

Healthy Breakfasts



Yogurt Parfait:

- 1 cup of fat-free yogurt
- ½ cup of berries
- 12 almonds



Breakfast Burrito:

- 2 eggs
- 1 slice of low-fat cheese
- 1 6-inch whole wheat tortilla
- 4 tablespoons of salsa



Cottage Cheese Mix-Up:

- ¾ cup of low-fat cottage cheese
- 1 cup of pineapple
- 3 Walnuts



Eggs and Bacon:

- 1 hardboiled egg
- 2 slices of low-sodium ham
- 1 cup of cantaloupe



Egg White Scramble:

- 4 egg whites
- ½ cup of vegetables like broccoli, spinach, and tomatoes
- 1 slice of low-fat cheese

Use cooking spray to prepare.



Greek Yogurt and Cereal:

- 1 cup of low-fat yogurt
- ½ cup of Cheerios
- ½ apple
- 6 almonds



Berry Oatmeal:

- 1 cup of cooked oatmeal
- ½ cup of non-fat milk
- 3-4 walnuts
- ½ cup of mixed berries



Protein English Muffin:

- Whole-wheat English muffin
- 2 tablespoons of peanut butter
- 1 sliced banana