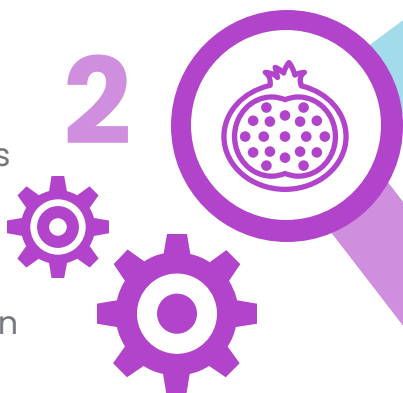


Breakfast

Think outside the cereal box!

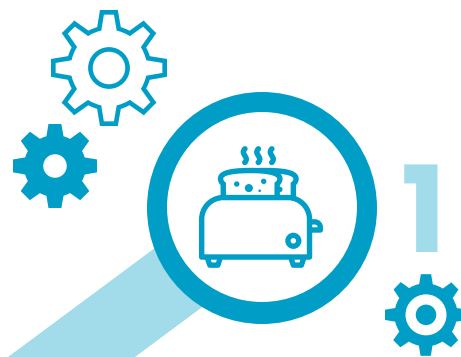
Think Ahead with Overnight Oats

Make overnight oats with ½ cup regular oats, ½ cup Greek yogurt, ½ cup frozen berries. Mix well, then pop it in the fridge and eat it in the morning.



Make a Sandwich

Make a peanut or almond butter sandwich on whole grain bread. This breakfast travels especially well.



Try New Whole Grains

Cook quinoa with ginger and cinnamon, then top it with chopped walnuts. You can make a big batch at the beginning of the week and reheat a serving of leftovers each morning.



Green Eggs, No Pan

Scramble 2 eggs and top them with 1 cup of fresh spinach. Pop the whole thing in the microwave for 1 minute, then add 1 tablespoon shredded cheese to create a mini omelet.



Go Against Breakfast Tradition

Try a combination of string cheese, whole grain crackers, and grapes.

