

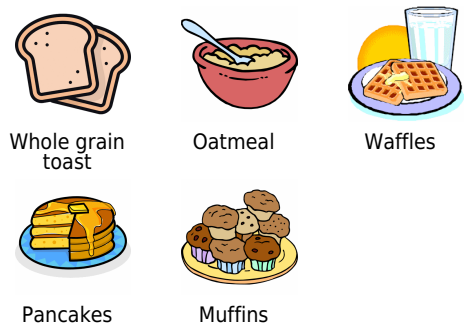
Healthy Breakfast Ideas

Pick one from each category. Mix & Match!

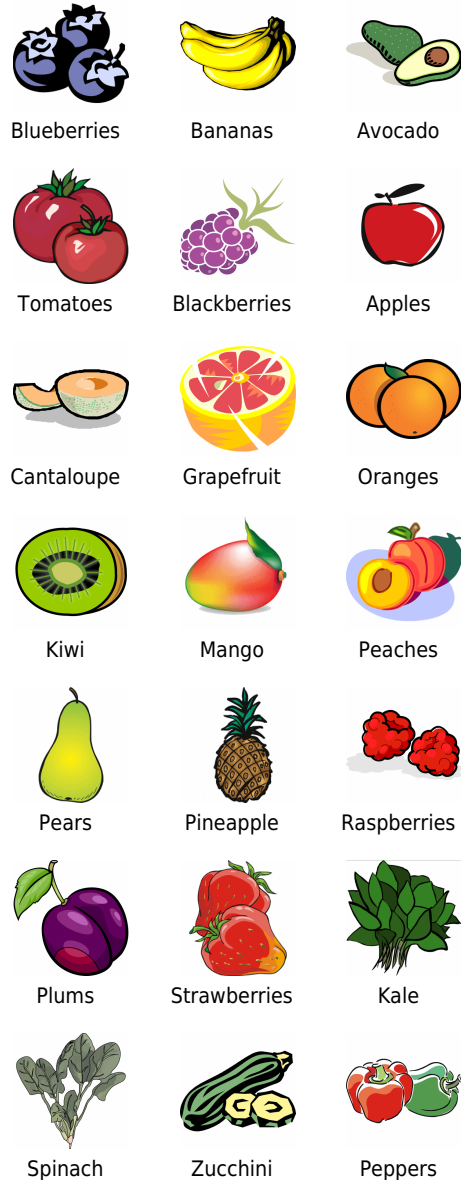
Protein



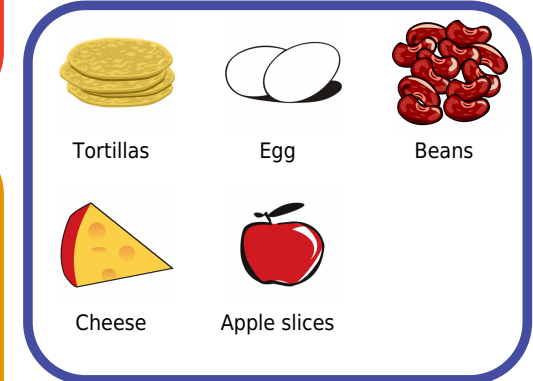
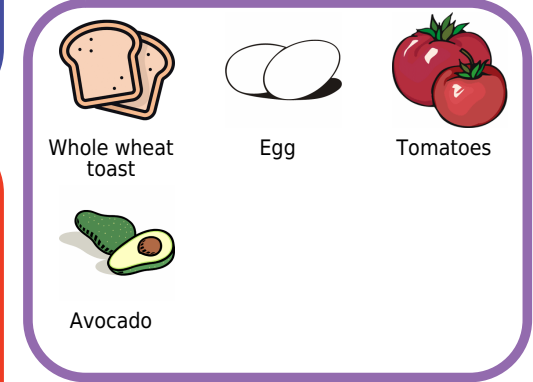
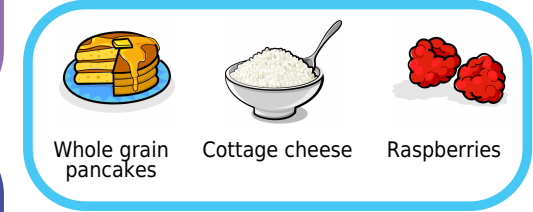
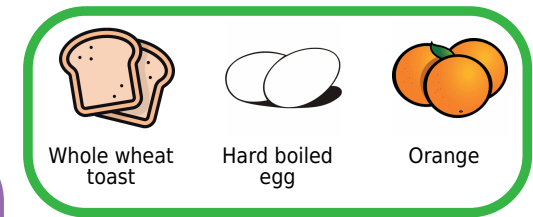
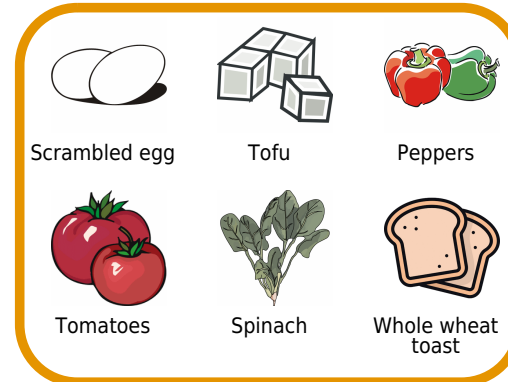
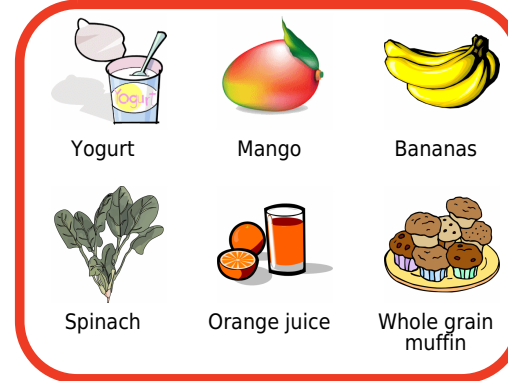
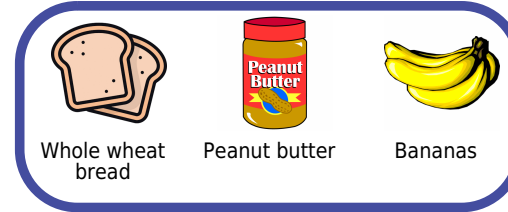
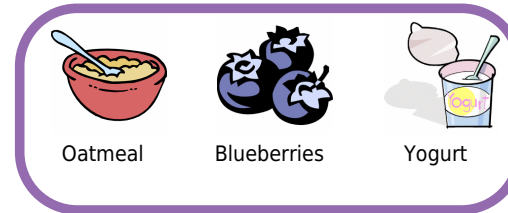
Whole Grains



Fruits & Veggies



Try These Combos





Healthy Breakfast Ideas

Pick one from each category. Mix & Match!

Protein



Nuts



Peanut butter



Egg



Sausage



Yogurt



Tofu



Cottage cheese

Whole Grains



Whole grain toast



Oatmeal



Waffles



Pancakes



Muffins

Fruits & Veggies



Blueberries



Bananas



Avocado



Tomatoes



Blackberries



Apples



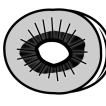
Cantaloupe



Grapefruit



Oranges



Kiwi



Mango



Peaches



Pears



Pineapple



Raspberries



Plums



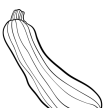
Strawberries



Kale



Spinach



Zucchini

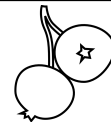


Peppers

Try These Combos



Oatmeal



Blueberries



Yogurt



Whole wheat bread



Peanut butter



Bananas



Yogurt



Mango



Bananas



Spinach



Orange juice



Whole grain muffin



Scrambled egg



Tofu



Peppers



Tomatoes



Spinach



Whole wheat toast



Whole wheat toast



Hard boiled egg



Orange



Whole grain pancakes



Cottage cheese



Raspberries



Whole wheat toast



Egg



Tomatoes



Avocado



Tortillas



Egg



Beans



Cheese



Apple slices