

# Breakfast: Make your first meal count...

ADD a glass of water to the following to maximize digestion and energy:

- Breakfast Burrito: Whole wheat, plain, or corn tortilla with scrambled eggs, black beans, a little cheese, topped with salsa and avocado or guacamole
- Yogurt parfait: 4 oz plain full fat Greek yogurt ("Ellenos" in Seattle is the BEST), mango or peaches, slivered almonds, and vanilla granola
- Egg and cheese sandwich: Microwave an egg (mix and microwave for 90 seconds) and serve on 100% Whole Wheat English muffin w/ ham, avocado, and side of fruit
- Leftovers from dinner (nothing wrong with chicken, potatoes, and roasted veggies to start your day)
- Homemade smoothie. Ingredients: Banana, 1/3 cup raw oats, 1 c frozen berries, 1/2 cup tart cherry juice, 1 cup spinach or kale, 4 oz full fat Greek yogurt, ice and water to taste
- Museli or 1 cup cooked Oatmeal with almonds, fresh blueberries, and glass milk
- Egg omelet (whole eggs) with veggies, avocado, and breakfast potatoes
- Scrambled eggs, side steamed kale, and Whole Wheat Toast, tostadas, medialunas, or English Muffin
- Salmon Lox, Pumpernickel bagel, cream cheese, and fruit
- Mangu, scrambled eggs, and fresh fruit
- Overnight oats: yogurt, chia seeds, dark cacao powder, peanut butter, almonds, oats, honey

