

Breakfast Basics



A well-balanced breakfast will total around 300 calories and contain complex carbohydrates (including fiber), protein, and a little bit of healthy fats. The combination of these nutrients will keep you full and energized all morning long!

Try a combination of these foods for a delicious and quick breakfast.

| <i>Quality Carbohydrates</i> | <i>Proteins & Healthy Fats</i> | <i>Quick Breakfast!</i> |
|------------------------------|------------------------------------|---------------------------|
| Whole Grain Bread | 1% Milk | Fruit Smoothies |
| Fruit | Peanut Butter | Cheese Toast |
| Dried Fruit | Lowfat Cheese | Egg Sandwich |
| Whole Wheat Cereal | Eggs | Oatmeal with Fruit & Nuts |
| Oatmeal | Peanuts & Nuts | Whole Grain Muffins |
| Cornmeal | Almond Milk | Peanut Butter Toast |
| Whole Grain Waffles | Soy Milk | Hardboiled Egg & Fruit |
| Corn Tortillas | Chicken Breast | Egg & Ham Wrap |
| Vegetables | | Veggie Omelet |
| | | Breakfast Tacos |

5 Breakfasts in 5 Minutes:

- 1. Peanut Butter Banana Smoothie:** Blend 1 over-ripe frozen banana, 1 tbsp (30 mL) peanut butter and 1/2 cup (240 mL) milk.
- 2. Cheese Toast:** Melt 1 1/2 ounces (45 g) of reduced-fat cheese over 2 slices of whole wheat toast in a toaster oven or oven.
- 3. Breakfast Tacos:** Blend 1 egg with 2 Tbsp. (30 mL) salsa, cook over medium heat, and top with 1/2 oz (14 g) reduced-fat cheese. Place on 2 corn tortillas.
- 4. Cereal & Peanuts:** Mix 1/2 cup (120 mL) of low-sugar whole grain cereal with a palmful of peanuts. Place in a to-go cup or plastic bag.
- 5. Make-ahead Muffins:** Make a batch of muffins over the weekend, wrap individually in plastic and freeze. Remove from the freezer 15 minutes before eating.