

Wake Up to a Healthy Breakfast

Starting your day with a well-balanced breakfast fuels your body and brain, helping you stay energized, focused, and satisfied throughout the morning. A thoughtful combination of nutrients can support overall well-being and healthy eating habits.

Building a Balanced Breakfast

For a nourishing and satisfying meal, include:

- ✓ **Protein** – Supports muscle health and keeps you full (eggs, Greek yogurt, nuts, nut butter, tofu)
 - ✓ **Fiber** – Aids digestion and promotes steady energy (whole grains, fruits, vegetables, chia or flax seeds)
 - ✓ **Healthy Fats** – Provides lasting energy and supports brain function (avocado, nuts, seeds, olive oil)
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Making Breakfast a Daily Habit

Plan Ahead – Prepping ingredients the night before can simplify your morning routine.

Start Small – If you're not hungry right away, opt for something light, like a smoothie or a handful of nuts and fruit.

Mix It Up – Rotate different breakfast options to keep things interesting and meet your nutritional needs.

Enjoy the Process – Choose flavors and textures you love to make breakfast a meal you look forward to.



Simple & Nutritious Breakfast Ideas



Greek Yogurt Parfait – Layer Greek yogurt with fresh berries, granola, and chia seeds.



Whole-Grain Toast with Nut Butter & Banana – Add a sprinkle of cinnamon for extra flavor.



Avocado & Egg Toast – Spread mashed avocado on whole-grain toast, top with a poached egg, and season lightly.



Overnight Oats – Mix oats with milk or yogurt, add fruit and seeds, and refrigerate overnight.



Veggie Scramble – Sauté spinach, peppers, and mushrooms with eggs. Pair with whole-grain toast.