

Breakfast Ideas

Remember that it is important to eat breakfast. Be sure to drink some fluids along with your breakfast, whether it is water, milk, juice, or coffee.

©Hevil's Healthy Devil

Whole Wheat Tortilla
Egg
Cheese
Spinach
Black Beans & Hummus

Greek Yogurt
Sliced Banana
Granola

Oats w/peanut
butter, chia
seeds, banana,
chocolate chips

Whole wheat pan-
cakes with peanut
butter, chocolate
chips/syrup, banana

Whole Grain Waf-
fle with banana,
chocolate syrup,
peanut butter

Tofu and egg scramble
with mushroom, spinach,
and cheese.
Side of Whole Wheat/
Grain Toast

Shredded sweet po-
tato w/ egg and
cheese scramble.
Sliced avocado on
top.

Whole Wheat
Toast
Mashed Avocado
Pan-Fried Egg

Cereal (Kashi)
Milk
Banana

Whole Wheat English
Muffin
Peanut Butter & Honey
Banana

Nature's Path Or-
ganic Toaster Pas-
tries
Fruit

Tortilla
Española
& Fruit