



## 10 Delicious (and Healthy) Ways to Start Your Day!

**Breakfast Burrito:** 4 Scrambled egg whites, vegetables, 1/2 ounce of cheese, 1/4 cup of black beans, and salsa wrapped in a whole grain tortilla (find a tortilla with less than 100 calories)

**Old-Fashioned Oatmeal:** Add 1 ounce of raw almonds or pecans, some cinnamon, and a fruit of your choosing

**Breakfast Sandwich:** A whole wheat English muffin with one slice of Canadian bacon, 1 egg (you can also use egg whites or egg beaters for a lower calorie option), and 1 slice of cheese.



**Omelet:** 1 egg and 2 egg whites scrambled together into an omelet. Fill with a variety of vegetables (spinach, tomato, mushrooms, peppers, and asparagus go great with omelets!). Add 1/2 ounce of cheese and enjoy! Eat with a side of fruit or a slice of turkey bacon.

**Veggie and Egg Stir Fry:** Just take some leftover or frozen veggies and sauté with butter. When they are cooked/hot, add a few eggs (or egg whites) and scramble. Simple and fast!

**Egg “Muffins”:** With a standard cupcake pan, fill each with a variety of sautéed vegetables (until 1/4-1/2 of the way full). Then fill each pan with eggbeaters until 3/4 full. Sprinkle a little cheese on top. Cook in the oven at 375 degrees until done (usually 10-12 minutes). Refrigerate and pop in the oven or microwave for a breakfast on the go. This is a great option for the breakfast sandwich and breakfast burrito (see above) as well!

**Breakfast Parfait:** Layer Greek yogurt with fruit and an ounce of nuts (about 23 almonds, 14 walnuts, or 35 peanuts.)

**Open-Faced Breakfast Sandwich:** Pair whole wheat toast with a sliced boiled egg and slices of tomato and avocado.

**Pita Pocket:** Fill half of a pita with 2 tbs. of peanut butter and sliced apples. Pair with a glass of skim milk, almond milk, or soy milk.

**Quinoa Surprise:** Quinoa topped with blueberries, honey (just a dribble), and almonds. Pair with a glass of skim milk, almond milk, or soy milk.

WELLNESS  
CHANGES  
EVERYTHING

