



## Breakfast Ideas

**Omelet with Veggies** - throw last night's leftover vegetables in with an egg or two (or simply egg whites) for a filling morning packed with nutrients

**Fruit Smoothie** - mix your favorite seasonal fruits with some low fat plain or greek yogurt and low fat milk

**Yogurt Parfait** - layer up granola, berries, and yogurt (or kefir) for a satisfying mix of flavors and textures

**Quick Oats** - oatmeal is always a sturdy winter treat, remember to throw in some banana slices, dried fruit, and a bit of brown sugar

**Bran Muffin with Fruit** - bake a batch on Sunday and freeze the muffins. Then just grab, reheat in the microwave, grab a piece of fruit, and go



### Carbohydrate

- Whole wheat toast
- Oatmeal
- Muesli
- Granola
- Berries
- Fresh fruit
- Whole grain cereal
- Dried fruit
- Chopped veggies
- Whole grain English muffin
- Flaxseed
- Applesauce

### Mix and Match

#### Protein/Fat Combination

- Peanut butter
- Yogurt
- Hummus
- Cheese
- Soy milk
- Kefir

#### Fat

- Healthy butter
- Milk

#### Protein

- Mixed unsalted nuts
- Kefir
- Ground turkey
- Eggs
- Cottage cheese
- Greek yogurt