

Eating breakfast gives you energy and helps you concentrate in your classes. All these options below can be prepared quickly and include a protein, carbohydrate, and fat to help keep you satisfied throughout the morning.

- Cereal (Mini Wheats, Cheerios, Purely Elizabeth, Cascadian Farm, or Kashi) with milk and fruit
- Yogurt sprinkled with granola/nuts and fruit
- Whole grain English muffin with sunflower butter and fruit slices
- Deli sliced turkey and cheese melted on two pieces of whole wheat toast
- Oatmeal with milk, apples, cinnamon, and peanut butter
- Smoothie made with milk and/or plain yogurt, fresh or frozen fruit, nut butter, chia seeds
- Rice cakes with peanut butter or almond butter and jam
- Whole wheat bagel with cream cheese, smoked salmon and tomato slices
- Whole wheat toast with avocado and eggs
- An apple, string cheese and protein shake
- Cottage cheese with fruit
- Egg omelet with diced bell peppers, onions, spinach, and cheese with a slice of toast
- Leftover brown rice, chicken and vegetables
- Protein bar with piece of fruit and trail mix
- Egg sandwich with egg, tomato slices and avocado on a whole grain English muffin or toast
- 100% whole wheat tortilla spread with peanut butter, topped with banana slices and a drizzle of honey
- A carton of yogurt with a few almonds or a spoon of almond butter mixed in, with a peach
- Frozen Blueberry pancakes with almond butter and syrup
- Hardboiled egg with crackers and a piece of fruit
- Overnight oats with oats, hemp seeds, cocoa powder, frozen cherries, and honey
- Chia seed pudding with coconut milk, shaved coconut, mango
- Green smoothie with spinach, banana, almond butter, flax seeds
- Greek yogurt with strawberries, walnuts, and honey