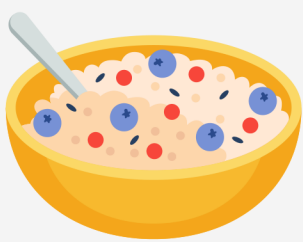




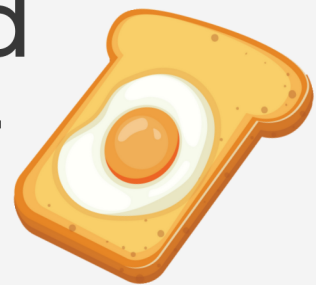
Tried & True Breakfast Greats!

Cereal and
fat-free milk



Oatmeal with
fresh fruit

Scrambled/boiled
eggs and whole-
wheat toast



Low-fat
yogurt

Breakfast
burrito



Pancakes
or Waffle

Whole-wheat
bagel or english
muffin with
peanut butter



SoulFIRE Health
Healthy living. Healthy behaviors.