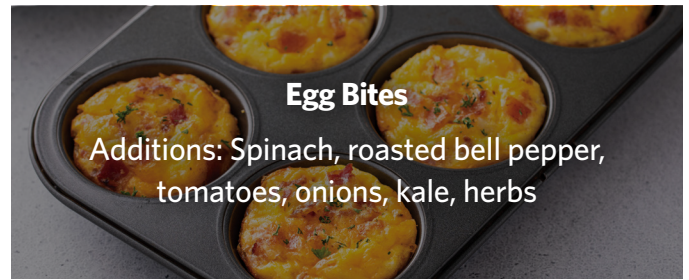


Healthy Breakfast Ideas



Overnight Oats

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



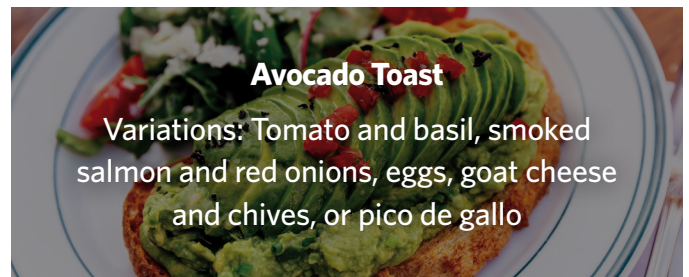
Egg Bites

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



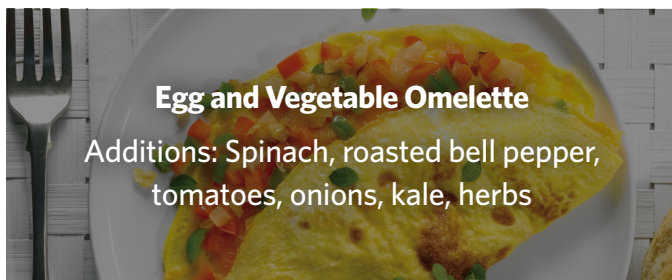
Chia Seed Pudding

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



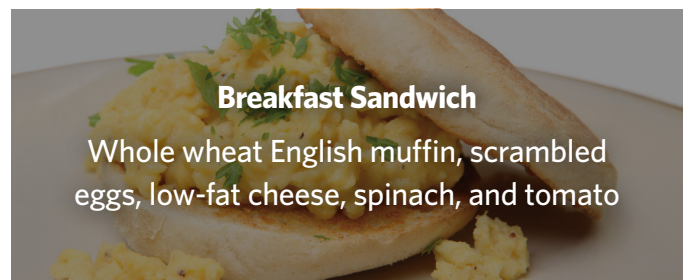
Avocado Toast

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



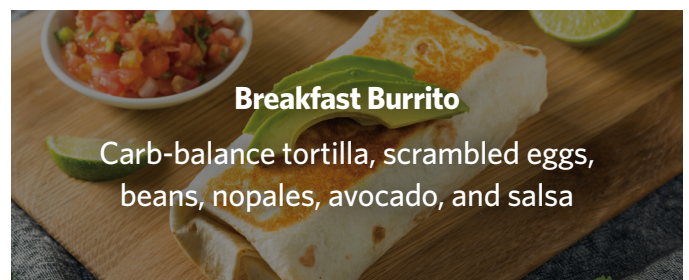
Breakfast Sandwich

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



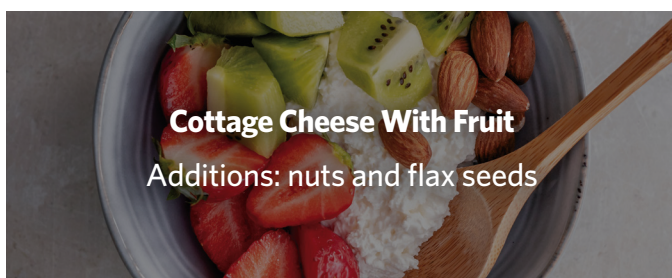
Yogurt Parfait

Plain Greek yogurt, fruit, and chopped nuts



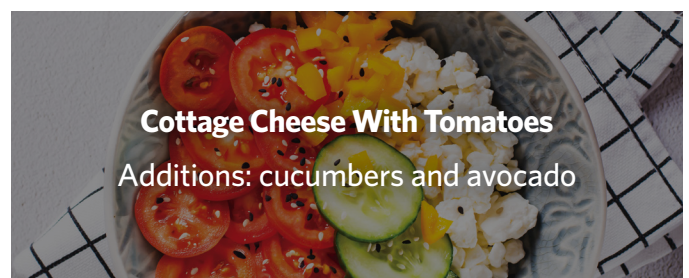
Breakfast Burrito

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

Ideas Para un Desayuno Saludable



Avena Remojada Durante la Noche

Variaciones: Manzana y canela, calabaza, mantequilla de maní y bayas, o banana



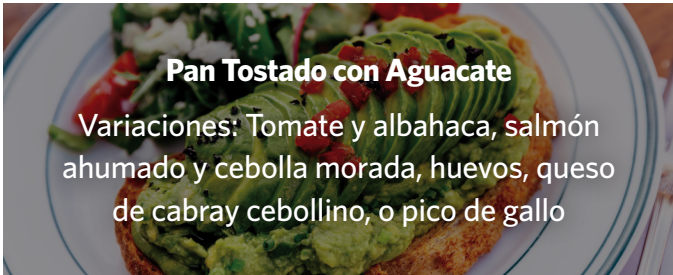
Muffins de Huevo

Adiciones: Espinacas, pimiento morrón asado, tomates, cebolla, col rizada, hierbas



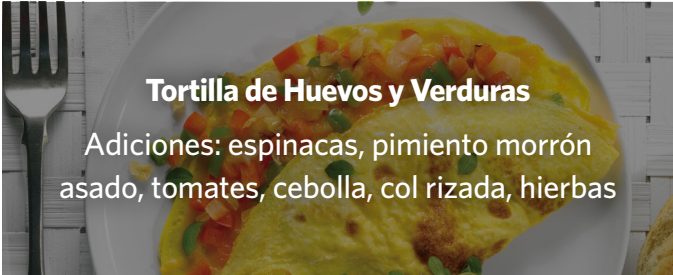
Pudín de Semillas de Chía

Variaciones: Banana y fresa, mantequilla de maní y bayas, o mango y coco rallado



Pan Tostado con Aguacate

Variaciones: Tomate y albahaca, salmón ahumado y cebolla morada, huevos, queso de cabray cebollino, o pico de gallo



Tortilla de Huevos y Verduras

Adiciones: espinacas, pimiento morrón asado, tomates, cebolla, col rizada, hierbas



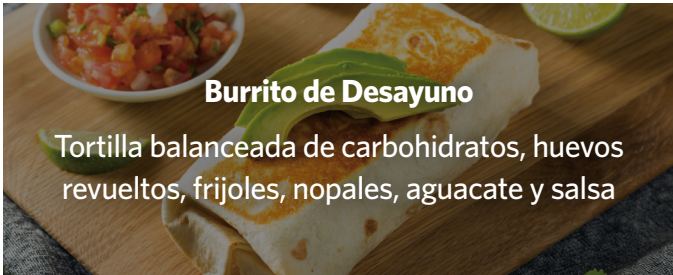
Sándwich de Desayuno

Muffin inglés integral, huevos revueltos, queso bajo en grasa, espinacas y tomate



Parfait de Yogur

Yogur griego natural, fruta y nueces picadas



Burrito de Desayuno

Tortilla balanceada de carbohidratos, huevos revueltos, frijoles, nopales, aguacate y salsa



Requesón con Frutas

Adiciones: Nueces y linaza



Requesón con Tomates

Adiciones: Pepinos y aguacate