

Out the Door and More!

Hard to wake up in time for breakfast? Here are some great breakfast ideas that you can take with you almost anywhere.

Grab and Go

- Granola bar
- String cheese & baby carrots
- Drinkable yogurt smoothie
- Peanut butter & jelly sandwich
- Trail mix
(create your own with cereal, raisins, nuts, etc.)
- Protein drink & an apple
- Tortilla wrap
(take a whole wheat tortilla & your favorite veggies, lean meat - get creative)