Breakfast Ideas

1 ½ cup cooked oatmeal
¾ cup skim milk
12 almonds
1 large apple

Fruit Smoothie:
1 cup frozen unsweetened strawberries
2 ¼ cups nonfat artificially sweetened (“lite”) vanilla yogurt
1 large ripe banana
3 Tbsp Wheat Germ

1 cup bran flakes (or other unsweetened dry cereal)
1 cup skim milk
1 slice whole wheat toast
1 Tbsp peanut butter
3/4 cup grapefruit and orange sections (packed in water)

1 ½ cups nonfat unsweetened (or “lite”) yogurt
½ cup Grapenuts®
¼ cup raisins

1 egg plus two egg whites, scrambled
1 oz low-fat cheddar cheese
¾ cup green pepper, mushrooms and onions
2 tsp olive oil
2 slices rye toast
1 tsp soft margarine
1 small orange

1 egg plus 2 egg whites, scrambled
¾ cup green pepper, mushrooms and onions
1 cup (frozen raw measure) grated potatoes
2 tsp olive oil
1 slice whole wheat toast
1 tsp soft margarine

2 slices 100 % whole grain toast
2 Tbsp peanut butter
1 medium orange
¾ cup nonfat unsweetened (or “lite”) yogurt