

BREAKFAST ON-THE-GO IDEAS

Greek Yogurt Parfait

- Greek yogurt + fruit + granola
- *Greek yogurt*: single serving cups for ease, choose plain or vanilla, compare sugar content when making choice (sugar is okay just something to be conscious of)
- *Fruit*: blueberries are easiest and last long, other choices include raspberries, strawberries, mangoes, pineapples, apples
- *Granola*: ones that include almond are often higher in protein, compare and contrast protein and sugar content when making a decision (sugar is okay just something to be conscious of)

Oatmeal

- Steel oats (check if microwavable)
 - o Prepare in low-fat or non-fat milk
 - o Tends to overflow in the microwave (helps to cook in shorter times, 1 minute first then 30 second increments) or use larger bowls
- Top with: sugar (try to limit), honey (try to limit), fresh fruits (berries are a good choice, apples too), dates, dried fruits (raisins), nuts (like almonds)

Overnight Oatmeal

- 3/4 cup Greek yogurt (vanilla) + ¼ cup milk + ½ cup oatmeal (may half recipe if too much for one serving)
- Leave overnight in fridge (roughly 8 hours)
- May add toppings the night before or in the morning
 - o Almonds
 - o Berries/fruit
 - o Honey (try to limit)
 - o Chia seeds

Peanut butter

- Whole grain toast or tortilla, banana, peanut butter, honey drizzle
- Fruit and peanut butter (this will be a light breakfast, may need snack soon after)

Hardboiled Eggs

- Hard boil and peel eggs the night before (eat with fruits, veggies, avocados, whole grains)

