

Breakfast for the Rushed

There's no rule that says you have to eat breakfasty foods in the morning. If you prefer last night's leftovers, go for it. Just aim for something that gives you protein as well as some veg, fruit, or whole grain for energy, fibre, and a bunch of other nutrition.

Quick + Nourishing at Home

- Peanut butter & banana sandwich with milk, yogurt, or kefir.
- Cold cereal (look for >4g fibre and <8g sugar per serving)
 - Pair with fruit, nuts, and seeds
- Yogurt with fruit and a sprinkle of granola
 - Ideally plain Greek yogurt (sweeten with sweet fruit or a drizzle of honey or maple syrup if desired)
 - Homemade granola is preferable, or read the label if you buy – look for the lowest sugar you can find

Make Ahead, Eat All Week

- Cooked oats, reheated (or cold!)
 - Try the Baked Oatmeal with Berries and Lentils from Dinner with Julie
- Whole-grain pancakes, reheated or cold
 - Try the Banana-Oatmeal Pancakes with Lentils on Lentils.org or the simpler oat pancakes on my website (Sweet Spot Nutrition)
- Hard-boiled eggs, with fruit, cheese, and whole-grain crackers
- Frittata
 - Try the Mini Breakfast Frittatas from Alberta Milk

In the car (if you must!)

- Energy balls or bars with a banana and milk or kefir
 - Try the Feel Good Hearty Granola Bars from Oh She Glows, but even storebought is better than nothing!
 - Look for ingredients you recognize and <8g of sugar
- Smoothie – basic recipe:
 - Liquid base – ~1 cup – milk, soy milk, or plain yogurt
 - Fruit - ~ ½-1 cup – frozen or fresh with ice cubes
 - Protein boost ~ 1-2 tbsp tofu, peanut butter, or protein powder
 - Optional extras – ~2 tbsp ground flax, hemp hearts, chia seeds, cocoa powder
 - Sweetener, if needed – honey, maple syrup, stevia

Eat at Work

- Packaged oatmeal, preferably the no sugar added variety
- Homemade whole-grain muffin with fruit and cheese or hard-boiled egg
- Cereal (as above)
- Overnight oats
 - Try Peanut Butter Overnight Oats from Minimalist Baker