Healthy Breakfast Ideas

- **Breakfast sandwich**: whole grain English muffin, 1 egg, slice of cheese
- **Breakfast burrito**: 1-2 eggs with veggies, ¼ cup beans, 1 oz. shredded cheese, 1-2 Tbsp. salsa wrapped in a whole grain tortilla
- **Shakshuka**: 1-2 poached eggs in tomato sauce sautéed with onions, tomatoes, peppers, and spices paired with 1 whole grain pita or toast
- **Smoothie**: 1 cup milk or unsweetened soy/almond milk, 1 serving of frozen fruit*, ½ cup plain Greek yogurt or kefir, handful of spinach
- **Omelet**: 2-3 eggs with veggies topped with ¼ avocado and 1 slice whole grain toast and 1 serving of fruit* on the side
- **Breakfast quesadilla or tacos**: 2 corn tortillas, 1-2 eggs mixed with 1 oz. cheese, peppers and onions topped with salsa or hot sauce
- **Huevos Rancheros**: 2 corn tortillas topped with ½ cup refried beans (no fat added), 2 eggs and Pico de Gallo or Chile with 1 oz. cheese
- **Oatmeal**: 1 cup plain cooked rolled or steel cut oats with 1 serving of fruit* and a small handful of nuts
- **Grits**: 1 cup cooked grits with sautéed veggies, 1 oz. cheese, and 1 egg
- 2 slices of whole grain toast topped with ½ smashed avocado or 1 Tbsp. natural peanut or almond butter sprinkled with cinnamon
- 1 cup shredded wheat or unsweetened whole grain cereal with 1 cup of low fat or unsweetened almond/soy milk and 1 serving of fruit*
- 6 oz. Greek yogurt (less than 10 grams of sugar), 1 serving of fruit* and a small handful of nuts or seeds
- **Low fat cottage cheese** with 1 serving of fruit* or ¼ cup dried fruit
- 2 whole grain waffles with 2 Tbsp. nut butter and a few raisins on top
- 1-2 Tbsp. natural nut butter and ½ banana rolled up in a whole grain tortilla (cut up to look like sushi)

* **Examples of one serving of fruit**:  
  - 1 cup berries or melon  
  - ½ cup fruit canned in light syrup or juice  
  - Extra small banana or ½ large banana  
  - Small apple or pear  
  - Medium kiwi, orange, peach or nectarine  
  - ½ cup grapes  
  - ½ large grapefruit  
  - 2 small clementines or plums or apricots