



# Breakfast Fuel©

Protein	Whole grains	Fruit	Vegetables
Egg	Whole Wheat Toast	Apple	Broccoli
Egg beaters	Whole Wheat English Muffin	Banana	Mushrooms
Skim/1% Milk	Low sugar/high fiber cereal	Orange	Potato slices
Non fat Greek Yogurt	Oatmeal	Blueberries	Sweet Potato slices
Low fat cheese	Low sugar/high fiber bar	Strawberries	Tomato
Low fat cottage cheese	Half whole grain bagel or Bagel Thin	Grapes	Peppers
Almond Butter or Sunbutter	Whole grain pita	Pear	Onions
Hummus	Whole grain waffles	Peaches	Spinach
Chicken or Turkey Sausage	Whole grain tortilla wrap	Melon	Zucchini
Beans	Rolled Oats	Mango	Cucumber
Ham or Canadian Bacon	Brown Rice	Pineapple	Carrots
Nuts (Almonds, Walnuts...)	Buckwheat	Blackberries	Salsa
Natural Peanut butter	Quinoa	Kiwi	Beans (Vegetarian baked beans)

- Whole-grain cereal topped with fruit and a cup of low fat yogurt
- Whole-grain waffles topped with natural peanut butter, fruit, or low fat cottage or ricotta cheese
- Whole-wheat pita stuffed with sliced hard-cooked eggs and tomato slice
- Hot cereal made with low fat milk topped with cinnamon, nutmeg, allspice, or cloves
- Natural Peanut butter on half a whole wheat bagel with fresh fruit (banana or apple wedges) and low-fat milk
- Breakfast smoothie (low fat milk, fruit, and teaspoon of bran, whirled in a blender)
- Vegetable omelet with laughing cow cheese wedge and potato slices
- Egg on whole wheat English muffin with turkey bacon or Canadian bacon (may add 1 slice of fat-free cheese)
- Hummus and cucumber slices on whole-wheat toast and low fat milk
- Lean turkey on a toasted whole wheat English muffin with low fat cheese and an apple
- Heated leftover brown rice or Quinoa with chopped apples, nuts, and cinnamon
- 2 Laughing cow cheese wedges and fresh fruit, such as sliced strawberries, on whole wheat bread or whole wheat English muffin
- Low-fat shredded cheese on a whole-wheat tortilla, folded in half and microwave for 20 seconds and topped with salsa
- Scrambled egg beaters and broccoli with turkey sausage link (Al Fresco breakfast sausage) with sweet potato wedges

## On the Run Back-ups:

- High fiber cereal bar and fruit
- Toast and PB
- Banana and baggy of nuts
- Fruit and low fat string cheese

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Created by Nicole Cormier, RD, LDN