SAMPLE BREAKFASTS

Breakfast doesn't have to be complicated, so set your alarm clock a little earlier and enjoy a filling, nutritious breakfast *every single morning*. You'll see the benefits throughout your day and soon enough, you'll be a breakfast believer too. Here are a few options to get you started!

Option 1:
1 slice Ezekiel toast
1 egg
1 slice fresh mozzarella cheese
1 large slice of tomato
¼ cup arugula

Option 2:
½ cup oatmeal
1 banana, diced
2 teaspoons peanut or almond butter
½ teaspoon cinnamon

Option 3:
1 cup Greek yogurt
½ cup high fiber cereal, such as Nature's Path Smart Bran*
2 teaspoons sliced almonds
½ cup berries

Option 4:
1 hard boiled egg
⅓ cup cooked quinoa
½ apple, diced
¼ teaspoon nutmeg

Option 5:
1 whole grain English muffin
½ cup plain cottage cheese
¼ avocado

Option 6:
2 eggs
½ teaspoon dried oregano
¼ cup diced tomato
¼ cup spinach

Option 7:
⅓ cup cooked quinoa
1 cup Greek yogurt
1 tablespoon chia seeds
½ grapefruit

Option 8:
1 slice Ezekiel toast
⅓ cup ricotta cheese
1 fresh or 2 dried Black Mission figs
2 teaspoons chopped walnuts
½ teaspoon pure maple syrup
¼ teaspoon cinnamon

Option 9:
1 Chia Pod (The Chia Company)
2 teaspoons chopped hazelnuts
1 cup raspberries

Option 10 (Smoothie):
1 cup unsweetened almond milk
1 cup frozen blueberries
2 teaspoons almond butter
1 teaspoon flax meal

<u>Option 11 (Smoothie):</u>
1 small banana
1 cup unsweetened almond milk
1 teaspoon almond butter
¼ avocado
1 cup ice

*Not all cereals are created equal. When choosing a nutritious cereal, it all comes down to the ingredient list. Choose products with a short list of wholesome ingredients, such as ancient grains, chia and flax. Avoid products that pack soy protein isolates and several different types of sweeteners. You want the least processed option available. As a general rule, cereals with at least 5 grams of fiber and less than 8 grams of sugar per serving are better choices.