

Balanced Breakfast Ideas

1. Banana + 1% milk + Peanut Butter Toast

2. Cheesy Eggs with Vegetables + Fruit

3. Trail Mix + 1% milk

4. Smoothie: include protein, fruit, veggie*

5. Breakfast Taco: eggs + turkey sausage + tortilla + fruit

6. Greek Yogurt + Fruit + Chopped Nuts

7. Baked Oatmeal + 1% Milk

8. Apple + Peanut Butter + 1% Milk

9. Egg Muffin + Strawberries + Toast

10. Boiled Eggs + Toast with Avocado Spread

11. Cereal (see list) + 1% Milk + Fruit

12. Almonds/Mixed Nuts + Grapes

*see smoothie guide for details on how to build a nutritious smoothie

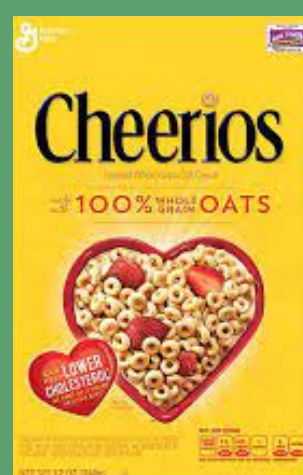
@notable_nutrition

List of Cereals with <5g added sugar/serving

Corn Chex



Cheerios



Rice Krispies



Shredded Wheat



Rice Chex



Wheaties



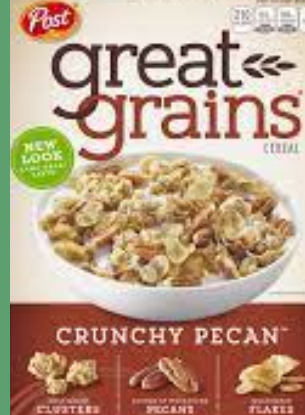
Kix



Special K



Great Grains



Crunchy Pecan

Total



Fiber One Original



Grape Nut Flakes

