

BREAKFAST: BREAKING THE FAST

BENEFITS OF BREAKFAST

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



INCREASED ENERGY



IMPROVED ENDURANCE & STRENGTH



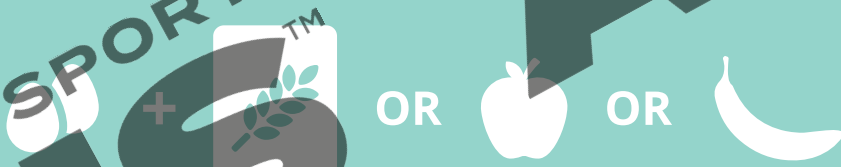
ENHANCED MENTAL SKILLS



BENEFITS MOOD

WHAT TO EAT

Here are some examples of well balanced breakfasts.



HARD BOILED EGGS + DRY CEREAL
OR 1 APPLE OR BANANA



WHOLE WHEAT BAGEL WITH PEANUT BUTTER, 1 BANANA, YOGURT & CHOCOLATE MILK



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



OATMEAL WITH A HANDFUL BERRIES, DRIED FRUIT OR MIXED NUTS