

## Breakfast

- Hot cereal such as oatmeal with fresh fruit on the side or mixed in the oatmeal (frozen berries work great) - Add cinnamon for flavor and 1 TBSP chia seeds or ground flax seeds
- Muesli, served hot or cold with fresh fruit
- Cold cereal such as bran flakes with soy or almond milk and a piece of fruit
- Roasted potato and vegetable hash with a slice whole wheat toast
- Breakfast burrito: scrambled tofu wrapped in whole wheat tortilla topped with salsa and sliced avocado
- Smoothies!
- Peanut butter, banana roll up: use a whole wheat tortilla, spread 2 tablespoons natural peanut butter and place a small banana inside and roll it up
- Whole wheat toast or English muffin with 2 tablespoons peanut butter and one piece of fresh fruit
- Whole wheat pancakes or waffles topped with fresh fruit, unsweetened apple sauce, nuts, and drizzle of pure maple syrup or honey
- Whole wheat muffin and fresh fruit

