

BreakFAST



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

- 6-8 oz Low fat Greek yogurt
- 1 small apple
- 2 slices of 100% whole grain toast
- 2 Tbsp. peanut/nut butter
- 1-2 cups water

Food Group

- 1 Dairy
- 1 Fruit
- 2 Grain
- 1 oz Protein
- Extra Fluid

Calories

- 140
- 50
- 140
- 190
- 0

Total: 520

Breakfast #2

- 1 100% whole grain med. bagel
- 2 Tbsp of low-fat cream cheese
- 1 large banana
- ¼ cup of mixed nuts
- 1-2 cups of water

- 2 Grain
- 1/2 Dairy
- 2 Fruit
- 1 oz Protein
- Extra Fluid

- 170
- 50
- 115
- 200
- 0

Total: 535

Breakfast #3

- 2 multi-grain waffles
- ¼ cup of lite maple syrup
- 1 Tbsp. peanut/nut butter
- ½ cup of frozen berries (thawed)
- 1 cup low-fat milk or fortified soy milk
- 1 cup of water

- 2 Grain
- **
- 1 oz Protein
- 1 Fruit
- 1 Dairy
- Extra Fluid

- 140
- 100
- 80
- 60
- 110
- 0

Total: 520

****Note: If your calorie needs are high for wt gain, double the portion sizes listed and/or replace water with low-fat milk/milk substitute.**

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BreakFAST continued

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Breakfast #4

	<u>Food Group</u>	<u>Calories</u>
• 2 egg omelet	-2 oz Protein	150
• ¼ cup of shredded cheese	-1 Dairy	110
• 1 cup of chopped veggies	-2 Vegetable	90
• 1 cup of calcium fortified orange juice	-1.25 Fruit	120
• 1 100% whole grain English Muffin	-2 Grain	130
• 1-2 cups water	-Extra Fluid	0
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	Total:	600

Breakfast #5

• 1 packet of instant oatmeal	-1 Grain	120
• ¼ cup of raisins	-1 Fruit	60
• 1 cup low-fat milk or fortified soy milk	-1 Dairy	110
• 1 mixed fruit and nut granola bar	-1 Grain	150
	½ oz Protein	
	¼ Fruit	
• 12 oz 100% Juice	-2 Fruit	225
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	Total:	665

Breakfast #6 (smoothie)

• 6 oz low-fat vanilla yogurt/Greek yogurt	-1 Dairy	140
• 1 med. banana	-1.5 Fruit	105
• ½ cup of frozen berries	-1 Fruit	60
• 4 oz low-fat milk or fortified soy milk	-1/2 Dairy	45
Directions: Combine all ingredients in a blender and blend on high for 1 minute then enjoy!		
• 1 100% Whole Grain English Muffin	-2 Grain	130
• 1 Tbsp. of almond butter	-0.5 oz Protein	100
• 1 cup of water	-Extra Fluid	0
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	Total:	580

****Note: If your calorie needs are high for wt gain, double the portion sizes listed and/or replace water with low-fat milk/milk substitute.**