



Delish and Nutrish Quick Breakfasts

Based on the wisdom of mothers throughout the ages and current science, breakfast is an important meal. Eating a smart breakfast can help improve behavior and performance, as well as foster a healthy weight. On the other hand, skipping breakfast is a no-brainer, literally. To meet the gold standard, include all three of these foods.



Powerful Protein

Protein takes time to digest so helps us stay focused longer by keeping blood sugar steady and hunger at bay.



Whole Grains

Whole grains energize bodies and brains. With more fiber and nutrients than refined grains, they digest more slowly for longer-lasting energy preventing blood sugar “spikes” followed by “lows.” Aim for at least three to four grams of fiber per serving. Some options are steel-cut oats, bran and wheat germ cereals, and whole grain cereals with actual bits of grain and no added sugars.



Fruits and Vegetables

These are the high-octane carbs to lean on for get-up-and-go. They give our brains a boost and their fiber helps close the gap. Women need 25 grams of fiber per day while men need 38 grams. Choose fresh unsweetened frozen or dried fruit or canned in juice or water. Eat the whole fruit or vegetable more often than juice.

Make It Simple

Need some easy ways to beat the breakfast rush hour?

- **Get Organized:** As you clean up from dinner set the table with bowls and spoons for cereal. Assemble ingredients for pancakes or a blender for smoothies.
- **Stay Simple:** On busy days, get the family going with something as quick as a bowl of whole-grain cereal with a banana or leftover pizza with hot cocoa.
- **Pack It:** Plan a to-go meal. Grab a banana, dried apricots and a string cheese. Check out the breakfast options available at your children’s school, too.



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Kick Off Your Day With Delish and Nutrish

1. Boost oatmeal by cooking with low-fat milk instead of water. Toss in dried cranberries and chopped walnuts.
2. Layer spinach, tomato and provolone cheese on whole-wheat bread.
3. Whirl a breakfast smoothie with milk, frozen berries, a banana and oatmeal (cooked or uncooked).
4. Spread mashed black beans on a whole-grain tortilla, add cheese and tomato.
5. Stuff a whole-wheat pita with a tuna, shredded carrots and Sriracha® sauce.
6. Smear a whole-grain tortilla with peanut butter, add a banana.
7. Spread ricotta cheese on a whole-grain toasted bagel. Top with sliced avocado.
8. Add lean roast beef and low-fat Swiss cheese to a toasted whole-grain English muffin.
9. Order a latte with a Starbucks® Protein Bistro Box.
10. Enjoy leftover cheese pizza and munch an orange.
11. Toast a whole-grain waffle; top with ricotta cheese and chopped peaches.
12. Dunk raw veggies in hummus and sip a cuppa' hot chocolate.
13. Dip sliced apples and whole-grain crackers in almond butter.
14. Scoop some cottage cheese and serve with tomato soup and whole-grain crackers.
15. Stir steel-cut oats with chopped dates and vanilla yogurt.
16. Top cottage cheese with chopped tomatoes and basil. Sip grapefruit juice.
17. Spread ricotta cheese on a slice of whole-grain raisin walnut toast with a side of grapefruit.
18. Spray a coffee cup lightly with cooking spray. Add an egg and splash of milk; beat well. Microwave 30-45 seconds, until egg is almost set. Serve with toast and jam.
19. Drizzle a hard-cooked egg with Sriracha® sauce. Add a peach cup and whole-grain toast.
20. Skewer mozzarella cheese stick chunks with grapes and pineapple chunks. Add a handful of walnuts.
21. Build a taco with refried beans, an egg or tofu and salsa.
22. Stir Greek yogurt or cottage cheese, plus nuts or nut butter into your oatmeal or cooked quinoa or bulgur.
23. Make a sandwich with scrambled egg, tomato and avocado.
24. And of course cereal, milk and fruit. Choose a cereal with at least 3-4 grams of fiber per serving.



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