Power up for your day!

- Don’t skip breakfast
- Make it a routine

Choose More Often:
1. Lean Proteins: Eggs or egg whites, cottage cheese, yogurt, skim or lowfat milk, Canadian bacon
2. Whole Grains: Oatmeal, Mesa Sunrise cereal, whole wheat toast
3. Antioxidants: fruits & veggies
4. Healthy fats: peanut butter, nuts, seeds, flax seed
5. Hydration: water, unsweetened iced tea, hot tea, coffee

Choose Less Often:
1. “Empty calorie” sugary carbs like donuts, pastries, sugary cereals, pancake syrup
2. Pork Sausage and bacon
3. Biscuits & French toast
4. Cream & sugar in tea & coffee
5. Use small amounts of cheese @ the omelet bar

Dining Hall Ideas:
- Oatmeal + yogurt + berries
- Toasted whole wheat bagel w/ 1 packet cream cheese + spinach + tomatoes
- Omelet w/ lots of veggies + whole wheat toast + 2 slices bacon
- Fruit smoothie + 1 hard boiled egg + whole wheat toast + 1 packet peanut butter
- Bowl of Mesa Sunrise (topped with seeds & flax) + skim milk + fruit + scrambled eggs + 1 piece chicken sausage
- Make your own breakfast sandwich: get scrambled egg from buffet, or sunny side up egg from omelet bar w/ light sprinkle of cheese & spinach leaves. Place egg & spinach between a toasted whole wheat bread or bagel
- Scrambled eggs + veggies from omelet bar + cottage cheese + ½ grapefruit
- 1 waffle + berries + 1 chicken/turkey sausage
- Yogurt parfait: yogurt + fruit + Nature’s Path cereal
- Whole wheat toast + peanut butter + sliced apple