



The Be Fit Minute

By Emily Gelsomin, RD, LDN



HAVE LESS THAN 10 MINUTES? STILL HAVE A HEALTHY BREAKFAST

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|--|--|
| Apple, cheese & walnuts <i>No prep required. Take a cheddar cheese stick, whole apple, and 7 walnut halves to-go.</i> | Egg & cheese breakfast sandwich <i>Crack an egg into a small microwave-safe bowl; cover and microwave for about 1 minute (until the egg firms up). Place on a whole wheat English muffin with 1 slice of cheese. Wrap in foil.</i> | Peanut butter & banana sandwich <i>Spread 1 tbsp peanut butter on a slice of whole wheat bread and top with ½ banana sliced (keep the other ½ in its peel in the fridge for later). Sprinkle with cinnamon and top with another slice of bread.</i> | Ham, cheese & bean wrap <i>Place ¼ cup of canned pinto or black beans in the center of an 8-inch tortilla. Top with 1 slice cheese and 1 slice of ham torn into pieces, add 2 tbsp salsa; fold up tortilla.</i> | Greek yogurt & granola with almonds <i>Take a 6 oz container of low fat Greek yogurt to go with ¼ cup granola and 10 almonds.</i> | Open-face chocolate muffin <i>Microwave 1 small piece dark chocolate (¼ oz or about the size of a Hershey's mini) for a few seconds (until it starts to get gooey). Spread 1 tbsp sunflower seed butter on half of a whole wheat English muffin and top with the melted chocolate. Pair with 3 dried apricots or prunes.</i> | Honey berry French toast <i>(makes 2 servings)</i> <i>Dunk 4 slices of whole wheat bread in a mixture of ¼ cup low fat milk, 1 beaten egg, and dash of cinnamon; flip slices to coat both sides. In a large sauté pan add 1 tbsp butter; cook the bread, 2-3 minutes per side. Top 2 slices with ½ cup warmed (frozen) berries and 1 tbsp drizzled honey.</i> |
| Calories: 280 Carb: 25g Fiber: 5g Protein: 7g | Calories: 290 Carb: 25g Fiber: 3g Protein: 16g | Calories: 350 Carb: 60g Fiber: 7g Protein: 11g | Calories: 315 Carb: 40g Fiber: 7g Protein: 17g | Calories: 320 Carb: 40g Fiber: 3g Protein: 18g | Calories: 250 Carb: 35g Fiber: 5g Protein: 7g | Calories: 360 Carb: 60g Fiber: 5g Protein: 10g |

GROCERY LIST



FRUIT

- Apples
- Bananas
- Frozen berries (raspberry, blueberry, etc.)
- Dried apricots or prunes

STARCHES

- Whole wheat English muffin
- 8-inch tortilla
- Whole wheat bread
- Granola

PROTEIN

- Eggs
- Cheddar cheese sticks
- Cheese slices
- Deli ham
- Canned beans (pinto, black, etc.)
- Almonds
- Walnut halves
- Peanut butter
- Sunflower seed butter
- Greek yogurt
- Low fat milk

CONDIMENTS/SPICES

- Ground cinnamon
- Salsa
- Dark chocolate
- Honey
- Butter