



# Breakfast Combos

It is important to balance our meals with carbohydrate and protein. Select from the options below to create your own breakfast combo.

Be sure to add your own green and yellow zone foods that fit for you!

## Carbohydrate Choices

- |                                   |                             |
|-----------------------------------|-----------------------------|
| Whole grain cereal                | Triscuit Crackers           |
| Old Fashioned Oatmeal             | Whole grain crackers        |
| Whole grain bread/toast           | Whole wheat tortillas       |
| Whole grain bagel (small, frozen) | Kashi, All-Bran granola bar |
| Whole wheat mini bagels           | Whole grain English muffin  |
| Whole-wheat toaster waffle        | Whole wheat pita bread      |

**Fruit** -fresh, frozen, dried, or canned in own juice

- |        |       |         |            |
|--------|-------|---------|------------|
| Apple  | Peach | Grapes  | Pineapple  |
| Banana | Pear  | Kiwi    | Berries    |
| Orange | Melon | Raisins | Clementine |

## Protein Choices

- String cheese
- Slice of cheese (mozzarella, provolone, reduced-fat or light cheddar)
- Low fat cottage cheese
- Deli meat (turkey, ham, chicken, lean roast beef)
- Natural Peanut Butter
- Nuts (1/4 cup peanuts, almonds, walnuts, pecans, cashews)
- Eggs or egg substitute - hard boiled, cooked quickly in microwave
- Morningstar Farms Sausage patties



## Carbohydrate and Protein Choices

- Skim or 1% Milk
- Light Yogurt
- Fruit Smoothie made with milk or yogurt
- Quickie Eggwich (Recipe)
- Breakfast Chili (Recipe)

