BREAKFAST: BREAKING THE FAST

BENEFITS OF BREAKFAST

Missing breakfast means missing a valuable fueling opportunity to improve energy levels, focus, and boost metabolism.





IMPROVED ENDURANCE



ENHANCED



BENEFITS MOOD



HARD BOILED EGGS + TRY CEREA
OR 1 APPLE OF BANANA



WHOLE WHEAT BAGEL WITH IUT BUTTZR, 1 BANANA, & CHOCOLATE MILK



BREAKFAST SANDWICH: 2 EGGS, 2 SLICES WHOLE WHEAT BREAD, 1 SLICE CHEESE, HANDFUL OF SPINACH **AND 1 BANANA**



G FREE SPORT

DRUFEUIT OR MIX



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