

30 BREAKFAST IDEAS

TO GET YOU OUT THE DOOR
RHYTHMS, REST + ROUTINES

Slow cooker
breakfast casserole

Slow cooker
apples + oatmeal

Apples + cheese

Apples + peanut butter

Peanut Butter Waffle

Fruit Topped Waffle

Fruit Smoothie

Yogurt, blueberries + cereal

Yogurt parfait

Yogurt, croissant + fruit

Oatmeal + fruit juice

Cream of wheat + fruit

Hard-boiled egg, berries
+ cereal bar

Egg muffins

Sliced hard-boiled egg,
ham and cheese on tortilla

Banana wrapped in a
tortilla with peanut butter

Scrambled eggs + salsa
in a tortilla
(scramble the eggs the
night before)

Breakfast breads
with cream cheese
(banana, zucchini, pumpkin)

Spice muffins
(1 box spice cake mix,
1 can pumpkin, mix well;
bake at 350)

Bagel topped with
peanut butter and raisin

Baked potato topped
with beans

Bagel with cream cheese
and fruit slices

Bagel topped
with cottage cheese

Bagel topped with yogurt

Sausage or ham
biscuits with cheese

Pigs in a blanket
(made in advance)

Fruit salad +
cheese slices

Cheese, crackers + fruit

English muffin with
egg + tomato

Cottage cheese with
tomatoes + fruit

