

Med-South Breakfast Ideas



Veggies and Eggs

- 1–2 eggs
Veggies sautéed with olive oil:
- 1/2 cup sweet potatoes
 - 1/4 cup bell peppers
 - 1 cup spinach
 - 1/8 cup onion
 - 1/2 cup broccoli

Or try our roasted veggies instead on page 33 in the DELISH Cookbook.

Nutrition Facts

servings per container	
Serving size	(316g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 370mg	123%
Sodium 270mg	12%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 16g	

Nut Butter Toast

- 1 slice whole grain bread, 2 tsp. peanut butter, 1/2 banana, cinnamon

Nutrition Facts

servings per container	
Serving size	(118g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 2g Added Sugars	4%
Protein 11g	

Greek Yogurt Parfait

- 1/2 cup Greek yogurt, 1 tsp. honey, 1/2 cup mixed berries, 1/4 cup almonds, cinnamon

Nutrition Facts

servings per container	
Serving size	(240g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 45mg	2%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	25%
Total Sugars 17g	
Includes 6g Added Sugars	12%
Protein 19g	

PB Oatmeal

- 1/2 cup cooked oatmeal, 1 tsp. honey, 2 tbsp. peanut butter, 1/2 cup apples, cinnamon

Nutrition Facts

servings per container	
Serving size	(221g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Total Sugars 16g	
Includes 8g Added Sugars	16%
Protein 10g	