

Healthy Breakfast Ideas

- Whey protein shake (chocolate flavor) with half plain almond milk and half chocolate almond milk
- Whole wheat waffles with peanut butter
- Apples with peanut butter
- Yogurt with cereal stir-in
- Turkey Bacon and eggs
- Whole wheat English muffin with peanut butter and jelly
- Whole wheat toast with melted cheese
- Oatmeal with brown sugar and almonds
- Ham and cheese on English muffin