



SIMPLE BREAKFAST IDEAS



EGGS & VEGGIES

one of the best ways to have veggies, protein, and healthy fat for your first meal of the day

LOADED OATS

soaking oats overnight makes them easier to digest (enjoy hot or cold)
get your protein and fat by loading with toppings

note: try ground flaxseed, cinnamon, walnuts, raisins, and sea salt

FRUIT & NUTS

fruit (fresh, frozen, or dried) + nuts or nut butter
frozen bananas are tasty with almond butter & granola

MEAT PATTY

(prepped and stored in freezer)
compliment with fruit, veggies, or breakfast potatoes

LOADED TOAST

(or rice cakes)

- fried egg
- avocado, salt, pepper, + chia seeds
- nut butter + banana
- nut butter + honey + cinnamon

PARFAIT

base: plain yogurt/kefir OR unsweetened applesauce OR chia pudding (chia seeds + milk + honey/maple syrup, let sit overnight)
note: try fruit (fresh, frozen, dried) + granola, nuts, seeds, raw coconut

SMOOTHIE BOWL

pour your smoothie into a bowl and top with fruit, granola, cereal, nuts, seeds, coconut, nut butter, honey, etc
note: chewing helps your body recognize that you are eating food

LEFTOVERS

a very under-rated breakfast food
note: it is okay to break the "breakfast food boundaries"

ON THE GO

- prepped energy balls
- granola bars (*just be cautious of added sugar*)
- smoothie/protein shake
- fruit