

# Breakfast Basics!

A well-balanced breakfast will total around 300 calories and contain complex carbohydrates (including fiber), protein, and a little bit of healthy fats. The combination of these nutrients will keep you full and energized all morning long!

## Quality Carbohydrates + Proteins & Healthy Fats = Quick Breakfast!

Whole Grain Bread  
Fruit  
Whole Wheat Cereal  
Oatmeal  
Whole Grain Waffle  
Corn Tortillas  
Vegetables

Avocado  
1% Milk  
Soy Milk  
Nuts or Seeds  
Peanut Butter  
Beans, Eggs & Cheese  
Eggs & Low-Fat Cheese

Avocado Toast  
Fruit Smoothies  
Cereal with Milk  
Nutty Oatmeal  
Nut Butter Waffles  
Breakfast Tacos  
Veggie Omelet

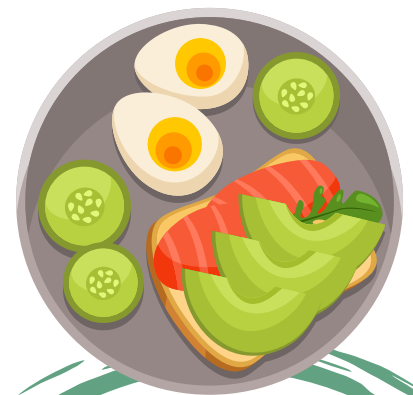
### 5-Minute Breakfasts:

#### Fruit & Nut Oatmeal:

Top 1/2 cup of plain, instant oatmeal with 1/2 cup of your favorite fruit (fresh or frozen) and 2 Tbsp chopped nuts.

#### Breakfast Tacos:

Blend 1 egg with 2 Tbsp salsa, cook over medium heat, and top with 1/2 oz reduced-fat cheese. Place on 2 corn tortillas.



### QUICK TIP:

Prepare batches of breakfast items over the weekend and freeze them in single-serving portions for busy mornings!

