

BREAKFAST BUILDER



a downloadable guide to print out & hang on your fridge for quick & easy breakfast inspiration!

PICK ONE (OR MORE AS NEEDED!) FROM EACH GROUP TO BUILD A DELICIOUS BREAKFAST!

WHOLE GRAINS (CHOOSE ONE)



WHOLE WHEAT BREAD OR BAGEL



OATMEAL OR QUINOA



WHOLE GRAIN CEREAL



WHOLE WHEAT WAFFLES OR PANCAKES



GRANOLA

PROTEINS (CHOOSE ONE)



EGGS



CHEESE
(COTTAGE, CREAM, HARD OR SOFT!)



MILK



YOGURT



TOFU

HEART-HEALTHY FATS (CHOOSE ONE)

**these also provide protein so if nothing above appeals to you, you can use one of these options instead!*



AVOCADO



NUTS*



SEEDS*



NUT & SEED BUTTERS*



OLIVE OIL

FRUITS & VEGGIES (CHOOSE ONE OR MORE!)

fresh, frozen or dried varieties all work



BERRIES



STONE FRUIT



CITRUS



TROPICAL FRUIT



MELONS



LEAFY GREENS



ROOT VEGGIES



CRUCIFEROUS VEGGIES



ALLIUM VEGGIES



APPLES & PEARS