

# EASY BREAKFAST INSPIRATION

*Pick at least one from each of the main three categories.*

## 1. GRAIN

- Cereal
- Oats/oatmeal
- Granola
- Cereal Bar
- Sliced bread/toast
- Bagel
- English Muffin
- Waffle
- Pancake
- Muffin/baked good

## 2. PROTEIN/FAT

- Egg
- Milk
- Yogurt
- Cheese
- Avocado
- Butter
- Peanut/nut/seed butter
- Bacon/Sausage

## 3. PRODUCE

- Apple
- Banana
- Orange
- Berries
- Melon
- Mango
- Peaches
- Pears
- Dried fruit (i.e raisins, dates, crasins)
- Tomatoes
- Spinach
- Mushroom
- Broccoli

*This list is not extensive.  
There are many other fruit  
and vegetable options!*

## Optional

*To add flavor/ nutrients*

- Jelly/Jam
- Maple Syrup
- Honey
- seeds(hemp/chia) etc.
- cinnamon/ other spices
- chocolate chips
- cocoa powder

