

# BreakFAST



## For Weight Gain

Here are some quick nutrient dense breakfast ideas to jump start your morning and properly fuel your body for the long day ahead!!

**No more excuses for not eating breakfast!!**

### Breakfast #1

	<u>Food Group</u>	<u>Calories</u>
• 6 oz Greek yogurt	-Dairy/Protein	120
• 1 granola bar	-Grain/Protein	170
• 1 medium fruit	-Fruit	80
• 2 large slices of 100% whole grain bread	-Grain	180
• 3 Tbsp. peanut butter	-Protein/Healthy Fats	280
• 2 cups of low-fat milk/milk substitute	-Dairy/Protein	220
• 2 cups of water	-Extra Fluid	0
	<b>Total:</b>	<b>1,050</b>

### Breakfast #2

• 1 100% whole grain large bagel	-Grain	310
• 3 Tbsp. of low-fat cream cheese	-Dairy/Protein	70
• 1 large banana	-Fruit	115
• ½ cup of mixed nuts	-Protein/Healthy Fats	415
• 2 cups of 100% fruit juice	-Fruit	240
• 2 cups of water	-Extra Fluid	0
	<b>Total:</b>	<b>1,150</b>

### Breakfast #3

• 4 multi-grain waffles	-Grain	280
• 1/3 cup of lite maple syrup	._**	125
• 3 Tbsp. peanut butter	-Protein/Healthy Fats	280
• 1 cup of frozen berries (thawed)	-Fruit	120
• 2 cups low-fat milk/milk substitute	-Dairy/Protein	220
• 2 cup of water	-Extra Fluid	0
	<b>Total:</b>	<b>1,025</b>

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# BreakFAST continued

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### Breakfast #4 (omelet)

	<u>Food Group</u>	<u>Calories</u>
• 4 eggs	-Protein	280
• ½ cup of shredded cheese	-Dairy/Protein	220
• 1 cup of chopped veggies	-Vegetable	90
• 2 cups of calcium fortified orange juice	-Fruit	240
• 2 100% whole grain English Muffin	-Grain	260
• 1-2 cups water	-Extra Fluid	<u>0</u>
	<b>Total:</b>	<b>1,090</b>

### Breakfast #5

• 2 packet of instant oatmeal (make with milk)-Grain		240
• ½ cup of raisins	-Fruit	215
• 2 cups low-fat milk/milk substitute	-Dairy/Protein	220
• 2 mixed fruit and nut granola bar	-Grain/Protein	340
• 2 cups of 100% juice	-Fruit	<u>240</u>
	<b>Total:</b>	<b>1,255</b>

### Breakfast #6 (smoothie)

• 6 oz Greek yogurt	-Dairy/Protein	120
• 2 bananas	-Fruit	230
• 2 Tbsp. of peanut butter	-Protein	190
• 3 cups of low-fat choc. milk/milk substitute	-Dairy/Protein	<u>480</u>
	<b>Total:</b>	<b>1,020</b>

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