

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!)



BERRIES



STONE FRUIT



CITRUS



TROPICAL FRUIT



MELONS



LEAFY GREENS



ROOT
VEGGIES



CRUCIFEROUS
VEGGIES



ALLIUM
VEGGIES



APPLES &
PEARS