



the nutrition school

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:

1 egg + 2 egg whites, scrambled

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

Option 11 (Smoothie):

1 small banana

1 cup unsweetened almond milk

1 teaspoon almond butter

¼ avocado

1 cup ice