

Eating breakfast gives you a morning energy boost, helps you concentrate and focus in your classes, and keeps your appetite in check. It can help set you up for a great day ahead.

- High fiber, low sugar cereal (Raisin Bran, Nature's Path Flax Plus, or Kashi Autumn Harvest) with milk and fruit
- Yogurt sprinkled with granola or cereal
- Whole grain English muffin with peanut butter and fruit slices
- Deli sliced turkey and swiss cheese melted on a piece of whole wheat toast and a side of milk or
- Oatmeal with milk, raisins, cinnamon, and peanut butter
- Smoothie made with milk and/or plain yogurt, fresh or frozen fruit, nut butter, chia seeds
- Whole grain toaster waffle with peanut butter or almond butter and jam
- Whole wheat bagel topped with cream cheese, lox and tomato slices; add capers and onions if desired
- English muffin topped with salsa, a slice of deli turkey and a sprinkle of cheddar cheese, toasted
- An apple, string cheese and kombucha
- Cottage cheese with fruit
- Egg omelet with diced bell peppers, onions, spinach, and cheese with a slice of toast
- Leftover brown rice, chicken and vegetables
- Cheddar cheese squares, pear slices and whole grain crackers
- Egg sandwich with egg, tomato slices and avocado on a whole grain English muffin or toast and an orange
- 100% whole wheat tortilla spread with peanut butter, topped with banana slices and a drizzle of honey; add a sprinkle of granola if desired
- A carton of yogurt with a few almonds or a spoon of almond butter mixed in, with a peach
- Toast with avocado, egg and a side of mixed berries
- Blueberry pancakes with almond butter and syrup
- Hardboiled egg with crackers and a piece of fruit
- Overnight oats with oats, hemp seeds, cocoa powder, frozen cherries, and honey
- Chia seed pudding with coconut milk, shaved coconut, mango
- Green smoothie with spinach, banana, almond butter, flax seeds
- Egg muffins baked with eggs, spinach, ham, and cheese
- Greek yogurt with strawberries, walnuts, and honey