

BUILDING A HEALTHY BREAKFAST CHECKLIST

Starting your day off with wholesome foods doesn't have to be complicated. Establishing a healthy morning food routine starts with high-quality ingredients from your local bulk foods supply store, a little pre-planning, and easy-to-make recipes. Keep this checklist on hand to help you craft an effortless and affordable breakfast every day of the week.

Start with a Healthy Foundation:

The key to building a healthy breakfast begins with wholesome ingredients from your grocery store.

- ❑ **Fruits and Vegetables:** Produce packs vitamins, minerals, and protein, making for versatile and healthy breakfast combinations.
- ❑ **Whole Grains:** Quinoa, whole-grain breads and bagels, hot porridges, and multi-grain waffles can still provide a starch-fix without high carbohydrates.
- ❑ **Lean Proteins:** Eggs, poultry, and plant-based meat alternatives are essential lean proteins that help fill you up and boost your energy.
- ❑ **Dry Cereals:** Nutritious cereals that are high in fiber and low in sugar are an ideal breakfast staple to have on hand for a quick meal.
- ❑ **Low-Fat Dairy and Plant-Based Milk:** Yogurt, nut-milks, and skim milk are perfect low-fat options for a variety of brunch-food applications.

Quick and Easy Morning Meals:

Eating a nutritious breakfast doesn't have to be complicated or expensive. Try out these exceptional morning meals to start your day.

- ❑ Whole wheat breakfast sandwich with vegan bacon, tomato, and kale
- ❑ Yogurt and granola with nuts and seeds
- ❑ Fresh or frozen fruit smoothie with oat milk
- ❑ Whole wheat toast with avocado and poached egg
- ❑ Breakfast quesadilla on a whole grain tortilla with bell peppers, spinach, beans, low-fat cheese, and salsa

Tips to Ensure You Take the Time to Eat Well:

Weekday mornings aren't always leisurely, so making a wholesome breakfast might seem time-consuming. Here are a few tips to help you prepare ahead of time so you can still make a dynamite meal in a time crunch.

- ❑ **Cook your breakfast the night before:** Assemble your morning meal the day before, so all you have to do is heat and serve.
- ❑ **Prepare your ingredients:** Chop any veggies, portion out oats, pre-mix egg whites, etc. the day or evening before and then cook everything in the morning.
- ❑ **Purchase Premade:** Visit your bulk foods suppliers and pick up frozen or pre-made breakfasts to enjoy.

