

Healthy Breakfast Ideas

- Greek yogurt with:
 - berries
 - granola
 - slivered almonds
- Egg
- Green tea

- Whole wheat tortilla wrap with:
 - egg or egg whites
 - turkey sausage
 - fresh vegetables
- Orange slices
- Milk, 1% or skim

YOUR IDEAS

- Vegetable omelet with egg or egg whites with:
 - sautéed spinach
 - mushrooms
 - onion
 - red pepper
- Whole wheat toast
- Kiwi

- 1% cottage cheese with pineapple
- Whole wheat bagel or bagel-bread

- Whole wheat English muffin topped with:
 - egg or egg whites
 - Canadian bacon
 - 50% reduced-fat cheese
- Fruit smoothie
- Milk, 1% or skim

- Grapefruit juice
- Oatmeal with honey and fresh berries
- Milk, 1% or skim
- Raisin toast with almond butter

- Flourless banana muffin with:
 - Dark Chocolate Chips
- Berries

- Wheat cereal, like Chex® or bran flakes, with banana slices or other fresh fruit
- Milk, 1% or skim
- Peanut butter on whole wheat bread