

## QUICK BREAKFAST IDEAS



**Eating breakfast gives you a morning energy boost, helps you concentrate and focus in your classes, keeps your appetite in check and promotes a healthy body weight. It really is the most important meal of the day!**

- High fiber, low sugar cereal (Raisin Bran, Nature's Path Flax Plus, or Kashi Autumn Harvest) with skim milk and fruit
- A container of low fat yogurt sprinkled with granola or Grape Nuts (Granola from Nature's Path, Bear Naked or Back to Nature; pack cereal in a Ziploc baggie for an on-the-go breakfast)
- 100% whole grain English muffin (from Trader Joe's) spread with natural peanut butter and an apple
- Deli sliced turkey and swiss cheese melted on a piece of 100% whole wheat toast and skim milk
- Oatmeal with skim milk, raisins and cinnamon (try Quaker Oats, Trader Joe's frozen steel cut oats, or Kashi packets)
- Smoothie made with skim milk and/or plain yogurt, fresh or frozen fruit and wheat germ and/or ground flaxseeds; add peanut butter if desired
- Toaster waffle (Kashi or Van's 100% whole grain) with natural peanut butter or almond butter or low fat ricotta and fruit preserves
- ½ whole wheat bagel topped with a thin spread of cream cheese, lox and tomato slices; add capers and onions if desired
- English muffin topped with salsa, a slice of deli turkey and a sprinkle of cheddar cheese, toasted
- An apple, string cheese and V8 juice
- Low fat cottage cheese and fresh fruit
- Leftover brown rice, chicken and vegetables
- Cheddar cheese squares, pear slices and whole grain crackers (Triscuits, Woven Wheats, Kashi TLC, Mary's Gone)
- Egg sandwich with egg, tomato slices and avocado on a whole grain English muffin or toast and an orange
- 100% whole wheat tortilla spread with peanut butter, topped with banana slices and a drizzle of honey; add a sprinkle of granola if desired
- A carton of yogurt with a few almonds or a spoon of almond butter mixed in, with a peach