

## TEN FUN BREAKFAST IDEAS

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### CREATIVE BREAKFAST IDEAS

In Asia they eat leftovers from dinner, in Costa Rica they have eggs and beans. Here in the U.S. we have been so conditioned to have cereal and orange juice, that we eat too many simple carbs throughout the day. Here are some other choices we can make.

1. Leftover dinner, yes, you can have chicken, salmon, about 3 to 4 oz, and 1/2 cup or 1 cup fruit.
2. 2 Eggs or egg whites with veggies, add flax or sesame seeds for fiber, you can add some salsa for a Mexican touch, and 1/2 cup or 1 cup fruit.
3. Smoothie, mix 6 oz Greek yogurt, 1/2 cup blueberries, 1/2 cup strawberries, (use whatever fruit you prefer), 1 tbsp protein powder, 1 tablespoon flaxseed, 7 cubes ice. Blend and enjoy.
4. 1/2 cup cottage cheese + 1 scoop protein powder, 1 tsp flax or sesame seeds, sweetener optional.
5. Oatmeal is not the only whole grain cereal, you can try quinoa, amaranth, buckwheat, use whole grains which have more fiber.
6. Thomas' mini bagel (about 120 cal) w/ peanut butter, almond butter, or other nut butter.
7. High fiber cereal such as Uncle Sam or Kashi, remember to read nutrition label for proper serving size.
8. 1 cup Greek Yogurt (fat free or 2%), w/ 1/2 cup fruit
9. 2 slices Canadian bacon, 2 egg omelet w/asparagus (or other vegetable).
10. 4 oz smoked salmon, 1 slice tomato w/ 1/2 grapefruit.



Greek Yogurt and fruit is a great breakfast, because the 2% yogurt has a higher protein content. 17 grams vs. 9 grams in regular yogurt.

### OMEGA 3'S



The latest antioxidant are Chia Seeds, or Sabila seeds rich in Omega 3's. These

tiny seeds look like poppy seeds, but they are high in fiber. They are cheaper to buy in bulk. When left in liquid for a while they form a gelatinous coating, so they can be added to green drinks or smoothies.

Add them to any dish and enjoy the benefits.