

Healthy Breakfast Ideas

- 2 slices of whole grain toast or English muffin with 2 Tbsp. nut butter (peanut, almond).
- 1 slice whole wheat toast with 1 slice of cheese or a tablespoon of natural peanut butter and a serving of fruit.
- 2 eggs with 2 slices whole grain toast or a whole grain English muffin.
- Muffin tin eggs with veggies and a piece of fruit (see back of sheet for recipe).
- 1 cup of cooked whole oats or steel cut oatmeal with 1 Tbsp. walnuts or almonds.
- Fruit and Yogurt Smoothie: 1-2 servings of fruit, ½ cup plain Greek yogurt and ½ cup skim milk or 1 cup unsweetened nut milk. If desired, add nut butter for extra protein and flavor. A sugar substitute can be added for sweetness. May add veggies and spices as desired.
- Pumpkin Protein Shake: ½ cup pumpkin, 1 cup plain Greek yogurt, ½ cup low-fat milk or 1 cup nut milk, ½ banana and pumpkin pie spices.
- 2 whole grain toaster waffles with 1-2 Tbsp. of nut butter and a smear of low sugar jelly (if desired).
- Whole grain English muffin with one egg, ham and cheese (1 fruit if desired).
- Yogurt parfait- one 6 oz. serving low sugar Greek yogurt, layered with 1 cup of berries and 2 Tbsp. granola (must measure, granola is high in calories and fat).
- 4-6 oz. low fat cottage cheese (may add spices) and a serving of fruit.
- One 7" Whole wheat tortilla with eggs, cheese, veggies and salsa.
- Sandwich on whole wheat bread: turkey, ham, cheese, or tuna.
- Snack bars (less than 9 grams of added sugar and 6 or more grams of protein) and a piece of fruit. Examples: Kashi®, Kind®, Premier®

