

a bangin' BREAKFAST ...or 3

add a bowl of fruit to any of these breakfasts!



Avocado Toast

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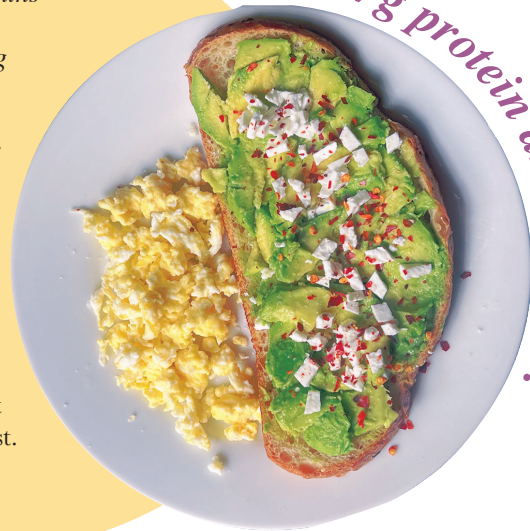
PREP TIME: 10 mins
COOK TIME: n/a
YIELDS: 1 serving

How-to:

1. Mash up the avocado.
2. Cook your eggs.
3. Spread mashed avocado on bread, and garnish with crumbled feta.
4. Add eggs on or next to the toast.

Ingredients:

1 slice bread
½ avocado
crumbled feta
cheese
chili flakes (to taste)
1 egg



7g protein and 5g fiber!

Overnight Oats

PREP TIME: 10 mins
COOK TIME: Overnight
YIELDS: 1 serving

Ingredients:

½ cup rolled oats
½ cup milk (any milk of choice)
¼ cup greek yogurt
1 tbsp chia seeds
1 tbsp agave
OPTIONAL: 1 scoop protein powder

How-to:

1. Mix all ingredients together in a mason jar.
2. Store overnight in the fridge.
3. Enjoy in the morning!

Pro tip: Add in some fresh berries, peanut butter or seeds in the morning for extra flavor.



9g fiber and 15g protein!

What does Paly eat for breakfast?

“I don’t eat breakfast because I don’t have time in the mornings. But, since I stated having a first period prep, I hope to start a routine of waking up early and making a nutritious breakfast, like avocado toast.”

Courtney Taylor, 11

“I eat a poached egg with soy sauce and some fruit, which is usually grapes. Breakfast is a very important meal of the day for me.”

William Xue, 12

“I have black coffee. I’m too lazy to make breakfast.”

**Rodney Satterthwaite,
journalism adviser**

Protein Pancakes

Ingredients:

- 2 large eggs
- 1 tbsp vanilla extract
- 1/3 cup sugar
- 1/2 cup greek yogurt
- 2 scoops protein powder
- 1 tablespoon baking powder

PREP TIME: 10 mins

COOK TIME: 10 mins

YIELDS: 2 servings

How-to:

1. Mix eggs, vanilla extract, greek yogurt in a bowl.
2. Whisk in protein powder, sugar and baking powder.
3. Heat on a non-stick griddle. Pour batter into your desired size pancake, and cook until they bubble on top (~1 minute for a standard pancake)
4. Flip and cook for another 10-20 seconds.
5. Enjoy with a cup of milk or water!



if you're REALLY in a rush...



your guide to a BALANCED MEAL

Make sure you have healthy fats for your skin, hair and nail health (pro tip: eat things like avocados, smoked salmon, flax seeds and eggs)!

Eating a balanced meal is key for feeling satiated, healthy and energized. Social media promotes protein-prioritization for muscle growth, but don't forget about your other nutrients!

According to Real Food Matters – a health blog written by nutritionist Karen Kennedy – people should include 1 teaspoon of healthy fats, at least 20 grams of protein and a balanced proportion of carbohydrates and fiber in their breakfast.

One more important thing: WATER! After not hydrating for 8+ hours, it's crucial to replenish yourself. Bon appetit!

grains & starches

bread
potatoes

protein

eggs
tofu
yogurt

**veggies/
fruits**

strawberries
spinach
blueberries