

# Balanced Breakfast

Starting your day with a balanced breakfast helps you meet your daily requirement of important vitamins and minerals, improves your focus, and aids in weight management.

## What can you include in a balanced breakfast?

- Fruits and vegetables: fresh or frozen fruits and vegetables, unsweetened canned, dried fruit
- Whole grains: whole grain breads, pitas, wraps, tortillas, english muffins, hot or cold whole grain cereals
- Protein: eggs, nut butters, nuts, seeds, tofu, whey protein, plant-based protein, lean meat, poultry, fish, Greek yogurt, cottage cheese
- Dairy: milk, milk alternative (soy, almond, hemp, rice, coconut, etc), yogurt, cheese

**Follow the Plate Model. Combine a carbohydrate and protein choice with vegetables and/or fruit.**



## Tips:

- Any food can be enjoyed for breakfast. Think outside the box. Try using leftover lunches or dinners creatively.
- Mind portion sizes.
- Make breakfast count. Eating a sustaining breakfast can prevent overeating at later meals.
- Plan and prepare your breakfast in advance.
- Stock up on healthy grab-and-go options so you don't skip breakfast, go hungry, or give into temptations.

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## What's for breakfast?

Here are some suggestions for healthy, balanced breakfasts. Please keep in mind that every one has different needs. Work with your coach to find the best breakfast options for you!

| Day | Complex Carbohydrate       | Protein                            | Vegetable or Fruit                              | Dairy (optional)                  | Tips  |
|-----|----------------------------|------------------------------------|---|-----------------------------------|---|
| 1   | Steel cut oatmeal          | Greek yogurt                       | Chopped dried fruit                             | Splash of milk or milk substitute | Dried fruit or fruit preserves are a great way to sweeten oatmeal or yogurt                 |
| 2   | Whole grain pita           | Scrambled eggs or tofu             | Diced vegetables of choice                      | Sprinkle of shredded cheese       | Consider scrambling eggs and veggies in advance to reheat in the morning                    |
| 3   | Whole grain cereal         | Boiled egg                         | Blueberries or other fruit                      | Milk or milk substitute           | Boil several eggs in advance to eat on the go   |
| 4   | Whole grain toast          | Nut butter                         | Pear or other fruit                             | Milk or milk substitute           | Added mashed berries to the toast and peanut butter for a healthier PB&J                    |
| 5   | Plain oatmeal (quick oats) | Whey or plant based protein powder | Pineapple (or other fruit), cup of baby spinach | Milk or milk substitute           | Blend for a healthy balanced smoothie. Add spices like cinnamon or vanilla for extra flavor |
| 6   | Quinoa                     | Cooked beans or lentils            | Mixed vegetables                                | Feta (or other cheese)            | Add lemon juice, spices, or even a poached egg for additional protein                       |
| 7   | Spinach tortilla           | Salmon or tuna                     | Grape tomatoes (or other vegetables)            | Optional cheese                   | Any lunch or dinner like meal can be used for breakfast                                     |

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## Breakfast on the go:

- Fruit/Vegetable Smoothie: Use milk/milk substitute, yogurt, or protein powder as your base and add your favorite fruit (1 serving) and vegetables (2-3 servings). Prepare all your ingredients in the blender the night before. In the morning, add ice cubes, blend, and pour into a to-go cup.
- Trail Mix: Try making your own trail mix. Combine whole grain cereal, dried fruit, and nuts. Pre-pack in plastic bags or reusable containers.
- On-the-Go Bars: Look for high protein or high fiber bars. Protein and fiber help increase fullness. Choose bars with a short list of real-food ingredients.

**If you are not a usual breakfast eater, start with a small meal and observe how you feel.**



## Where do I start? Some ideas:

- I will plan a balanced, healthy breakfast 3-4 days this week.
- I will include at least 1 serving of fruit with breakfast 3 days this week.
- I will try a high fiber (5g of fiber or more) cereal this week.
- I will make a grocery list that includes healthy items for breakfast before going to the grocery store.