**BREAKFAST MEAL OPTIONS FOR MEAL PREPPING**  
  
**OATMEAL***(Cals: 270; Carb 28, Fiber 8g, Protein: 12g, Fat: 13)*  
1/2 cup dry oats (Rolled or steel cut oats)  
¼ cup low fat milk/dairy free alternative  
1 TBSP Chia/Flax ground  
½ oz crushed nuts topped  
1 small piece of fruit, or ¾ cup chopped  
  
**BREAKFAST BURRITO***(Cals: 300 ; Carb 40, Fiber #7, Protein: 20g, Fat:10g)*  
1 small 8 inch whole wheat tortilla or low carb   
1 egg or 2 egg whites  
¼ cup low fat shredded cheddar cheese  
¼ cup veggies   
1 small piece of fruit, or ¾ cup chopped  
  
**BREAKFAST SANDWICH***(Cals: 300 ; Carb 40, Fiber 5g, Protein: 30g, Fat:5g)*  
1 Egg OR 2 EGG WHITE  
Canadian bacon, or 1 oz ground turkey sausage  
1 sandwich thin- any variety  
1 thin slice of low fat cheddar cheese  
1 small piece of fruit, or ¾ cup chopped  
  
**BREAK FAST BENTO BOX***(Cals: 400 ; Carb 29, Fiber 3, Protein: 36g, Fat: 20)*  
½ cup low-fat cottage cheese – or any low fat cheese  
1 cup of cantaloupe cubed, or any fruit variety  
2 egg whites   
1 oz nuts- -any variety  
  
**BIG BREAKFAST**   
*(Cals: 380 ; Carb 34, Fiber 8g, Protein: 26g, Fat: 18g)*  
2 eggs, scrambled  
2 turkey sausage patties  
1 cup of fresh strawberries  
1 slice low calorie sara-lee bread  
  
**PARFAIT WITH CEREAL GRANOLA***(Cals: 250 ; Carb 24, Fiber 5g, Protein: 24g, Fat:4g )*  
1/2 cup non-fat Greek yogurt + 1TBSP vanilla +1TBP stevia  
½ cup Special K Protein Plus cereal  
½ cup mixed berries + top with ½ oz nuts crushed

**EGG SALAD BREAKFAST***(Cals:370; Carb 36g, Fiber 6g, Protein: 20g, Fat: 17)*  
2 eggs hard boiled and chopped  
1 TBSP light mayo   
1 slice chopped onion, ½ celery stalk chopped  
2 slice low calorie bread, or 1 sandwich thin  
1 cup chopped fruit, or 1 applesauce unsweetened cup

**CHIA PUDDING***(Cals: 285 ; Carb 30g, Fiber 15g, Protein: 15g, Fat: 11g)*  
3 TBP chia seeds whole  
1 TBSP maple syrup  
1 tsp vanilla extract  
¾ cup milk of choice—I prefer full fat or lite coconut

**EGG FRIED RICE @ BREAKFAST***(Cals: # ; Carb #, Fiber #g, Protein: #g, Fat: #)*  
2 eggs, or 1 egg and 2 egg whites cooked  
½ cup cooked chopped mushrooms  
¼ cup chopped onions  
½ cup cooked quinoa/ brown/wild rice   
Add ½ cup other leftover veggies from fridge   
(broccoli, peas, carrot, ect) add avocado to top!

**Smoothie (No PROTEIN POWDER NEEDED)***(Cals:335; Carb:44, Fiber 6g, Protein: 28g, Fat: 4)*¾ cup Greek yogurt- can use low fat or regular  
½ cup low fat milk OR Soy/ dairy free alternative  
1 cup frozen fruit + 1 cup ice \* optional  
1 TBSP chia/flax seeds  **\*Blend until smooth in blender\***

**OVERNIGHT OATS***(Cals: 300; Carb:38g, Fiber 8g, Protein: 17g, Fat: 12)*  
¼ cup gluten-free rolled oats  
¼ cup soy milk or other DF alternative  
¼ cup, Greek or other low fat variety  
½-1 tablespoon maple syrup  
¼ teaspoon cinnamon  
1 heaping tablespoon chia or flax seeds  
Dash of vanilla bean powder or extract.  
 \* \* Top in am w/ Fruit of choice

**BREAKFAST PIZZA***(Cals: 330 ; Carb 40g, Fiber 4g, Protein: 20g, Fat: 9)*Cook 1 egg, OR 2 egg white (lower fat)   
1 small whole wheat pita, or 1 half English muffin  
¼ cup low fat shredded cheese  
2 tablespoons chopped bacon- or turkey sausage  
 (sub for ½ cup beans for vegetarian)  
Top with veggies. Bake @ 10 mins @ 400 degrees.  
\* \* Have with 1 piece of fresh fruit \* \*