

# BREAKFAST 5 DAYS

## OF SIMPLE BREAKFASTS

### DAY 01

#### TOASTS+

- toast + peanut butter + banana
- toast + 5-minute fried egg
- toast + avocado + tomato
- toast + avocado + boiled egg
- toast + yogurt + fruit

### DAY 02

#### BREAKFAST BAR

- KIND bar
- Cliff bar
- Nature Valley bar
- Kashi bar
- Homemade: oats + honey + banana + salt + nuts + cinnamon

### DAY 03

#### OATMEAL

- oats + peanut butter + fruit
- oats + syrup + fruit
- oats + apple slices + nuts + cinnamon

### DAY 04

#### YOGURT

- yogurt + fruit + nuts
- yogurt + granola
- yogurt + banana + cinnamon

### DAY 05

#### GRAB N' GO

- protein shake (President's Choice)
- smoothie (drink 1/2, save 1/2 for later)
- breakfast bar
- toast + fried egg + toast

