

Breakfast Ideas

Breakfast does not have to be complicated nor time-consuming. Focus on avoiding added sugars and instead incorporating protein and fiber to keep you full and focused.



Peanut Butter on Toast



Add nuts and fresh/frozen fruit to your oats



Just add water (or milk) ahead of time



Sweet Potato and Black Bean Burrito



Plain Yogurt with fresh/frozen fruit. Try Greek for higher protein



Muffin Tins can help you make veggie omelets ahead of time



Start with veggies in your pan, then add egg(s) and scramble

Combine:



Lean Protein



Fiber-Rich Carbs



Small amount of Fat

Avoid:

- Prepackaged Breakfast Cereals
- Fruit-Flavored Yogurts
- Pastries (Donuts, Danishes, Cakes)
- Fruit Juices