

## #1 Quick and Easy

### Peanut Butter to the Rescue

- 2 T peanut butter
- 1 apple, sliced
- 1 cup soy milk

### Bran Muffin

- 1 small bran muffin
- 1 orange
- 1 cup skim milk

### Apple & Yogurt Salad

- 6 oz. low-fat vanilla yogurt
- 1 medium-size apple, sliced
- 2 T walnuts
- 2 T raisins

### Waffles-n-Yogurt

- 1 whole grain frozen waffle
- 1/2 cup low-fat yogurt
- 1/2 cup blueberries

### Simple Smoothie

- 1 small banana
- 6 oz. low-fat vanilla yogurt
- 1/2 cup frozen raspberries
- 1/4 cup orange juice

### Cereal Plus

- 1 cup raisin bran
- 1 small banana
- 1 cup skim milk
- 1 slice whole-wheat toast
- 1 T peanut butter

### Beverages

- Water
- 100% fruit juice
- Latte (low-fat)
- Coffee
- Herbal and black tea
- Milk
- Soy milk

## #2 Mix and Match

### Whole Grains

- Frozen waffles
- Bread and toast
- Muffins
- Tortillas
- English muffin
- Hot or cold cereal
  - Oatmeal
  - Raisin bran
  - Cheerios
  - Granola
  - Shredded wheat

### Fruit

- Fresh, frozen, dried, and canned:
- Melon
  - Berries
  - Grapes
  - Apricots
  - Peaches
  - Citrus
  - Bananas
  - Apples
  - Plums

### Protein

- Lean deli meat
- Dried beans (black, pinto, kidney, refried)
- Nuts and nut butters (almonds, cashews, peanuts, walnuts)
- Eggs
- Soy sausage, tofu, and veggie burgers
- Cottage cheese

### Dairy

- Low-fat or nonfat dairy and soy foods such as:
- Yogurt
  - Milk
  - Cheese

## #3 A Little More Involved

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### Egg Scramble

2 eggs  
2 T skim milk  
1/4 cup red peppers + onions, chopped  
1 oz. turkey breast, diced  
1 whole-wheat English muffin, toasted

Spray saute pan with cooking spray, and bring to medium heat. Mix eggs, milk, turkey, & vegetables in a bowl and pour into warm pan. Scramble mixture until eggs are firm, then place on toasted muffin.

### Tofu Potato Plate

2 oz. tofu, cubed and drained  
1 small potato, chopped  
1/2 cup onions + red pepper + carrots, finely chopped  
1 t olive oil  
1 tsp. curry powder

Drain cubed tofu on a paper towel. Add olive oil and curry powder to a pan on medium-high heat and brown tofu. Add chopped potatoes, cook for a few minutes, then add in red pepper, onions, and carrots. Remove from heat when vegetables are tender. Serve with soy sauce.

### Oatmeal with Fruit & Cinnamon

1/2 cup rolled oats  
Water  
1 cup low-fat milk or soymilk  
2 T raisins  
1/2 cup canned peaches  
Cinnamon

Place oatmeal in microwaveable bowl. Cover (barely) with water and microwave for 1 minute on high. Stir in remaining ingredients.

### Breakfast Burrito

1 whole-wheat tortilla  
1 egg, scrambled  
1/2 cup canned black beans  
1/4 cup salsa

Scramble egg and beans over medium-high heat in a saute pan until egg becomes firm and beans are warm. Wrap egg and bean mixture in tortilla and pour salsa over the top. Garnish with fresh cilantro and avocado if you wish.

### Tip: Get Ready for the Week

- Shop on the weekend to stock your kitchen with breakfast ingredients for the upcoming week.
- Make enough whole-wheat waffles, pancakes, and muffins for an entire week, and freeze them. Pull them out as needed and reheat in the toaster oven or microwave.
- Breakfast foods make great snacks. Keep them in your backpack, office, and car for energy throughout the day.

### Fruit Kabobs

1 cup sliced apple + banana + pineapple  
1 cup low-fat flavored yogurt  
1/2 cup low-fat granola

Put sliced fruit on skewers, dip them in yogurt, & roll 'em in the granola.

