



### ***Breakfast Ideas to Get You (and your day) Started...***

#### ***A Healthy Breakfast can:***

- Contribute to good health by providing key vitamin, minerals and phytochemicals
- Decrease symptoms of hunger like headache, fatigue and sleepiness
- Provides energy to be alert, concentrate and perform better physical activity
- Helps to maintain a healthy weight

**Omelet:** Sautee ½ -1 med tomato, chopped, in 1tsp olive oil. Add in 1 egg, ¼ c -1 cup egg whites, and some spinach leaves. When just about done, sprinkle with a little feta cheese. Have with ½ c berries or ½ piece of fruit on the side. Although this seems like a lot of work, it can be made in about **5 min with practice!** **Note:** any veggies will do, above is an example.

**Banana or apple pancake:** Grate 1 apple with skin on, or mash 1 banana in a bowl. Add cinnamon to your taste. Add 1 whole egg + 1/4c liquid egg whites or 1 egg white OR use 2 whole eggs. Optional: add ¼ cup dry oats to the mixture. Heat a frying pan, add 1 tsp butter/margarine/oil to the pan, and cook the 'pancake' until done on the bottom side. Flip and cook the remainder of it. Serve with 1 cup berries and ½ cup of plain unsweetened yogurt! *Option* – add 1 tbsp chopped nuts while its cooking.

**Oatmeal Pancake:** ½ c old fashioned oats, ¼ c 1% cottage cheese, 4 egg whites (½ c) OR 2 eggs, 1 tsp vanilla extract, ¼ tsp cinnamon, ¼ tsp nutmeg. Blend ingredients together in bullet or blender until smooth. Spray a non-stick frying pan. Add batter and cook over med heat until done. Serves 1.

**Breakfast Parfait:** 3/4c cup plain Greek yogurt or cottage cheese (1-2% M.F), ½ -1 c berries, 1 TBSP ground flaxseed OR chia seed OR hemp hearts + ¼ c bran buds

**Night Before Muesli:** mix ¼ c – ½ c oats + 2tbsp- ¼ c milk and let it sit overnight in the fridge Add ½ to ¾ cup plain Greek yogurt or cottage cheese (1-2% M.F), ½ -1 c berries, 1 TBSP seeds (see tip).

*Quick tip:* Premix together 1/4c each of chia seeds, ground flax, and hempseed and keep in air tight container. Use 1tbsp total to get the benefit of all 3.

**2 hardboiled eggs with 1 piece of fruit.** This is for the mornings you are really in a rush to get out the door! Hard boiled eggs will keep 1 week in the fridge, with their shell on.

**Oatmeal:** 1/3 c quick oats or oat bran, 2/3 c water or low-fat milk (use 1 cup if making oat bran), some cinnamon and 1 tbsp **chia seeds** or **ground flaxseed**. Microwave 2-3 min, cook power 7 or 70%. Add 2 tbsp **pumpkin seeds** or **sunflower seeds** and 1/2c **frozen berries** with a splash of milk (or almond, rice, soy milk). You can lay everything out the night before – just add water and micro the following day.

**Option:** Add a hard boiled egg on the side if it doesn't hold you long enough. Add ¼ c **bran buds** to oatmeal after cooking to boost fibre intake (adds 9 grams!). **OPTION:** if it's too hot to cook, try soaking the oats overnight in milk and eating them cold – add the mix'ins the night before or first thing in the morning and dig in.

**High fibre trail mix:** Mix ½ to ¾ cup of dried high fibre cereals, including 2 tbsp walnuts and 2 tbsp dried fruit and a container of 1% or skim milk.



**High fibre cereal:**  $\frac{3}{4}$  - **1 cup** (5+g fibre and less than 8g sugar per serving) with 1 tbsp ground flaxseed, 1% or skim milk or milk alternative,  $\frac{1}{2}$  c berries or 1 small piece of fruit, and 2 tbsp nuts. Alternatively, use  $\frac{1}{2}$  c **Greek 2% MF plain yogurt** instead of milk.

**Whole wheat English muffin** with 1 egg and 1tbsp grated low fat hard cheese (e.g. PC Blue Menu, Kraft, No Name etc.), tomato, lettuce, and sliced cucumber. To make it a little more fancy add some pesto and mustard and substitute goat cheese for cheddar.

**2 TBSP natural PB or almond, 1 slice whole grain bread** or a small whole wheat wrap. Add  $\frac{1}{2}$  banana on top with a sprinkle of cinnamon or add piece of **fruit** on the side.

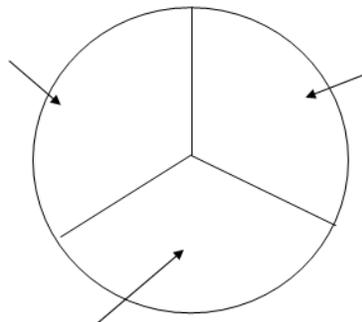
**Veggies & Fruit:** cut up 1-2 cups of your favorite veggies, add 1 piece of fruit, and 1.5 ounces of cheese or 2 hard-boiled eggs (e.g. 2 low-fat baby bells, or about the size of 1.5 9 Volt battery).

**Smoothie or Protein shake:** 1 cup milk or milk alternative; hand full greens (like spinach or kale); fruit (like banana or berries); 1 tbsp ground flaxseed, chia seed or hemp seed; for protein add either plain greek yogurt, nut butter or protein powder; for flavor options add vanilla extract, cinnamon or cocoa powder

#### TIPS!

- Make sure to have **meals at the table**, without the distraction of the TV or computer. You will feel fuller and more satisfied for the rest of the day. You can read or eat, but not read and eat at the same time. Light a candle, turn on the music, and enjoy!
- Have a glass of water first thing in the morning after waking to rehydrate your body.

**Protein: 15-20g** (egg/whites,  $\frac{1}{2}$ - $\frac{3}{4}$  cup Greek yogurt or cottage cheese 1-2%MF; meat/ fish/ poultry; PB 2 tbsp; hempseed/ pumpkin seeds /sunflower seeds –  $\frac{1}{4}$  cup; protein powder providing 20-25g protein



**Carbs** (whole grain is best) – bread 1-2 slices, quinoa, oats ( $\frac{1}{3}$  -  $\frac{1}{2}$  cup dry); brown rice  $\frac{3}{4}$  cup; millet; buckwheat; whole wheat English muffin; whole grain pancakes (2 small).

**Fruit and/or Veg:** 1 piece or  $\frac{1}{2}$  cup fruit salad or 1 cup of berries. Veggies are unlimited at breakfast – try a breakfast salad or some celery sticks and cucumber.

Check out these websites for additional ideas:

[www.lentils.ca](http://www.lentils.ca) [www.pulses.org](http://www.pulses.org) [www.ontariobeans.on.ca](http://www.ontariobeans.on.ca) [www.cookspiration.com](http://www.cookspiration.com) [www.unlockfood.ca](http://www.unlockfood.ca)