

5-Day Breakfast Plan

NUTRITION CHALLENGE OF THE MONTH

Eat Breakfast Every Day!

HEALTHY BREAKFAST IDEAS

WEEKDAYS

MONDAY

GREEN SMOOTHIE:

- 1 cup kale
- 1/2 cup cut pineapple
- 1 celery stalk
- 1 plum {replace w/apple if unavailable}
- 1/4 cup orange juice
- 1 brazil nut

Place all ingredients in high speed blender until smooth consistency is reached.



TUESDAY

OVERNIGHT OATS:

- 1 cup oats
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1 tsp honey
- 1 sliced banana
- 5 strawberries cut into bit size pieces

Add all ingredients to airtight container and stick in the fridge overnight. Top with fresh strawberries in the morning if desired.



TIP: For smoothies, add all ingredients to plastic zip lock bag and store in fridge/freezer. In the morning simply pour the bag of ingredients in the blender!

WEDNESDAY

BERRY SMOOTHIE:

- 1 cup of spinach
- 1 cup strawberries
- 1 banana
- 1/4 cup orange juice



Add all ingredients to high speed blender until smooth consistency is reached.

This plan is to give you simple & healthy breakfast ideas. It's not necessary to have 5 different breakfasts so if there's a certain recipe you love, feel free to eat that a few times per week! For more tips, tricks and recipes visit www.exploringhealthyfoods.com

THURSDAY

Add water, unsweetened almond milk and oats to saucepan and bring to a boil. Simmer then stir in cinnamon and banana. Once liquid has been absorbed, remove from heat and top with sliced apples and more cinnamon

WARM OATS:

- 1/2 cup oats
- 1/2 cup water
- 1/2 cup unsweetened almond milk
- 1 tsp cinnamon
- 1 sliced banana
- 1 sliced apple



FRIDAY

- 1 cup unsweetened almond milk
- 1 cup whole grain cereal (e.g Kashi brand cereal)
- 1 orange

Add milk to bowl and top with cereal. Have an orange on the side. If pressed for time, add dry cereal to plastic bag and bring with you.

