

## Breakfast Ideas

### Key Points:

- Include 3 of the 4 food groups (with preferably lean protein)
- Choose higher fibre foods (Aim to get at least 8 grams of fibre)

1)  $\frac{1}{2}$  cup plain Greek Yogurt (1 or 2%)

$\frac{1}{2}$  cup mixed berries (blueberries, blackberries, strawberries... etc.)

$\frac{1}{4}$  cup All Bran Buds

$\frac{1}{2}$  tsp. honey (optional)

A dash of cinnamon (optional)

2) Green Smoothie

1 cup spinach or Kale

$\frac{1}{4}$  of an avocado

$\frac{1}{2}$  banana (small or medium)

1 Tbsp flax seed or All Bran Buds

1 cup Almond milk (unsweetened)

$\frac{1}{2}$  cup frozen berries, peaches or mangos

3) 1 piece whole wheat or whole grain toast

2 soft boiled eggs (mashed & spread on toast)

2 slices of tomato

a dash of salt + pepper

1 small fruit (apple, orange or banana)

4) 1 package of instant oatmeal (steel cut oats or original oats)

$\frac{1}{2}$  cup milk (skim or 1% or almond milk)

1 Tbsp flax seed or All Bran Buds

$\frac{1}{2}$  cup berries or other mixed fruit

1 tsp all natural peanut butter (mixed + melted in)