BREAKFAST IDEAS – UNDER 30 CARBOHYDRATES

1. ½ whole grain English muffin with 1 tbsp nut butter, 8 oz skim or low-fat milk
2. 1 whole grain waffle with ¼ cup Greek vanilla yogurt, ¼ cup blueberries, 1 tbsp slivered almonds
3. 1 egg scrambled with salsa plus 1 tbsp shredded cheese or 1 slice of bacon in a 6" corn tortilla
4. 1 small or ½ large whole wheat bagel with ½ cup cottage cheese.
5. ½ small whole wheat bagel with cream cheese and 1 cup berries.
6. ½ cup oatmeal with ½ cup berries, 1 tbsp chopped walnuts
7. 1 whole grain waffle with 1 tbsp peanut butter and ½ banana
8. Roasted red pepper egg sandwich: 2 slices of bread, 1 egg, half roasted red pepper (if from a jar, pat dry) with or without a slice of cheese *(refer to recipe handout)*
9. Egg and cheese on an English muffin
10. 1 slice of raisin bread with cream cheese, 1 mandarin orange
11. ½ pita bread stuffed with ½ avocado, tomato slices, and 1 protein choice: either 1 egg, 1 oz. bacon, or 1 oz. sausage, or 1 oz. ham.
12. 2 (4") pancakes with sugar-free syrup or 1 tbsp nut butter
13. ¾ cup Cheerios with ½ cup skim or low-fat milk
14. ½ Breakfast stuffed bell pepper (baked ahead of time, then warmed up in am) with a cup of skim or milk or 1 crescent roll *(refer to recipe handout)*
15. 1 packet of instant oatmeal (preferably lower sugar option) with 1 tbsp nuts
16. ½ cup hot cereal with ¼ cup dried fruit, 1 tbsp shredded coconut, and cinnamon
17. Fruit and yogurt parfait: ½ cup yogurt, ½ cup berries, 2 tbsp nuts, oats or granola
18. Omelet with spinach, onion, and cheese, ½ cup hash browns, ¾ cup berries
19. Scrambled egg muffin (aka mini-frittata) with 8 oz. glass of skim or low-fat milk *(refer to recipe handout)*
20. 4 oz. serving of crusted quiche or 6-8 oz. portion of crust-less quiche
21. Smoothie: 1 cup unsweetened almond milk, ½ cup frozen berries, ½ banana blended