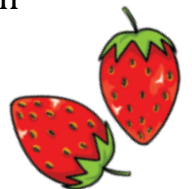


# Healthy Breakfast Ideas



- 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