



# Healthy Breakfast Ideas

Pick one from each category.  
Mix & Match!

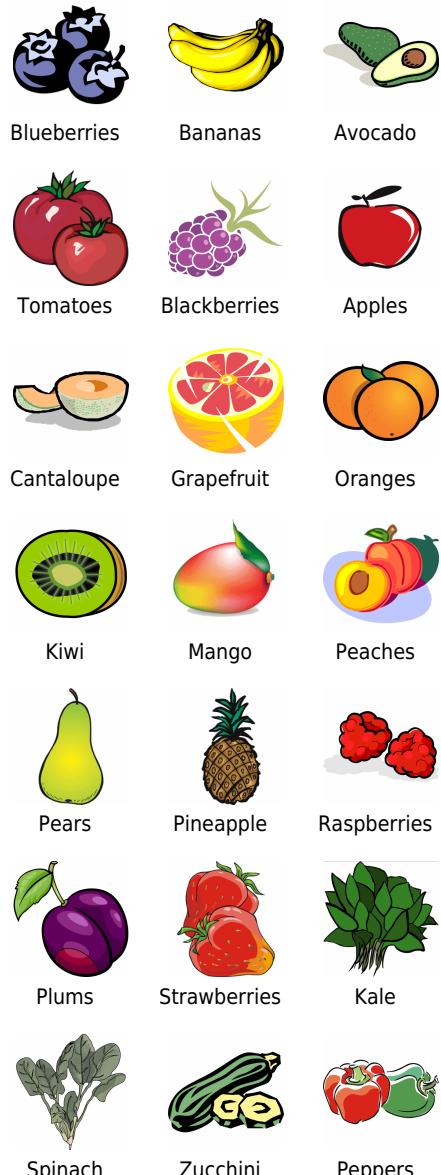
## Protein



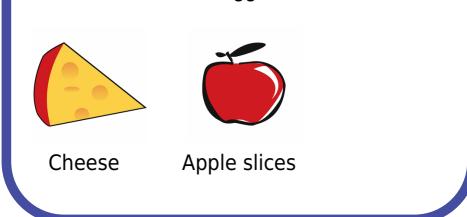
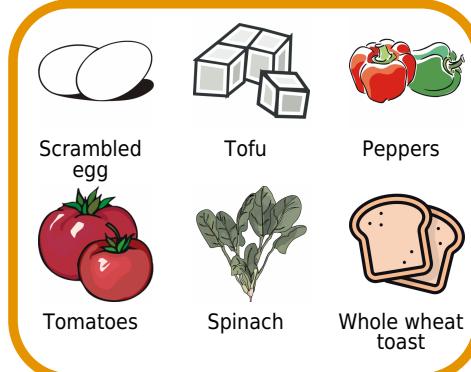
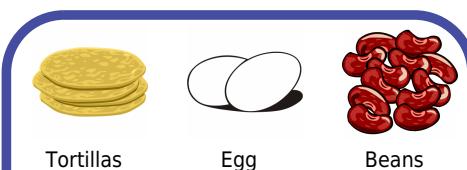
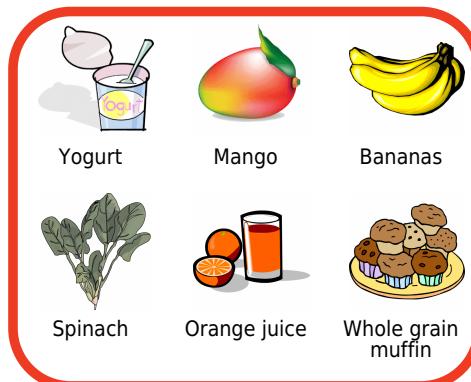
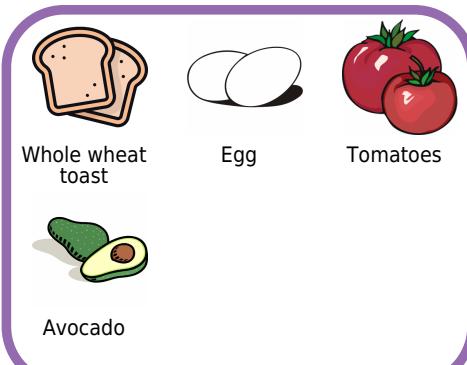
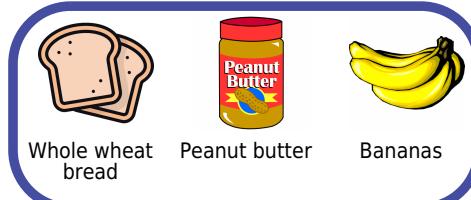
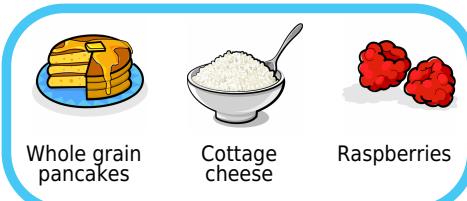
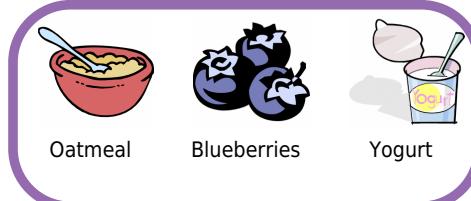
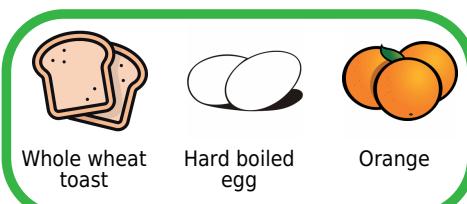
## Whole Grains



## Fruits & Veggies



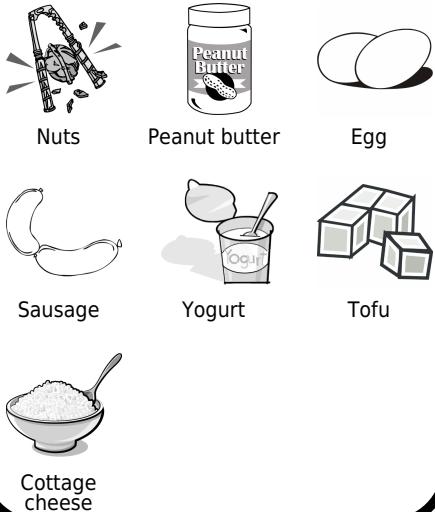
## Try These Combos



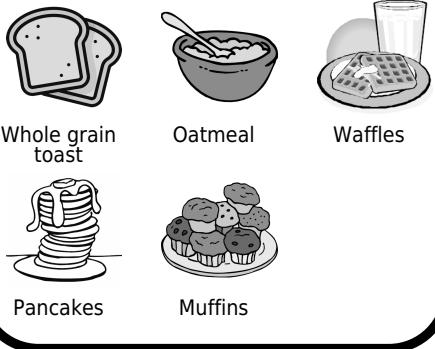
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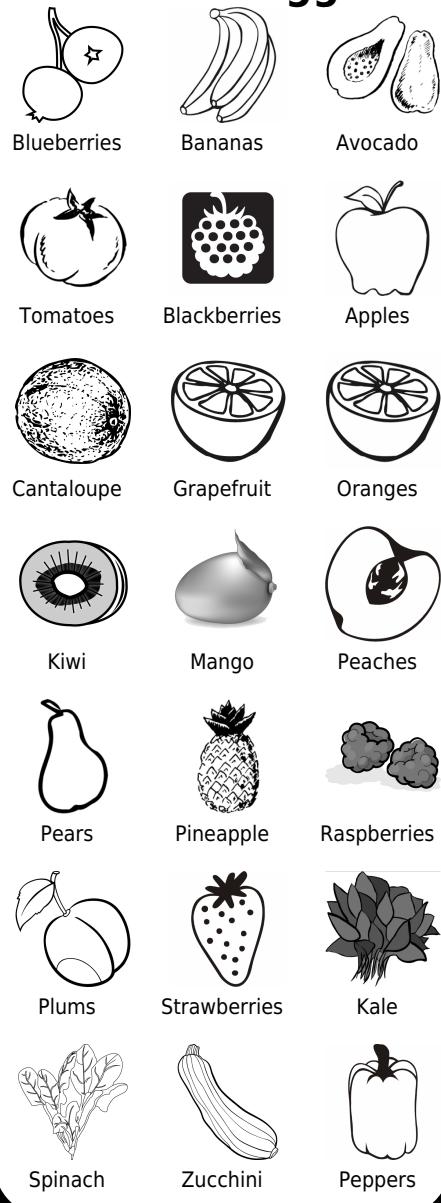
## Protein



## Whole Grains



## Fruits & Veggies



## Try These Combos

