

10 Breakfast Ideas for eating on the go:

Everybody has days when they're running out the door. Eating something small is much better than skipping breakfast. You will be starting your metabolism and fueling your body for the day. Our goal is to incorporate at least 2 food groups. Here are some quick and easy breakfast ideas:

- Peanut butter sandwich
- Yogurt with whole fruit
- Granola bar with at least 3 g fiber and 5 g protein
- Smoothie (use frozen fruit, yogurt, and fruit juice or milk)
- Fruit and nuts
- Trail mix (dried fruit, nuts, seeds, and even chocolate chips)
- Dry cereal with yogurt
- Cottage cheese with fruit
- Sunflower seeds with fruit
- Cheese and crackers

