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.

### Quality Carbohydrates
- Whole Grain Bread
- Fruit
- Dried Fruit
- Whole Wheat Cereal
- Oatmeal
- Cornmeal
- Whole Grain Waffles
- Corn Tortillas
- Vegetables

### Proteins & Healthy Fats
- 1% Milk
- Peanut Butter
- Lowfat Cheese
- Eggs
- Peanuts & Nuts
- Almond Milk
- Soy Milk
- Chicken Breast

### Quick Breakfast!
- Fruit Smoothies
- Cheese Toast
- Egg Sandwich
- Oatmeal with Fruit & Nuts
- Whole Grain Muffins
- Peanut Butter Toast
- Hardboiled Egg & Fruit
- Egg & Ham Wrap
- 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.