisfied. Protein also brings along fats (depending on the type, some is saturated fat and some is the heart healthy fats), which also increases satiety. Choose proteins you enjoy!

GRAINS & STARCHES



Include a whole grain or starch to ensure you are getting plenty of carbohydrates for the meal for long-lasting energy.

Aim to include a portion of fruit and/or vegetables into your meal that would be enough to fill 1/2 of a plate.



Aim to include a portion of protein that would fill 1/4 of a plate.

Aim to include a portion of a grain or starch that would fill 1/4 of a plate.



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Example Breakfasts:

F/V:

P:

G/S:

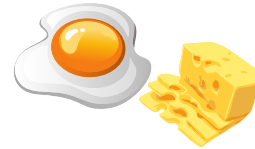
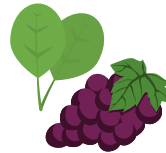
1 Slice whole wheat toast topped with avocado, lemon juice, and crushed red pepper. Side of 1-2 eggs and a side of fresh fruit.



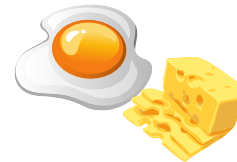
1 Slice whole wheat toast with natural peanut butter, and side of banana (or slice banana and put on top of toast).



1 Whole grain english muffin toasted and made into egg sandwich with fried egg, cheese, and baby spinach. Serve with side of fresh fruit.



1 Slice whole wheat toast served with eggs on the side, scrambled with cheese, zucchini, and diced tomatoes. Try hummus on the toast!



Toast topped with cottage cheese and fresh fruit.



Oatmeal cooked with milk or water, topped with peanut butter, fresh berries, mixed nuts. Add a hard-boiled egg on the side for more protein.



Mediterranean Quinoa Breakfast Salad - cooked quinoa mixed with evoo, chickpeas, baby spinach, tomatoes, avocado, feta. Optional egg on top.



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Quick "Grab & Go" Breakfast Ideas:

- Smoothie – frozen fruit, spinach, ground flax seeds, almond milk, protein powder, greek yogurt
- Pre-made breakfast burrito – scrambled eggs, cheese, salsa, & spinach in a whole wheat wrap ready to take with you to heat & eat at your destination
- Overnight Oats in a jar made with milk, topped with nuts, seeds, and fruit; side hard-boiled egg
- Brekkie overnight oats cup, 1 cup fresh fruit, hard-boiled egg
- Protein shake & 1 cup fresh fruit
- Greek yogurt cup, fresh fruit, granola, & nuts
- Peanut butter & banana sandwich on whole grain bread
- Whole wheat banana bread or banana muffin with peanut butter, side of hard-boiled eggs & fresh fruit
- 1 Perfect Bar (or other protein bar), a Banana, & 1 cup fruit-flavored Kefir or drinkable yogurt
- 1 cup fruit-flavored Kefir mixed with 2 tbsp chia seeds or ground flax seeds, side of fresh fruit
- 1 cup fresh fruit, 2 hard boiled eggs, granola bar
- Breakfast sandwich – whole wheat english muffin, egg, cheese (make ahead of time, reheat at your destination if that is an option); side of fresh fruit
- Cold quinoa breakfast bowl – quinoa, chickpeas, spinach, tomatoes, avocado, feta, egg, lemon juice
- Cottage cheese with fruit, cinnamon, nuts, and granola
- Chia seed pudding (chia seeds & liquid that sit overnight) topped with berries and nuts; side of hard-boiled eggs or protein bar

