Keeping It Real: Breakfast on The Go

Do you believe that it is impossible to consume anything for breakfast, let alone having a healthy breakfast? You’re not alone. However, breakfast can be prepped in a short amount of time without putting a dent in your morning routine, all while providing real, whole foods to your diet.

Tips to Assembling Your Breakfast

- **MAKE TIME** – schedule time to either prepare meals on the weekend or for 5-10 minutes each night
- **STOCK PANTRY** – keep your pantry and fridge/freezer stocked regularly with food staples
- **CONTAINERS** – glass is best to avoid any contamination and leaks

Quick & Easy Breakfast Snack Options with REAL FOOD

- Overnight Soaked Oats
- Avocado Toast with Egg
- Smoothie Varieties
- Frittata Bites
- High-Protein Pancakes
- Breakfast Sweet Potato Cookies
- Peanut (or any nut) Butter Bars
- Homemade Parfaits