

# HEALTHY BREAKFAST IDEAS

Mix + Match two or more food groups for a balanced breakfast.

## FRUIT/VEGGIES

- melon
  - berries
  - canned fruit
  - banana
  - apple
  - orange
  - pineapple
  - peach
  - nectarine
  - grapes
  - avocado
  - bell peppers
  - spinach
  - broccoli
  - onion
  - tomatillo
- (think veggies that would be good in an egg scramble or in a green smoothie)

## PROTEIN/ GRAINS

- peanut butter/  
almond butter
- eggs
- low-sugar  
yogurt
- cottage cheese
- boiled eggs
- whole grain cereal
- oats
- whole grain  
pancakes/waffles
- whole grain toast

## TRY THESE YUMMY BREAKFAST IDEAS!

- oats + berries + peanut butter
- boiled eggs + toast
- yogurt with fruit
- avocado toast + egg
- breakfast fruit kabobs dipped in yogurt
- smoothie with yogurt, milk, fruit, vegetables (no juice!)
- whole grain cereal + strawberries
- peanut butter toast + banana
- whole grain pancakes topped with peanut butter or yogurt + fruit (hold the syrup!)
- banana-egg pancake. Mash 2 eggs with one banana. Cook like a pancake on pre-heated, greased griddle or pan. Top with fruit, yogurt, peanut butter, etc.



# HEALTHY LUNCHBOX IDEAS

Mix + Match two or more food groups for a balanced lunch.

## FRUIT/VEGGIES

- melon
- berries
- canned fruit
- banana
- apple
- orange
- pineapple
- peach
- nectarine
- grapes
- avocado
- carrot sticks
- bell peppers
- cherry tomatoes
- celery sticks
- cucumber slices
- cauliflower
- radishes

## PROTEIN/ GRAINS

- peanut butter/almond butter
- boiled eggs
- low-sugar yogurt
- cottage cheese
- chicken salad
- tuna salad
- whole grain cereal
- string cheese
- whole grain bread
- whole grain crackers
- mixed nuts
- pretzels

## TRY THESE YUMMY LUNCH IDEAS!

- whole grain peanut butter and banana sandwich
- lunch meat + string cheese roll-up
- turkey and cheese sandwich w/ lettuce and tomato
- lunch meat + veggies with hummus in a wrap
- chicken salad sandwich or wrap
- tuna salad + crackers + celery
- chickpea salad
- pasta salad with veggies + italian dressing
- mix and match bento box with veggies and dip, fruit, etc. (i.e. boiled eggs + cheese stick + clementine + carrot sticks w/ ranch, pretzels)



# HEALTHY SNACKING

Mix + Match two food groups for a balanced snack.

## FRUIT

- strawberries
- banana
- blueberries
- watermelon
- pineapple
- cantaloupe
- grapes
- peaches
- nectarines
- clementines
- canned fruit
- pears
- apple slices
- frozen fruit
- persimmon
- cherries
- mango
- pomegranate
- honey dew
- raspberries
- black berries

## VEGGIES

- bell pepper slices
- sugar snap peas
- salad/greens
- baby carrots
- celery sticks
- cherry tomatoes
- radishes
- cucumber slices
- jicama
- snow peas
- cauliflower

## PROTEIN/ GRAINS

- string cheese
- hummus
- peanut butter
- nuts/seeds
- yogurt
- cottage cheese
- boiled eggs
- plain popcorn
- whole grain crackers
- whole grain bread

## WRITE YOUR IDEAS HERE!

ex. ants on a log (celery + peanut butter + raisins)

