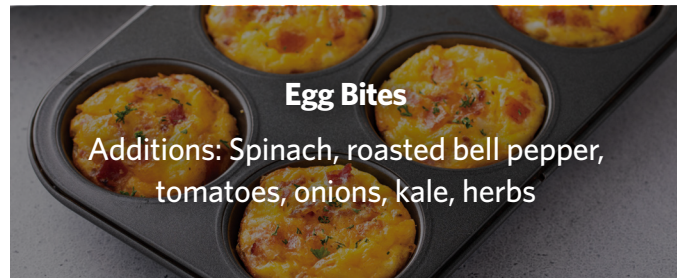


# Healthy Breakfast Ideas



## Overnight Oats

Variations: Apple and cinnamon, pumpkin, peanut butter and berries, or banana



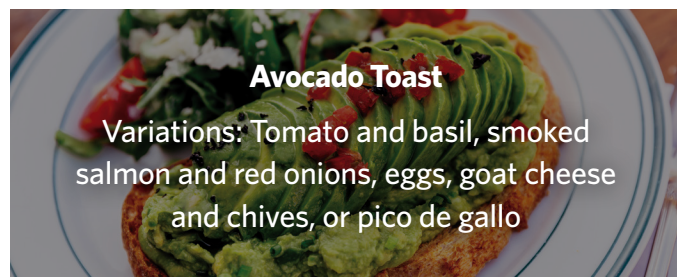
## Egg Bites

Additions: Spinach, roasted bell pepper, tomatoes, onions, kale, herbs



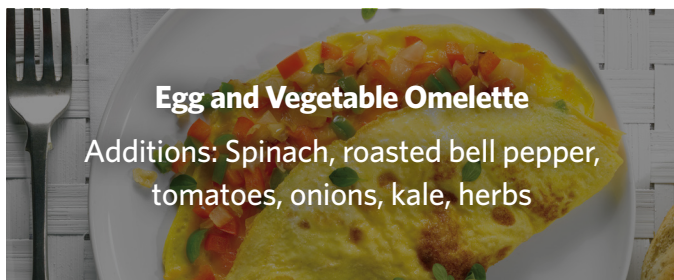
## Chia Seed Pudding

Variations: Banana and strawberry, peanut butter and berries, or mango and shredded coconut



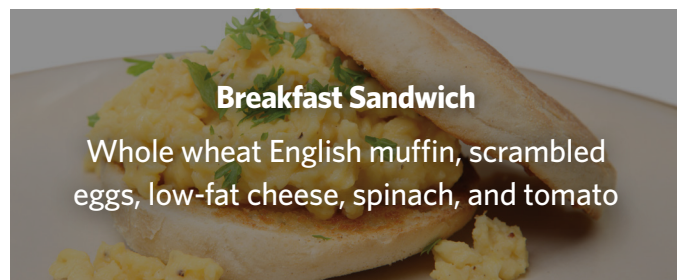
## Avocado Toast

Variations: Tomato and basil, smoked salmon and red onions, eggs, goat cheese and chives, or pico de gallo



## Egg and Vegetable Omelette

Additions: Spinach, roasted bell pepper, tomatoes, onions, kale, herbs



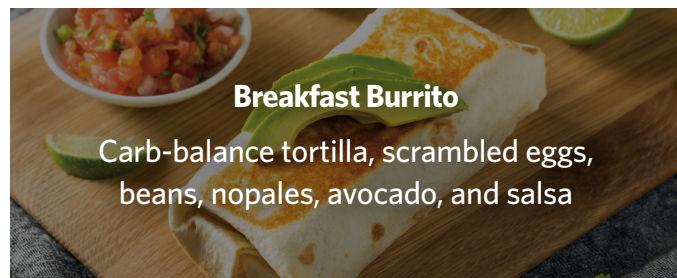
## Breakfast Sandwich

Whole wheat English muffin, scrambled eggs, low-fat cheese, spinach, and tomato



## Yogurt Parfait

Plain Greek yogurt, fruit, and chopped nuts



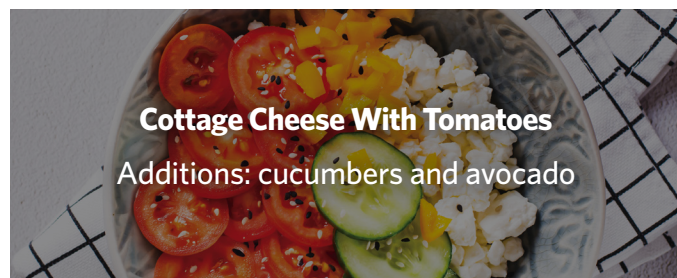
## Breakfast Burrito

Carb-balance tortilla, scrambled eggs, beans, nopales, avocado, and salsa



## Cottage Cheese With Fruit

Additions: nuts and flax seeds



## Cottage Cheese With Tomatoes

Additions: cucumbers and avocado