



## Healthy Breakfast Ideas

For breakfast, try to focus on the top half of the *Plate of Life*  
(1 fist of carb + 1 palm of protein)

If you can fit veggies into breakfast too, that's great!

### **½ cup cooked, plain oatmeal, with:**

- ½ cup fresh/frozen fruit or 2 TB dried fruit + 2 Tbsp nuts  
OR
- ½ cup fresh/frozen fruit or 2 TB dried fruit + 1 scoop protein powder

### **1 slice 100% whole grain toast or whole grain English muffin, with:**

- 1 TB nut butter + ½ apple, sliced, with 1 hardboiled egg  
OR
- 1 pat spreadable margarine, with 1 hardboiled egg, and ½ medium banana  
OR
- 1 pat spreadable margarine, with 2 slices turkey bacon and ½ cup sautéed spinach

### **Breakfast Parfait:**

- ½ cup low fat cottage cheese + 1 cup fresh/frozen fruit + 2 TB nuts  
OR
- ½ cup 0% low fat Greek yogurt + ½ cup fresh/frozen fruit + ¼ cup unsweetened, high-protein cereal (OR 2 TB low fat granola)

### **Br-eeg-fast Sandwich:**

- 1- 2 eggs or ½ cup egg substitute, scrambled in pan or microwaved + 1 slice low fat cheese + 1 slice tomato on 1 slice 100% whole grain toast  
OR
- 1- 2 eggs or ½ cup egg substitute, scrambled in pan or microwaved + ¼ sliced avocado + ¼ cup fresh spinach on 1 slice 100% whole grain toast



## Protein Smoothie Recipe:

- 1 cup fresh/frozen fruit (for example: fresh or frozen berries OR ½ banana + ½ cup strawberries OR 1 small apple, etc.)
- 1 cup unsweetened vanilla almond milk or skim milk
- 2 scoops protein powder or ½ cup plain 0% Greek yogurt
- Add any fresh/frozen veggies like kale or spinach for a “green smoothie”
- Optional: add ice for a more “frothy” smoothie

## Breakfast Meal Replacements

- High protein meal bar like Kashi Go Lean Crunchy or Luna bar + 10-15 almonds
- Special K frozen breakfast sandwich + 1 cup unsweetened vanilla almond milk
- Special K Protein shake or Muscle Milk Light Protein Shake + hardboiled egg

## Breakfast on the run

### Dunkin Donuts:

- Egg white flatbread sandwiches
- Drinks (Coffee): choose non-fat milk instead of creamer and sugar alternative instead of sugar
- Doughnuts are never a good idea. Bagels are never a good idea.

### Starbucks:

- Low fat turkey bacon sandwich
- Spinach and feta wrap
- Drinks: choose non-fat or “skinny” drink versions; stick to tall or grande size
- Scones are never a good idea. Bread loafs are never a good idea.

### McDonald's

- Egg white delight McMuffin
- Fruit & yogurt parfait

## Vegetable Quiche Cups

### Ingredients

- 1 package (10 ounces) frozen chopped spinach (thawed)
- 6 eggs
- 1 cup shredded cheddar cheese (low-fat)
- 1/4 cup diced red bell pepper
- 1/4 cup diced tomato

### Directions

1. Thaw spinach. Drain the excess liquid from thawed spinach.
2. Line a 12-cup muffin pan with foil baking cups. Spray cups with cooking spray.
3. Mix all ingredients in a bowl. Divide evenly among muffin cups.
4. Bake at 350°F for 20 minutes, or until knife inserted into center comes out clean.
5. Enjoy! Can also be refrigerated or frozen for later.

*Serving size: 2 cups Serves: 6*

### Nutrition Facts (per serving):

80 calories  
9 g protein, 4 g fat  
3 g carbohydrate, 2 g fiber  
160 mg sodium