



BREAKFAST MAKEOVER

Start the day with a Med-South Breakfast packed with healthy fats and carbs! Here are a few tips and examples to get you started.

TIPS

1. Combine a healthy fat, protein, and high quality carb source in your breakfast to keep you full longer. [Examples below.]
2. Start small. If you aren't used to eating breakfast, make a goal to start eating it a few times a week at first so you don't feel overwhelmed. Remember, breakfast doesn't need to be a big meal.
3. Meal prep. If you usually don't have a lot of time in the morning, plan ahead and make your breakfast the night before.
4. Use your freezer. Homemade breakfast burritos, egg cups, and other yummy breakfast dishes can be made in bulk, stored in the freezer, and quickly reheated in the morning.
5. Keep some snacks with you. If you keep a healthy nut bar at your desk or in your car, this can serve as a simple breakfast in case you forgot to eat in the morning.

EXAMPLES

1. Boiled eggs.
2. Greek yogurt parfait with nuts and mixed berries.
3. Nut butter on whole grain toast.
4. Overnight oats.
5. Oatmeal with nut butter and bananas.
6. Egg and veggie frittata.
7. Smoothie with milk, frozen fruit, avocado, and spinach.
8. Poached egg on roasted veggies.
9. Energy bites. (cookbook pg 60)
10. Scrambled egg quesadilla.

