

BALANCED BREAKFASTS

Created by Alexandra Regalado, RD, LDN for MGH Be Fit



1

GREEK YOGURT & BERRY PARFAIT

Layer 6 oz Geek yogurt with ½ cup sliced strawberries & ¼ cup low-sugar granola (try Siggi's or Fage yogurt; try KIND Peanut Butter Grain Clusters or Bear Naked V'nilla Almond Fit Granola).

2

BLUEBERRY WALNUT OVERNIGHT OATS

In a mason jar, combine ½ cup rolled oats, ½ cup blueberries, 1 cup unsweetened almond milk, 1 tbsp chia seeds & ¼ tsp cinnamon. Allow to sit overnight. Serve with 1 tbsp crushed walnuts.

3

VEGGIE SCRAMBLE WITH TOAST

Combine 2 eggs beaten, 1 handful of spinach, ¼ cup tomato and ¼ cup onion. Cook in skillet over medium heat and enjoy with 1 slice whole grain toast (try Ezekiel Bread or Dave's Killer Bread Thin-Sliced).

4

CHOCOLATE CHIA SEED PUDDING

Combine 3 tbsp chia seeds, 2 tbsp cocoa powder, 1 tsp maple syrup, ½ tsp vanilla extract & ¾ cup unsweetened almond milk. Allow to sit overnight, then enjoy topped with ½ cup raspberries.

5

AVOCADO & EGG TOAST

Toast 1-2 slices whole grain bread. Top each with ¼ avocado mashed & 1 hardboiled egg sliced. Sprinkle with red pepper flakes or salt & pepper to taste.

6

PEANUT BUTTER & BANANA OATMEAL

On the stovetop over medium heat, cook ½ cup rolled oats, 1 cup unsweetened almond milk, ½ banana mashed, ¼ tsp vanilla extract & ½ tsp cinnamon. Top with 1 tbsp peanut butter.

7

SIMPLE GREEN SMOOTHIE

In a blender combine 1 cup unsweetened almond milk, 1-2 cups spinach, 1 banana, 1 tbsp peanut butter, ½ tsp cinnamon, 3-4 ice cubes & 1 scoop protein powder (optional).

8

LOADED WHOLE GRAIN WAFFLES

Toast 2 frozen whole grain waffles, then top with ¼ cup Greek yogurt, ½ cup sliced strawberries & 1 tbsp sliced almonds (try Vans Whole Grain Waffles or Nature's Path Ancient Grain Waffles).

9

MEDITERRANEAN FRITTATA

In a bowl, whisk 8 eggs, ¼ cup feta cheese, ¼ cup milk & 1 tsp dried oregano. Add in 1 cup cherry tomatoes & 1 chopped bell pepper. Pour into greased 9-inch round baking dish & cook at 400 F for 25-30 minutes. Serves 6.

